

HIGH SOBRIETY

2215 S. El Camino Real, Suite 204
San Mateo, CA 94403

Monthly newsletter of the
SAN MATEO COUNTY FELLOWSHIP
OF AA

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August 2018

2018 CENTRAL OFFICE PARTY SAVE THE DATE!

Plans are currently underway for our 2018 Central Office Anniversary Party, which will be held October 6th at the Greek Orthodox Church on Alameda de las Pulgas at Ralston Avenue in Belmont, from 5-10pm.

This is THE A.A. event of the year in San Mateo County – you don't want to miss it! Five hours of fun, fellowship, delicious food, sobriety countdown, guest speaker, raffle prizes (Main prize is a six-day, five night trip for two to the 2018 Annual Kona Big Island Bash Spring Conference) and our fabulous silent auction!

This is our Central Office's main fundraiser of the year and is essential to keeping it operating so support is greatly appreciated. Group and individual monetary donations are graciously accepted. Also, our silent auction would not be possible without the wonderful prize donations we receive (these may also be from groups or individuals. Please see flyer for details). Lastly, it takes a great many bodies to put this event on. If you are interested in being of service before, during, or after the party, please contact Becky N. at (415) 706-3460.

Hope to see everyone there!



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June 2018 Central Office Activity

Twelfth Step Calls: 2

Office Visits: 78

Phone Calls: 84

Website Visits: 5,714

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Monthly Service Committee Meetings

TELESERVICE

September 9th, 7:00 pm

San Mateo Central Office, 2215 S. El Camino Real, San Mateo (quarterly).

BRIDGING THE GAP

August 6th, 7:30 pm

St. Andrew's Church, 15th Avenue and El Camino, San Mateo (1st Monday of month)

PI/CPC

August 6th, 7:30

St. Andrew's Church, 15th Avenue and El Camino, San Mateo (1st Monday of month)

DELEGATES TO CENTRAL OFFICE

August 7th, 7:30 pm

St. Andrew's Church, 15th Avenue and El Camino, San Mateo (first Tuesday of each month, except January)

GENERAL SERVICE

August 21st, 6:30 pm orientation, 7:30 pm meeting

St. Andrew's Church, 15th Avenue and El Camino, San Mateo (third Tuesday of each month)

PENNYPAA (Peninsula Young People in AA)

August 5th & 19th , 12:15 pm

San Carlos Peninsula Fellowship, 1133 Eaton Avenue, San Carlos (first & third Sundays of each month)

H&I (Hospitals & Institutions)

August 28th , 7:15 orientation, 8:00 pm business meeting

St. Andrew's Church, 15th Avenue and El Camino, San Mateo (fourth Tuesday of each month)

Conferences and Special Events

- AUG 3-5 39th ANNUAL LA HONDA CAMPOUT: San Mateo County Memorial Park, Campground #1. \$15 per person, per night. Children under 12 free. 3 fireside AA meetings. Please see flyer for more information.
- AUG 18 40th ANNIVERSARY BBQ FOR STUDY THE TEXT: Leo J. Ryan Park, 650 Shell Blvd., Foster City. 10:00 – 2:00pm. Lunch and games provided. Bring a dessert and chair or blanket. Speaker at 12:30.
- SEP 8 12th ANNUAL HAND IN HAND COURAGEOUS WOMEN OF AA: Vinewood Community Church, 1900 W. Vine Street, Lodi. 8:30am – 4:30pm. Panelists, Speakers, Fellowship, Free Drawing. Includes continental breakfast, lunch and dessert.
- SEP 22 PRIME TIME'S 8TH ANNIVERSARY: Burlingame United Methodist Church, Corner of Howard and Primrose, Burlingame. 7:30pm. Speaker, cake and ice cream.
- OCT 5-7 NCCAA 71ST FALL CONFERENCE: Doubletree Hotel, 2233 Ventura Street, Fresno, CA. Includes Al-Anon and Spanish speaking meetings. Please see flyer for more info or go to NorcalAA.org .
- OCT 6 SAN MATEO CENTRAL OFFICE 56TH ANNUAL ANNIVERSARY PARTY: Holy Cross Greek Orthodox Church, 900 Alameda de las Pulgas (near Ralston), Belmont. 5:00-10:00pm. Fellowship, Dinner (dessert donations appreciated), speaker, raffle and silent auction.

ALL EVENT FLYERS CAN BE FOUND
ON THE CENTRAL OFFICE WEBSITE,
www.aa-san-mateo.org

Brisbane Breakfast Brunch, Speaker Meeting Sundays, 11:00am, 250 Visitacion Avenue

8/5	Joanne K.	Brisbane Breakfast
8/12	Cathy C.	Ham & Eggers, Burl.
8/19	Debra M.	Keep it Simple, SSF
8/26	Marlon B.	Colma Eye Opener

What does *your* Central Office do?

The San Mateo County Fellowship's Central Office belongs to the A.A. groups of San Mateo County. We help carry A.A.'s message in the following ways (and more):

Your Central Office responds to inquiries from still-suffering alcoholics seeking help, from A.A. members seeking information about group meeting locations and time, from members of the professional community, and from the general public. We maintain a twenty-four-hour telephone answering service; we maintain a Twelfth Step volunteer list; we publish group meeting schedules; and we stock General Service Conference-approved, and A.A. Grapevine, books and pamphlets (many are available in Spanish).

We work closely with local A.A. service committees: Bridging the Gap, Hospitals and Institutions, Public Information/Cooperation with the Professional Community, and with San Mateo County General Service District 5 and the Northern California Council of Alcoholics Anonymous, and we support, and participate in, many local A.A. events such as Sharing-and Unity Days and the holiday Alkathons.

We maintain a web site, *aa-san-mateo.org*, with up-to-date group listings and meeting times, a calendar of A.A. events, and links to other A.A. web sites, and we maintain a library of CDs of A.A. speakers – they are available to be rented for a nominal charge.

We publish *High Sobriety*, sent at no charge to all San Mateo County A.A. groups and available by subscription to all A.A. members.

Who pays for our Central Office? We – the members of A.A. – do. Our Seventh Tradition states that we are self-supporting through our own contributions to Central Office; we also receive donations from individual alcoholics; and we derive income from the sale of A.A. literature.

Central Office now accepts credit cards! Credit cards may be used for literature purchases, contributions, and will be available at the Central Office Party to purchase Silent Auction Items. A small fee will be applied.

Faithful Fivers	Pledge \$5 per month (or more) to support your Central Office. Clip the form and mail it to Central Office - or bring it in. Pay monthly, quarterly, or annually. And your contributions are tax-deductible.
Name _____ Address _____ City, State, Zip _____ Phone _____ E-mail _____ My contribution will be \$ _____ per month. Please check the box if we may acknowledge you as a Faithful Fiver, by first name and last initial, in High Sobriety. <input type="checkbox"/> Your personal contributions make our vital services possible. We'd like to thank the following members for joining this past month: <p style="text-align: center;">None this month</p>	
Our thanks to our Fellowship's 152(& counting) Faithful Fivers!	

Faithful Fivers will now receive a monthly copy of High Sobriety with a \$5 per month donation!

Become a Fiver today!



Birthday Club

- Suzanne F 36 yrs**
- Frances S 29 yrs**
- Gordon L 26 yrs**

If you'd like to have your birthday listed in High Sobriety (some members contribute an amount for each year of sobriety), please send your donation, with your name and city, number of years of sobriety, sobriety date, and phone number (optional) to Central Office.

The Eighth Concept

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

This Concept deals with the ways the General Service Board “discharges its heavy obligations,” and its relationship with its two subsidiary corporations: A.A. World Services, Inc. and the A.A. Grapevine, Inc.

Long experience has proven that the board “must devote itself almost exclusively to the larger questions of policy, finance, group relations and leadership In these matters, it must act with great care and *skill to plan, manage and execute.*”

The board, therefore, must not be distracted or burdened with the details or the endless questions which arise daily in the routine operation of the General Service Office or the publishing operations, including the *Grapevine*. “It must *delegate* its executive function” to its subsidiary, operating boards.

“Here, the board’s attitude has to be that of custodial oversight The trustees are the guarantors of good management of A.A. World Services, Inc. and the A.A. Grapevine, Inc by electing the directors of these service arms, a part of whom must always be trustees The executive direction of these functions is . . . lodged in the . . . service corporations themselves, rather than the General Service Board. Each corporate service entity should possess its own bylaws, its own working capital, its own executives, its own employees, its own offices and equipment.”

Bill draws from earlier mistakes by the General Service Board in trying to run the service functions directly and warns repeatedly against “too much *concentration* of money and authority.”

Reprinted from Twelve Concepts Illustrated, AAWS, Inc.

TRADITIONS CHECKLIST

From the A.A. Grapevine



These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

Tradition Eight: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get *some* reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition—How It Developed*?

Balancing the Books

Step Eight - Made a list of all persons we had harmed, and became willing to make amends to them all.

My first experience of freedom came while I was locked up in the state penitentiary. I had been carefully guided through the first seven Steps and had begun to awaken spiritually. I trusted the AA process and was beginning to trust God.

But my sponsors and I were faced with a logistical problem. No matter how willing we were to make direct amends, the state would not let us out to do so. One of my sponsors had committed murder, and for him to directly contact the victim's family would cause much undue harm.

As we discussed these issues, it became clear that the key to the Eighth Step was willingness; if this God were truly loving and merciful as it appeared, we would not be kept in bondage simply because we could not reach those to whom we owed restitution. Freedom would come, it seemed, when I stood entirely ready to make amends wherever possible.

My sponsor gave me an exercise to do. I was to make a list of all the people I had harmed. This list would start with the names from my inventory. It was suggested that there were many others I had harmed that also must go on the list, even though there was no resentment or fear connected with them. I was to be as clear as possible as to the harm I had done. *But--*my sponsor pointed out--even though I knew what I had done to each person, I was so insensitive that I probably did not know the consequences of my actions. He gave me the key to freedom; I was to close my eyes and picture each person separately in front of me. I was to look each straight in the eye and see if I could feel a willingness to say: "I have been wrong and have caused you harm. Will you please tell me what I must do so that we can get the books to balance?" As I sat in the cell that night going over my list, I had the experience I had been looking for all my life: I was lifted and set free.

In my blindness I had always believed that a spiritual awakening was the end of the road. Now, having had one, I knew it was but the beginning. Finally, at thirty-four years of age, I could truly begin to live.

Don P., Aurora, CO
Grapevine, August 1989



My Personal Journey to Recovery

She carried a handbag full of miniature bottles and even the dog knew she was drinking! With grace, humor and honesty, one alcoholic tells of her battle to get sober.

My name is Vanessa and I am a recovering alcoholic. I am 29 years old. I am a mother, wife, daughter, friend and co-worker. I know firsthand the stigma attached to being female and an alcoholic. Women can be better at hiding their struggles. No matter how stressed out or overwhelmed we feel we have perfected the art

"The longer I am sober, the drunker I was."

of smiling on the outside, while falling apart on the inside. I cannot tell you how many times I have cried in the shower, my car or at work in a bathroom stall. I am writing this not because I want anyone to feel sorry for me, but because I have finally come to terms with the fact that acting like a child for 28 years nearly killed me. There is a quote that I have written on the first page of my journal and I read it every day as a reminder of how far I have come: "The longer I am sober, the drunker I was."

It is embarrassing for me to admit how accurate that statement is. The quote symbolizes my new sober life, because when you are a “functioning alcoholic” you never quite realize just how drunk you actually are. I use “functioning alcoholic” very loosely, however, because for the majority of my years spent drinking I was not functioning at all. I was angry, anxious, isolated, depressed and exhausted. I literally slept for days at a time. I missed family events and small milestones in my daughter’s life. I hurt my husband, avoided friends and almost lost my job. All of this, by the ripe old age of 28.

I don’t quite know how or why it all started. Some people are just born susceptible to these types of behaviors and I guess I am one of them. I would imagine part of it came from just being lonely. When I am alone and by myself my thoughts race, and for the longest time I didn’t realize I suffered from anxiety and depression, both treatable forms of mental illness. It is incredibly frustrating when you cannot control your own thoughts. Instead of seeking professional help, I found myself drinking wine every night after work just to relax my mind. While I had graduated college and gone on to start a career, the majority of my friends did not further their educations and continued to party seven nights a week. There was no way I could go out every night and make it to work in the morning.

My drinking started with wine and gradually turned into vodka. I would mix vodka at first with club soda or juice, but somewhere along the way I found myself taking pulls straight from the bottle. I could curb my cravings faster that way. My drinking embarrassed me, so I would do my best to hide it. The fact that I believed I was hiding it at all is ridiculous in and of itself, but I convinced myself that if people didn’t *see* me drinking they wouldn’t *know* I was drinking. My husband, who has loved and supported me through years of alcohol abuse, knew I drank but he didn’t realize how much I was *actually* drinking. One night he found a liter of vodka hidden in my underwear drawer and, after a heated argument, I decided I needed to get better at stashing my alcohol. It never once

crossed my mind that I should *stop* drinking all together. So I began buying airplane bottles of vodka and hiding them in the zipper pockets of my purse. No, I wasn’t wearing that oversized handbag every day because it made a fashion statement! Even my dog knew when I was drinking. When you are in active addiction, you lose all sense of reality.

There were quite a few times when I would have enough and attempt to quit, but the withdrawal symptoms were so unbearable that I would start having severe anxiety and even panic attacks. The physical effects were the worst. You would think the vomiting, constant fatigue and shaking hands would be enough to convince a person to quit. Not for an addict. We understand that as long as we can get our fix, the symptoms will eventually subside and for the time being we will feel “normal” again. The problem with this type of mentality is that it is a never-ending cycle. First, you have a drink when you wake up to “calm your nerves”, eventually you find yourself shaking at work so you have a drink on your lunch break to “calm your nerves” and finally you experience severe nausea because your body is trying to rid itself of the kerosene you have ingested, so you have a drink to “calm your nerves.”

My brain was literally programmed to believe that it needed alcohol to survive. Most people develop coping methods to convert negative energy into something productive, like taking walks or listening to music. I drank. I didn’t even realize there were such things as coping mechanisms until I went into rehab. Now, if my husband finds me downstairs painting my fingernails at 2 am, he knows that I am having a rough night and that this is my way of coping, so he leaves me be. He doesn’t judge, he just lets me know he will be waiting for me when I am ready to come back to bed. He would rather I roam the house in the middle of the night sober, than drink myself to sleep and I love him for that.

I have become especially tidy in my recent sobriety. It is not because I have a fear of germs, it’s because I can manage my racing thoughts when I give myself a project that doesn’t demand my complete attention. Doing the

dishes, vacuuming, baking and giving myself manicures while listening to music, alleviates my stress levels and relaxes my mind. The interesting thing about being sober is recognizing just how prone to addiction my personality actually is. For example, I will see a spot on the wall where my daughters tiny little fingers left a smudge of chocolate and I will grab a washrag and wipe the spot clean. Most people would just stop there, but before I know it I will be cleaning the bathroom sink, bathtub, and toilet and then, lo and behold, I will be in our bedroom emptying the contents of our closet onto the floor in the middle of our room because I have decided I need to organize everything...our room, my life. It is actually quite amusing when I finally snap out of it and realize how foolish I must look. Most alcoholics take up smoking cigarettes in recovery. I chose cleaning, manicures and Starbucks!

I am well aware of how quickly a lapse in judgment could send me spiraling downward again. After I left rehab, I had obtained the phone numbers of six new friends. They were from all walks of life: a doctor, a housewife, a fast food manager, an 84 year old veteran, a twenty something that still lived at home with his parents. It was easy to relate to every one of these people because we all understood that addiction does not discriminate.

You learn quickly that relapse only leads to a stronger, more powerful addiction. Early in my recovery, I relapsed and found myself starting right where I left off and in no time I was in worse shape than when I first went into treatment. In some ways, I think of my relapse as being a blessing in disguise. I think I needed it to happen, otherwise I never would have realized how far gone I was. I made a point of being very honest about my relapse in group in hopes that my story would help others who were in the early stages of recovery. The most important thing in early recovery is to be reminded that the "honeymoon phase" does not last forever. Eventually you will leave treatment and enter the real world again. You will no longer be able to use the treatment center as your safety net. You may get into a car accident, or fight with your spouse. Loved ones

may pass away or you may lose a job. I wanted to remind them that life is not always easy.

Today, I am proud of my sobriety. I am no longer ashamed because I understand that I am living with a disease, just like diabetes or heart disease. I live in Milwaukee, and let me just say it is not easy being a recovering alcoholic in the beer/cheese capital of the world. Alcohol is everywhere. I see and hear about it daily whether it is on billboards, television commercials, magazine advertisements, neon liquor signs, the grocery store, social media or daily conversations with co-workers and friends. Alcohol taunts me on a daily basis. When I first went into recovery I kept dwelling on all the things I thought I would miss out on by giving up drinking. But the further into recovery I got and the clearer my mind became I realized my recovery was life or death. It had to be my number one priority because I did not want my daughter growing up without a mother.

I continue to go to AA weekly and am touched every time a new face walks through the door. It is a constant reminder of where I once was and who I am today. I have found that honesty in a group setting is the best medicine for me. I have told my AA friends things that I would never in a million years share with family or friends because I am too ashamed and I know that, as much as they want to understand what I am going through, only an alcoholic can listen without judgment. Recovering alcoholics are some of the most compassionate, empathetic and inspiring people I have ever met. It is a beautiful thing to see people take on this dangerous and debilitating disease and beat it every day.

I have a new nightly ritual that I started a few months back. Every night, before I go to bed, I look myself in the eye in my bathroom mirror and say out loud, "Today I did not drink and tomorrow I will be sober for my daughter, my husband, my job and my life." I will continue to live my life one day at a time.

Vanessa D., Milwaukee, WI
Grapevine, September 2017

The San Mateo County Fellowship of Alcoholics Anonymous
Delegates Committee Meeting Minutes July 3, 2018
St. Andrew's Lutheran Church
1501 S. El Camino Real, San Mateo 94402

The meeting was opened at 7:30 p.m. with the Serenity Prayer. Delegates must sign in; new business must be submitted in writing. Ellen E. read the Twelve Traditions; Kitty P. read the Responsibility Statement.

Minutes: The June 2018 minutes were reviewed and approved.

New Delegates: none.

A.A. Birthdays: Rob C., 7 years; Mike W., 11 years; Don K., 22 years.

Financial Report: The June 2018 financial report was reviewed and approved.

SERVICE COMMITTEE REPORTS

Bridging the Gap: Lori C. reported. They are currently updating their list of volunteers willing to bring newcomers just leaving a facility to their first few AA meetings in their home community and introduce them to other members. Bridging the Gap is in need of volunteers to bring presentations into facilities such as Palm Avenue (Saturdays at 1:30 pm) and the VA in Menlo Park and other facilities or to serve as contact persons. Volunteer requirements are 2 years of sobriety and a good knowledge of the 12 Steps and 12 Traditions. It is just a 1-hour time commitment. If you are interested in being added to the list, or have signed up in the past but may need contact information updated, please contact Lynn K. at (650) 580-9261. The BTG committee meets on the first Monday of the month, at St. Andrew's Lutheran Church, at 7:30 p.m.

General Service: Ross G. reported. The Annual Unity Day event was on Saturday, June 30, 2018 from 3:00 pm – 7:00 pm at Beresford Recreation Center in San Mateo. There were presentations from various AA committees, fun, food and fellowship. The Summer Assembly meeting hosted by District 15 will be on August 11, 2018 at the River Lodge in Fortuna, California. The General Service District 05 meets on the third Tuesday of the month, at St. Andrew's Lutheran Church, at 7:30 p.m. We have an orientation for new GSR's at 6:30 p.m. and a concept study at 7:00 p.m. as well. If your group does not currently have a GSR, please encourage to elect one. That way they will be connected to AA as a whole.

Grapevine: Visit the website: <http://www.aagrapevine.org/>

Hospitals & Institutions (H&I): No report. If you would like to be of service, please attend the H&I committee's business meeting, on the fourth Tuesday of the month, at St. Andrew's Lutheran Church in San Mateo. The orientation meeting is 7:15 p.m.; business meeting is at 8:00 p.m. There are multiple positions available.

NCCAA (Northern California Council of A.A.): No report. Scott R. is the liaison (650) 438-5044. The NCCAA 71st Fall Conference is at the Doubletree Hotel in Fresno, California from October 5, 2018 – October 7, 2018. There will be fellowship, panels, speakers, and marathon meetings. There will, also, be AI-Anon and Spanish participation and speakers. Reminder that each meeting you attend is allowed two delegates to NCCAA. Please make sure your delegates are in attendance at the Conference as your support helps move NCCAA.

More information at: www.norcalaa.org.

PENYPAA (Peninsula Young People in A.A.): Matt B. reported. The Bonfire Meetings at Ocean Beach in San Francisco are the last Friday of the month from May through September. PENYPAA meets at San Carlos Peninsula Fellowship (1133 Eaton Ave), the 1st and 3rd Sundays of the month at 12:15 p.m. More information at: www.penypaa.org.

PI/CPC (Public Information/Cooperation with the Professional Community): Ted B. reported, (650) 583-2935. We continue looking into doing presentations to clerics, lawyers and doctors. There will be a presentation on July 11, 2018 from 9:30 am – 1:30 pm at a women's fair at the United Airways Building at the SF airport. We need 2 women to be there at 7:30 am. Lunch is provided. There will be a presentation at Kaiser in South San Francisco by San Mateo County Social Services on July 11, 2018 from 3:00 pm – 4:00 pm. There will be a presentation on August 19, 2018 from 10:45 am – 12:00 pm at the First Baptist Church in San Bruno. The PI/CPC committee meets on the first Monday of the month at St. Andrews Lutheran Church in San Mateo at 7:30 p.m.

CENTRAL OFFICE COMMITTEE REPORTS

Advisory Committee: No report.

Alcathons: Becky N. reported. The first planning meeting will be this month.

Teleservice: No report. The next quarterly meeting/orientation will be held on Sunday, September 9, 2018, at Central Office, at 7:00 pm. Teleservice volunteers answer the San Mateo Central Office phone lines when they are closed. Volunteer requirements are 1 year of sobriety, a working phone and a good knowledge of the 12 Steps and 12 Traditions. Shifts are assigned in 4-hour periods once a month. Please contact Jenn P., New Chair at (650) 461-0320 or Eden C., Information Chair at (650) 868-1116 for more information.

Central Office: Don C. reported. We are taking credit cards as of yesterday. There is a slight charge. A tablet was donated and it will only cost \$10.00 a month for service. We have 3 resumes for the assistant manager position.

June 2018 Central Office Activity:

Twelfth Step Calls: 2 Office Visits: 78

Phone Calls for Information: 84 Website Visits: 5,714

Faithful Fiver Contributions Year to Date:

Faithful Fiver contributions for the year are \$3,500.00.

Anniversary Party: Becky N. reported. The Central Office Party will be on October 6, 2018 at the Greek Orthodox Church on Ralston and Alameda in Belmont. Reminder: there will be no dance. There will be more information to come but as always we need help. We will have the silent auction again. Baskets will be welcome. Will now accept credit cards. Don C. has raffle tickets.

Unity & Service Conference: Kent reported. Almost 300 people have registered for The 3rd Annual Unity & Service Conference from July 20, 2018 - July 22, 2018 at the Hilton Hotel in Concord, CA. The limit is for 400 people total. Registration is \$35.00.

Information and register at: www.unityandserviceconference.org.

Sunshine Club: Mike W. reported. There were two calls last month. We take meetings to AA members who are temporarily hospitalized or homebound due to illness or injury. Orientations are held as requested at the Foster City Library Community Center, 1000 East Hillsdale Boulevard, Foster City, 2nd Floor (Living Sober Group Meeting). Please call Central Office at (650) 577-1310 or Ed V., Coordinator at (650) 222-5582, for more information or e-mail aa@aa-san-mateo-org.

New Business: Don K. reported. Discussion about the fact that the central office meeting minutes and the central office finance report are mailed out with High Sobriety before they are approved at the Central Office Delegates meeting. This will be discussed at the next advisory committee meeting.

Meeting Adjourned: 8:04 p.m.

Delegates Present: 24 **Delegates Collection:** \$43.25

Next Meeting: August 7, 2018, 7:30 p.m.

SAN MATEO COUNTY FELLOWSHIP INCOME STATEMENT**JULY 2018**

	<u>JUL</u>	<u>Total YTD</u>		<u>JUL</u>	<u>Total YTD</u>
Income			Operating Expenses		
Birthday Club Contributions	591.00	902.00	Accounting Services	56.65	538.15
Book sales	2,309.26	10,706.32	Bank charges	0.00	0.00
Central Office Annual Party	0.00	0.00	Books Purchased	1,581.12	7,135.88
Delegates Collection	43.00	327.00	Central Office Annual Party Exp	300.00	398.10
Group Contributions	12,891.54	56,228.60	Central Office Insurance	182.03	1,452.55
High Sobriety Subscriptions	0.00	40.00	Employee Insurance	975.00	6,825.00
In Memoriam	0.00	5,000.00	Miscellaneous	0.00	0.00
Individual Contributions	0.00	500.00	Office Equipment Lease & Maint	132.07	1,356.49
Interest Income	0.00	0.00	Office supplies	486.40	3,844.83
Other	0.00	0.00	Other (Don R's Retirement)	0.00	300.54
Faithful Fivers	315.00	3,815.00	Outside Services	0.00	0.00
Printing	60.95	3,072.96	Postage	34.69	814.83
Sales Tax on Books	228.39	1,029.98	Reimbursable Expenses	0.00	0.00
Tax Refund	0.00	0.00	Rent	1,355.00	9,500.00
			Salaries	3,983.30	28,082.60
Total Income	16,439.14	81,621.86	Sales Tax on Books	407.00	1,214.00
			Taxes	1,596.80	14,294.27
Less Expenses	11,556.76	79,367.44	Telephone	106.70	1,223.71
			Telephone Advertising	80.00	560.00
Net Income (loss)	4,882.38	2,254.42	Teleservice	280.00	980.00
			Travel Expenses	0.00	730.52
Starting Balance		25,983.50	Utilities	0.00	0.00
			Verio Web Service	0.00	115.97
Plus Net Income/Loss		4,882.38			
			Total Operating Expenses	11,556.76	79,367.44
Ending Balance		30,865.88	Net Income (loss)	4,882.38	2,254.42
TOTAL PRUDENT RESERVE		49,716.89	2018 Year-to-Date Summary		
			Year-to-Date Income		81,621.86
TOTAL CASH POSITION		80,582.77	Year-to-Date Expenses		79,367.44
			Year-to-Date Net Inc/(Deficit)		2,254.42

SAN MATEO COUNTY FELLOWSHIP 2018 GROUP CONTRIBUTIONS

ATHERTON	JULY	YTD	LA HONDA	JULY	YTD
Sunday Spirituality		927.50	La Honda Group (Thurs)		294.70
BELMONT			MENLO PARK		
Alkie Gulch		24.60	Atherton AA		300.00
Belmont Tues. Noon Group	59.79	701.88	Atherton Grp Wed Noon		312.82
Day At a Time	300.00	920.00	Cottonmouth		389.12
One Line at a Time	10.00	70.00	Fri. Noon Women's	368.76	1,000.96
Singleness of Purpose	70.00	210.00	M.P. Friday Nite		195.00
BRISBANE			Men's R4D Big Book		305.28
Brisbane Breakfast		750.00	Menlo Park Men's Group	178.59	491.19
BURLINGAME			Mon. 12:10 PM Happy Hour	310.20	965.10
Any Length	370.80	1,553.36	Sat Morning Sandhill	1,295.00	3,734.10
Back to the World Group		240.10	Sat Sunshine Grp MP 7:30		175.00
Burlingame Men's Grp (415)		302.40	Tues Noon Book Worm	147.01	425.14
Burlingame Noon Men's Grp	48.00	360.56	MILLBRAE		
Ham & Eggers	569.92	1,162.12	12 Step Study (Tues Noon)	136.05	158.45
Hillsborough Men's Group		425.00	MOSS BEACH		
Just For Today		350.00	Men's Language of the Heart		66.20
Rap Group		246.60	Serenity by the Sea		266.65
Reason to Come to AA	770.00	770.00	PACIFICA		
Sat. Nite Disc. Group		120.00	12 @ 6 Group		120.00
Senior Focus Group		244.00	12 Noon Disc. (Mon)		440.00
Sharing Choices		107.00	Daily Reflections	204.42	446.51
Step thru Big Book		185.59	Fri Discussion Noon	360.00	660.00
Tuesday Nite Group	27.00	142.00	Grapevine Recovery		140.00
FOSTER CITY			Happy Hour (Tues)	60.00	255.00
FC Men's Sharing Group	214.69	622.20	New Comers & Old Timers	89.23	205.55
Fresh Start		148.80	Pacifica Coastside		360.00
Friday Noon Big Book	92.58	375.56	Pacifica Discussion (Weds)		295.00
Living Sober Groups (all)	76.16	216.16	Pacifica Men's Group	136.80	256.80
Study theText Group	251.13	579.76	Pacifica Women's Mtg		335.30
The Old & the New	38.68	302.53	Page 133 Group		349.20
HALF MOON BAY			Pedro Valley Pacifica		493.75
3rd & 11th Step Prayer	82.53	688.17	Serenity in Pacifica	365.79	365.79
Coastside Big Book		89.69	Sharp Park 3rd & 11th Step		767.58
Coastside Talkers	171.00	171.00	Tues Noon Disc. Grp		120.00
Friday Nite Group		509.60	Wake Up Wake Up		192.50
HMB Thurs Womens BB		195.55	Women's Big Book Study		269.22
HMB Tues Night Group		260.00	PORTOLA VALLEY		
Sat Night Step		320.13	Chips Ahoy		40.00
Sat. Morning Eye-Opener		776.19	Ladera Mon Nite Group	493.35	775.49
Saturday Nite Spkr/Disc		1,348.00	Portola Valley 11th Step		209.00
Stone Pine 7AM Meet.M,W,F	586.60	586.60			
Stone Pine Noon Meet. M-F*	160.00	1,480.00			
Thurs. Happy Hour		75.00			
Thurs Daily Reflection St. Pine	128.10	389.70			
Tues Womens 12th Step	85.00	132.00			

REDWOOD CITY	JULY	YTD	SAN MATEO	JULY	YTD
Broken Elevator Thurs.		703.00	10 am Sunday Serenity		636.80
A Vision for You	250.00	703.00	Beginners Meeting		306.00
Complete Abandon Group	90.00	180.00	Bunker Young People		82.00
Foundation Stone Group		243.25	Esto Es AA		80.00
Freedom Group		53.00	Eye Opener		144.05
Irregulars		150.00	Fireside Group		228.20
Mon. Nite Fireside Chat	192.90	288.30	Forum (unlisted)	75.00	650.00
Mon. Noon Mtg.	46.90	77.70	Highlanders Grp.	353.00	353.00
Open Door Grp.		150.00	Hillsborough Group		175.50
Sun. Nite Sharing		220.80	Joy of Living		90.00
Temple Group	50.00	50.00	Lunch Bunch	392.55	571.35
The Sewer Group	83.00	349.00	Mid Peninsula Women	122.81	322.26
Thumpers		316.02	Monday Night Men's 6:30	100.00	200.00
Wed. Woodside Meeting	309.60	697.22	Morning Serenity (All)	300.00	900.00
Woodside Grp Sat Sequoia	46.80	221.40	San Mateo Group # 1		311.04
			Slainte Group	330.58	330.58
			Sunday Sundowners		100.00
SAN BRUNO			SOUTH S.F.		
12 Study Grp (Thurs)	28.20	213.15	New Beginnings		100.00
Big Book Study Fri (5pm)	30.32	219.79	Oyster Point Discussion	200.00	200.00
Come as You Are	369.19	1,016.59	South City Womens	70.00	210.00
Daily Reflections Women		44.55	Stepping Stones		100.00
Early Enders		127.20	Watch your Step		166.40
Experience, Strength, Hope	51.42	346.20			
Friday Night Rap		64.80	WESTBAY ALANO		
Grupo Serenidad	20.00	140.00	Brown Baggers		140.00
Living Sober (Tues)	31.80	242.44	Colma Eye Opener		491.85
Milbrae Group		90.00	Duel Honesty Group	46.20	46.20
Simply Speaking (Sun)		53.16	Grapevine (Mon)		120.00
Spkr/Disc - Happy Hour(Mon)	70.52	295.42	Living Sober (Thur)		80.28
			Noon 12 x 12		70.00
SAN CARLOS			Smart Feet BB		39.00
Gifts of Grace Fri Women	136.05	323.01	Tues 7am Big Book		120.00
Growing Stronger		30.00			
S.C. Awareness Group		249.79	SAN MATEO ETC.		
San Carlos Beginners	91.75	284.75	Alkathon - Belmont		3,000.00
San Carlos Men's Grp. (Mon)	306.00	306.00	Women's Home Grp (traveling)	253.40	572.60
San Carlos Peninsula Fellow-		600.00			
Sequoia Recovery Grp		351.18	Misc.		
Sober Sundays	47.07	210.16	unknown		0.00
We Have Recovered Group		134.15			
Womens Read & Reflect.	139.30	290.71			

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