

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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October 2018

Central Office News

New Employee

Last year we introduced Don Crawford as our new Central Office Manager, replacing Joe Cornish who had retired. This year, our 20-year Assistant Manager, Don Rolestad, also decided it was time to begin enjoying the retired life (Thank you for all your service, Don!). We would like to introduce our new Assistant Central Office Manager, Steve Laudick. Steve has a few 24-hours and has already been a familiar sight at the office, having been a volunteer for many years. He is a welcome addition to our Special Worker crew!

Anniversary Party

As the main fund raiser keeping our valuable Central Office up and running, our annual Anniversary Party, coming up October 6th, is a very important event. There are many expenses to be covered to make it successful, and group/individual donations are greatly appreciated.

Other ways to help include purchasing raffle tickets, donating a basket for the silent auction, or volunteering to help out.

For more information, please see fliers on the Central Office website or call Central Office.

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Central Office Activity may be found in the Central Office Delegates Meeting minutes on page 8.

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Monthly Service Committee Meetings

TELESERVICE December 2nd, 7:00 pm
San Mateo Central Office, 2215 S. El Camino Real, San Mateo (quarterly).

BRIDGING THE GAP October 1st, 7:30 pm
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (1st Monday of month)

PI/CPC October 1st, 7:30 pm
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (1st Monday of month)

DELEGATES TO CENTRAL OFFICE October 2nd, 7:30 pm
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (first Tuesday of each month, except January)

GENERAL SERVICE October 16th, 6:30 pm orientation, 7:30 pm meeting
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (third Tuesday of each month)

PENNYPA (Peninsula Young People in AA) October 7th & 21st, 12:15 pm
San Carlos Peninsula Fellowship, 1133 Eaton Avenue, San Carlos (first & third Sundays of each month)

H&I (Hospitals & Institutions) October 23rd, 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

- 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 5** 77th ANNIVERSARY CELEBRATION PALO ALTO GROUP: 1305 Middlefield Rd., Palo Alto. 7-11pm. Doors open 7pm, meeting at 7:30, dinner/dance at 9pm. Includes raffles and archives. Suggested donation \$10.
- 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.
- OCT 21** ALKATHON DRAWINGS: Church of the Good Shepherd, 5th & O'Neill in Belmont. 7-9pm. Drawings held for spots in all 3 alkathons (Thanksgiving, Christmas & New Year). Request form may be found on Central Office website.
- OCT 27** TRUSTED SERVANTS WORKSHOP: Mariners Community Church, 100 Stone Pine Road, Half Moon Bay. 10am-noon. Information on group trusted servant positions (Secretary, Treasurer, Literature person). Handouts provided.
- OCT 27** 51ST BRISBANE BREAKFAST BUNCH: Community Center, 250 Visitacion Ave., Brisbane. 10am-1pm. 10am potluck, 11am meeting. Plenty of food and arms length sobriety.

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



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. ☐

Your personal contributions make our vital services possible.

We'd like to thank the following members for joining this past month:

No new fivers this month

Our thanks to our Fellowship's 154(& counting) Faithful Fivers!

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



Birthday Club

Cathy C.

11 years

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.

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

10/7	Lori Mc.	Simbar Group, SF
10/14	Brad S.	Sunday Rap, DC
10/21	Sarah B.	Study the Text, FC
10/28	51 ST ANNIVERSARY!	

The Tenth Concept

Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

Our service structure cannot function effectively and harmoniously unless, at every level, each operational responsibility is matched by a corresponding authority to discharge it. This requires that authority must be *delegated* at every level — and that the responsibility and authority of every entity are well defined and clearly understood.

As we have seen (Concept I) “final responsibility and ultimate authority” reside with the A.A. groups, and they *delegate* this authority to the Conference (Concept II). The Conference, in turn, *delegates* to the General Service Board the authority to manage A.A.’s affairs (Concept VI) in its behalf. The board is in authority over its subsidiary operating conditions — A.A. World Services, Inc. and The A.A. Grapevine, Inc. — but it *delegates* to the directors of those corporations the authority necessary to run these service entities. The directors are in authority over the executives of the corporations, but delegate to these officers the authority needed to carry out their administrative responsibilities. And finally, the executives *delegate* to the G.S.O. and Grapevine staff members and other employees the *authority* necessary to carry out their important service jobs.

“It is perfectly clear,” says Bill, “that when *delegated authority is operating well, it should not be constantly interfered with.*” Otherwise, he warns, “those charged with operating responsibly will be demoralized.” For example, the General Service Board owns the two operating corporations and its authority over them is absolute. “Nevertheless, so long as things go well, it is highly important that the trustees do not unnecessarily interfere with or usurp the operating authority of these entities.”

“To sum up: Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities.”

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 Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

How Much is Enough

Never enough money, women, cars, things. And never enough as a person either. --Step Ten - Continued to take personal inventory and when we were wrong promptly admitted it.

My sponsor told me the answer to this question. But first, a little background. When I was drinking, I believed I should always have enough around the house to drink, and I was successful in that lofty goal. But somehow I was never completely satisfied. There just wasn't enough, no matter how much I had on hand. I used to buy liquor by the half-gallon, and half-gallons by the case. The day I walked into AA, there were five unopened half-gallons of whiskey just waiting for me to consume, which was less than a week's worth of whiskey. I just didn't understand half-pints at all or the concept of controlled drinking, for that matter. The two terms don't seem to go together. For me, controlled drinking was a contradiction in terms--an oxymoron.


In every other area of my life there was never enough either. Some wealthy financier once responded, when asked how much money is enough, "Just a little more." Needless to say, I identified. Not only did I not have enough money, women, cars, and things, I never have been enough as a person. I never have been tall enough, good-looking enough, in good enough shape; I never had a good enough job, lived in a good enough house, nor driven a good enough car. The list could go on *ad infinitum*. I can and did obsess about all of my perceived deficiencies and a hundred other forms of fear, self-delusion, self-seeking, and self-pity. In a word, I was never enough. Incidentally, neither were you!

It followed that if I was not enough, then I would do whatever was necessary to debase and belittle you, so that I might not feel so bad about me. A rather miserable existence, but at least I had alcohol to deaden the pain temporarily. I was a blackout drinker. Blackouts were beautiful. In a

blackout, there was no pain, no voices in my head. However, the unfortunate fact of drinking for me was that between every two blackouts was consciousness, the memories of the damage caused by my drinking were a constant and painful part of my conscious days.

When the pain of conscious living became intolerable, I arrived at the doors of AA. Today, most of the fears I had when I arrived have been dealt with, and usually I'm no longer concerned with being or having enough.

Over time and with the help of sponsorship, most of my obsessions have waned as well. For instance, I no longer obsess over all the lovely ladies in AA. (My wife, a black belt Al-Anon, has helped me overcome this obsession.) The result of applying the Steps and active participation in the Fellowship of AA, is that I really like my life, my wife, my job, even my old truck. As a matter of fact, my life seems to be managed quite well, just not by me.



**"MY CONCERN HAD MATURED
INTO A FULL-BLOWN OBSESSION
WITHOUT MY KNOWLEDGE,
APPROVAL, OR PERMISSION."**

Nevertheless, one day, in my morning meditation, I noticed that I had been considering my financial situation. The plan was for my wife to retire next year and for me to retire soon after. However, our financial situation had changed considerably in the last couple of years, and I realized I might not be retiring for several more years. I don't know how long I had been obsessing on our finances, but on this day I realized that I was. At some point, I had crossed over from general concern to obsession. My concern had matured into a full-blown obsession without my knowledge, approval, or permission. It was obviously time to call my sponsor with more Tenth Step stuff--again.

When I looked at the obsession, I couldn't find any resentment. It wasn't about sex or relationships. It had to be fear. My sponsor has a four-sentence fear inventory process:

1. What is the fear? I am afraid of _____
2. Why do I have this fear? I am afraid that _____
3. Where is my self-reliance in this fear? I'm _____
4. What is the real problem behind this fear? (The answer is always the same: I am not trusting and relying on God to care for and protect me.)

Looking back at my latest obsession, I recognized what was happening. When I called my sponsor that afternoon, this is what I told him: "I am afraid of not having enough money to retire. I am afraid that I will have to work for fifteen more years and still not be able to retire. I am selfishly trying to manage my financial affairs, and project outcomes. I am not trusting and relying on God to care for me and to protect me."

We talked about it some more, and I prayed for the fear to be removed. Then I turned to someone I could help. In this instance, I called one of the guys I sponsor.

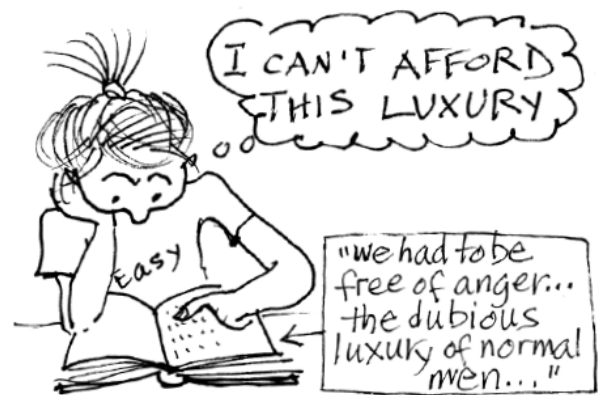
This all happened several months ago. The obsession has not returned and when genuine concerns arise about retirement matters, I remind myself that I am on a different footing with God and I will trust and rely upon him to care for me and protect me. With this attitude, I can see that all my worrying about finances is futile. The fact is that God has provided for me every single day since I came into the program over twenty years ago. I am silly to doubt the power and grace of God now. With the help of my sponsor, I am able to have a good laugh at myself. (Laughing at myself is a wonderful gift of the program. My laughter usually indicates that I'm on the way to recovery regarding whatever is going on.)

It is embarrassing to have to continue to re-learn this simple lesson over and over again. It is even more embarrassing to admit that I have so much more room to grow after twenty active years in the

program. But I am grateful that I am part of a Fellowship that encourages the spiritual growth not only of the newcomers, but also of those of us who have a little time. And how blessed we are to have the opportunity to continue to grow in understanding and effectiveness.

Oh yeah, I almost forgot to tell you what my sponsor told me about *enough*. He asked me, "Do you know how much is enough?" I had no idea, so he answered his own question: "I can tell you precisely how much is enough--just enough so I don't have to trust God."

Richard M., Golden, CO
Grapevine, October 2003



It's Inside, In Here

I sure caused myself a lot of unnecessary pain by how many times I felt offended by someone else's deeds, by what they said or by what I thought they thought of me.

One night in my early sobriety, I was at a meeting and Sam had this to say about what AA had done for him: "AA has given me something that no one can take away--no one inside or outside this room. Through AA and the people in these rooms, I have come to love myself. Now my happiness doesn't depend on anything out there. It's inside, in here." And he pointed to his chest.

I was still having these debates about whether or not I was an alcoholic, but when Sam said that, I wanted what he had. I wanted to feel like that inside. It was so silly in so many ways. I had a loving family, six beautiful children and a wife, and had come from a great family with brothers and sisters, yet there was still this doubt deep down inside, this emptiness. I didn't understand it, but when he said what AA had done for him, it hit home. I wanted it and decided to stay until I got it.

It took more than a year after that for me to come to another realization. While walking early one morning with my dog Sunny, I was thinking about all the trouble and pain I had caused my mom and dad.

I came out of the forest into a clearing just as the sun was reaching the horizon. As the bright rays shone across the dew-covered meadow, it dawned on me that God really loved me despite all my past sins and shortcomings. God loved me. That realization was a new beginning. I found I was more able to accept and love others. I still stumble and often fail, but no one can take that away as long as I rely on God and my AA program.

Paul M., Delhi, Ontario
Grapevine, May 2010

Ready or not

When I started answering phones at our local central office, I had some trepidation about being the "voice of AA" when someone called Alcoholics Anonymous for help.

My worries were eased by a hand-lettered note someone had taped on the wall above the phone: "If they're ready, you can't say anything wrong. If they're not ready, you can't say anything right."

Kay K., Redondo Beach, CA
Grapevine, October 2008

A New Dimension of Hope

I used to wonder what a spiritual awakening was. I tended to think it was something esoteric, mysterious, or miraculous. But what actually happened to me was a transformation of attitude, a new level of awareness, peace, and serenity. My inner turmoil and insanity were significantly diminished, and I entered a new dimension of faith, hope, and love. I think that the extent to which I experience these new attitudes and assets in my life is in direct proportion to how much effort I put into applying the Twelve Steps of AA in all my daily affairs.

Letting go of my past active alcoholic lifestyle is not an attempt to reject the world, but to put into action the principles I have come to know and cherish. It is to help others experience the sanity and serenity that I have experienced. And when I am truly committed to the principles of this way of life, it really doesn't matter what I do for a living, how many degrees I have, what clothes I wear, or how much money I have. My primary purpose is to carry the message of recovery, and to be a "power of example." For this I am grateful.

Gary T., Hopewell Junction, NY
Grapevine, December 2005

**The San Mateo County Fellowship of Alcoholics Anonymous
Delegates Committee Meeting Minutes Sep 4, 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. Dan K. read the Twelve Traditions; Alesia P. read the Responsibility Statement.

Minutes: The August 2018 minutes were reviewed and approved.

New Delegates: Dan K., Pedro Valley Speaker Discussion, Pacifica; Aggie W., Living Sober, Burlingame.

A.A. Birthdays: Harry Z., 28 years.

Financial Report: The August 2018 financial report was reviewed and approved contingent upon being amended.

SERVICE COMMITTEE REPORTS

Bridging the Gap: Tatiana S. reported. There was no committee meeting last night due to the holiday. 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 other facilities or to serve as contact persons. Due to reorganizing at the Menlo Park VA, we are currently not bringing in presentations. We are hoping to confirm whether this is permanent or temporary. 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. Panel 67 is coming to an end. So, in January 2019, a new panel starts. The Area Summer Assembly meeting hosted by District 15 was on August 11, 2018 at the River Lodge in Fortuna, California. The 2018 Pacific Regional Forum is at the Doubletree Hotel in San Jose from September 7th – September 9th. General Service from New York will be there. There is no registration cost for this event. More information and register at aa.org. 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.

NCCAA (Northern California Council of A.A.): No report. Scott R. is liaison, (650) 438-5044. The NCCAA 71st Fall Conference is at the Doubletree Hotel in Fresno, California from October 5, 2018 to October 7, 2018. There will be amazing speakers, panels, and marathon meetings. There will, also, be Al-Anon and Spanish participation and speakers. They will be voting on a new chairperson. Please consider booking a room for the weekend at the discounted rate of \$139.00 per night – rate good when booking through hotel and using code "NCC". Pre-register for the conference now through September 21st online at www.norcalaa.org for the low price of \$20.00. Conference price at the door is \$25.00. 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.

PENYPAA (Peninsula Young People in A.A.): Sam W. reported.

The Bonfire Meetings at Ocean Beach in San Francisco are the last Friday of the month from May through September. The last one is on September 28th. PENYPAA would like to help with the Central Office Party on October 6th. PENYPAA is presenting a bid in 2019 to host ACYPAA in 2020. We are involved in our area and make a positive impact. Central Office supports us trying to bring a conference to the area. PENYPAA meets at San Carlos Peninsula Fellowship (1133 Eaton Ave), the 1st and 3rd Sundays of the month at 12:15 p.m. Information: www.penypaa.org.

PI/CPC (Public Information/Cooperation with the Professional Community): Ted B. reported, (650) 583-2935. No one came to the meeting last night. The presentation went well to the congregation during the service on August 19, 2018 from 10:45 am–12:00 pm at the First Baptist Church in San Bruno. This morning we had a table at a San Mateo County Recovery Fair in Redwood City. There will be a BBQ on September 18th at Central Park in San Mateo from 10:00 am–2:00 pm. On October 2nd, we have a table for Spirituality Day in Redwood City from 12:00 pm–1:00 pm. On October 8th, we will be at Ravenswood Family Health Center in East Palo Alto from 1:00 pm – 7:00 pm. 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 drawing for time slots is Sunday, October 21st at 7:00 pm at 5th & O'Neill in Belmont. The bid form is available online. We will decorate for Christmas at the close of the Thanksgiving alcahthon.

Teleservice: Lori C. reported. 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. There are 36 open back lines and 1 open front line on the 2nd Friday from 8:30 pm – 12:30 am. 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. The new Assistant Manager, Steve L. is working out great. I wanted to report that sending the High Sobriety to Faithful Fivers is, also, working great. We used to get 75 – 80 newsletters mailed to Central Office because we have to mail out 200 to get the break in cost, now we get 7 or 8 back.

August 2018 Central Office Activity:

Twelfth Step Calls: 2 Office Visits: 71

Phone Calls for Information: 98 Website Visits: 7,043

Faithful Fiver Contributions Year to Date:

Faithful Fiver contributions for the year are \$4,275.00.

Anniversary Party: Becky N. reported: phone (415) 706-3460 and email: rnassarre@gmail.com. The Central Office Party will be on October 6, 2018 at 5:00 pm at the Greek Orthodox Church in Belmont. We need volunteers in the kitchen and in other areas. We will have the silent auction again. Gift cards and baskets will be welcome. Will now accept credit cards. Please contact Jackie W. for questions regarding the silent auction: phone (650) 759-3270 and email: jweiler712@hotmail.com. Don C. has raffle tickets.

Old Business: none.

New Business: none.

Meeting Adjourned: 7:58 p.m. **Next Meeting:** Oct 2, 2018, 7:30

Delegates Collection: \$49.00 **Delegates Present:** 30

SAN MATEO COUNTY FELLOWSHIP INCOME STATEMENT SEPTEMBER 2018

	SEPT	Total YTD		SEPT	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	55.00	957.00	Accounting Services	57.00	652.15
Book sales	1,313.95	13,528.27	Bank charges	0.00	0.00
Central Office Annual Party	0.00	0.00	Books Purchased	682.06	8,814.66
Delegates Collection	49.00	414.00	Central Office Annual Party Exp	0.00	398.10
Group Contributions	5,285.18	66,338.63	Central Office Insurance	0.00	1,631.88
High Sobriety Subscriptions	16.00	56.00	Employee Insurance	965.00	8,755.00
In Memoriam	0.00	5,000.00	Miscellaneous	0.00	0.00
Individual Contributions	50.00	1,550.00	Office Equipment Lease & Maint	109.44	1,734.37
Interest Income	0.00	0.00	Office supplies	586.01	4,815.09
Other	0.00	0.00	Other (Don R's Retirement)	0.00	300.54
Faithful Fivers	255.00	4,530.00	Outside Services	0.00	0.00
Printing	301.00	3,413.96	Postage	134.69	1,034.15
Sales Tax on Books	129.95	1,309.07	Reimbursable Expenses	0.00	0.00
Tax Refund	0.00	0.00	Rent	1,355.00	12,210.00
			Salaries	4,262.22	36,171.13
Total Income	7,455.08	97,096.93	Sales Tax on Books	0.00	1,214.00
			Taxes	1,660.91	17,526.93
Less Expenses	10,044.10	99,747.96	Telephone	151.77	1,803.47
			Telephone Advertising	80.00	720.00
Net Income (loss)	(2,589.02)	(2,651.03)	Teleservice	0.00	1,120.00
			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			
Ending Balance		30,865.88	Total Operating Expenses	0.00	99,747.96
			Net Income (loss)	(2,589.02)	(2,651.03)
TOTAL PRUDENT RESERVE		49,725.95	2018 Year-to-Date Summary		
			Year-to-Date Income		97,096.93
TOTAL CASH POSITION		80,591.83	Year-to-Date Expenses		99,747.96
			Year-to-Date Net Inc/(Deficit)		(2,651.03)

SAN MATEO COUNTY FELLOWSHIP INCOME STATEMENT AUGUST 2018 – REVISED 9/4/2018

	AUG	Total YTD		AUG	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	0.00	902.00	Accounting Services	57.00	595.15
Book sales	1,508.00	12,214.32	Bank charges	0.00	0.00
Central Office Annual Party	0.00	0.00	Books Purchased	996.72	8,132.60
Delegates Collection	38.00	365.00	Central Office Annual Party Exp	0.00	398.10
Group Contributions	4,824.85	61,053.45	Central Office Insurance	179.33	1,631.88
High Sobriety Subscriptions	0.00	40.00	Employee Insurance	965.00	7,790.00
In Memoriam	0.00	5,000.00	Miscellaneous	0.00	0.00
Individual Contributions	1,000.00	1,500.00	Office Equipment Lease & Maint	268.44	1,624.93
Interest Income	0.00	0.00	Office supplies	384.25	4,229.08
Other	0.00	0.00	Other (Don R's Retirement)	0.00	300.54
Faithful Fivers	460.00	4,275.00	Outside Services	0.00	0.00
Printing	40.00	3,112.96	Postage	84.63	899.46
Sales Tax on Books	149.14	1,179.12	Reimbursable Expenses	0.00	0.00
Tax Refund	0.00	0.00	Rent	1,355.00	10,855.00
			Salaries	3,826.31	31,908.91
Total Income	8,019.99	89,641.85	Sales Tax on Books	0.00	1,214.00
			Taxes	1,571.75	15,866.02
Less Expenses	10,336.42	89,703.86	Telephone	427.99	1,651.70
			Telephone Advertising	80.00	640.00
Net Income (loss)	(2,316.43)	(62.01)	Teleservice	140.00	1,120.00
			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			
Ending Balance		30,865.88	Total Operating Expenses	10,336.42	89,703.86
			Net Income (loss)	(2,316.43)	(62.01)
TOTAL PRUDENT RESERVE		49,721.42	2018 Year-to-Date Summary		
			Year-to-Date Income		89,641.85
TOTAL CASH POSITION		80,587.30	Year-to-Date Expenses		89,703.86
			Year-to-Date Net Inc/(Deficit)		(62.01)

SAN MATEO COUNTY FELLOWSHIP 2018 GROUP CONTRIBUTIONS

ATHERTON	SEPT	YTD	LA HONDA	SEPT	YTD
Sunday Spirituality		927.50	La Honda Group (Thurs)	186.20	480.90
BELMONT			MENLO PARK		
Alkie Gulch		24.60	Atherton AA		300.00
Belmont Tues. Noon Group	39.75	976.52	Atherton Grp Wed Noon		312.82
Day At a Time		920.00	Cottonmouth		389.12
One Line at a Time	10.00	90.00	Fri. Noon Women's		1,000.96
Singleness of Purpose		280.00	M.P. Friday Nite		195.00
			Men's R4D Big Book		305.28
BRISBANE			Menlo Park Men's Group		491.19
Brisbane Breakfast		750.00	Mon. 12:10 PM Happy Hour		965.10
			Sat Morning Sandhill		3,734.10
BURLINGAME			Sat Sunshine Grp MP 7:30		175.00
Any Length		1,553.36	Tues Noon Book Worm		425.14
Back to the World Group		333.20			
Burlingame Men's Grp (415)		302.40	MILLBRAE		
Burlingame Read a Passage		146.00	12 Step Study (Tues Noon)		158.45
Burlingame Noon Men's Grp	85.20	445.76			
Ham & Eggers		1,162.12	MOSS BEACH		
Hillsborough Men's Group		425.00	Men's Language of the Heart	339.50	405.70
Just For Today		350.00	Serenity by the Sea		266.65
Rap Group		398.47			
Reason to Come to AA		770.00	PACIFICA		
Sat. Nite Disc. Group		120.00	12 @ 6 Group	180.00	300.00
Senior Focus Group		615.00	12 Noon Disc. (Mon)	125.00	565.00
Sharing Choices		107.00	As Bill Sees It Sat.		120.00
Step thru Big Book		185.59	Daily Reflections	78.40	524.91
Sun. Nite Speaker/Discussion	231.77	231.77	Fri Discussion Noon		660.00
Tuesday Nite Group		142.00	Grapevine Recovery		140.00
			Happy Hour (Tues)	80.00	385.00
FOSTER CITY			New Comers & Old Timers		205.55
FC Men's Sharing Group		622.20	Pacifica Coastside		360.00
Fresh Start		148.80	Pacifica Discussion (Weds)	117.80	412.80
Friday Noon Big Book	75.43	477.08	Pacifica Men's Group		256.80
Living Sober Groups (all)		216.16	Pacifica Women's Mtg		335.30
Study theText Group		771.25	Page 133 Group	318.75	667.95
The Old & the New	75.43	393.19	Pedro Valley Pacifica		493.75
			Serenity in Pacifica		365.79
HALF MOON BAY			Sharp Park 3rd & 11th Step	182.4	949.98
3rd & 11th Step Prayer		742.64	Tues Noon Disc. Grp		300.00
Coastside Big Book		89.69	Wake Up Wake Up		192.50
Coastside Talkers		171.00	Women's Big Book Study		269.22
Friday Nite Group		509.60			
HMB Thurs Womens BB	328.48	524.03	PORTOLA VALLEY		
HMB Tues Night Group		260.00	Chips Ahoy	20.00	60.00
Sat Night Step		564.15	Ladera Mon Nite Group		775.49
Sat. Morning Eye-Opener		776.19	Portola Valley 11th Step		335.00
Saturday Nite Spkr/Disc		1,348.00			
Stone Pine 7AM Meet.M,W,F		586.60			
Stone Pine Noon Meet. M-F*	130.00	1,810.00			
Thurs. Happy Hour		75.00			
Thurs Daily Reflection St. Pine		389.70			
Tues Womens 12th Step		132.00			

REDWOOD CITY	SEPT	YTD	SAN MATEO	SEPT	YTD
A Vision for You	59.00	762.00	10 am Sunday Serenity		636.80
Broken Elevator Thurs.		703.00	Beginners Meeting		306.00
Complete Abandon Group		180.00	Bunker Young People		82.00
Don't Drink Group	300.00	300.00	Esto Es AA	25.00	105.00
Foundation Stone Group	235.90	479.15	Eye Opener		144.05
Freedom Group		53.00	Fireside Group		228.20
Irregulars		150.00	Forum (unlisted)	75.00	725.00
Mon. Nite Fireside Chat		288.30	Highlanders Grp.		353.00
Mon. Noon Mtg.		77.70	Hillsborough Group		175.50
Newcomers Q & A		250.00	Joy of Living		90.00
Open Door Grp.		150.00	Lunch Bunch		571.35
Sun. Nite Sharing		422.40	Literature Roulette		277.90
Temple Group		50.00	Mid Peninsula Women		322.26
The Sewer Group		349.00	Monday Night Men's 6:30		200.00
Thumpers	363.60	679.62	Morning Serenity (All)		900.00
Wed. Woodside Meeting		697.22	Queers have a Higher Power	174.24	174.24
Woodside Grp Sat Sequoia	52.20	306.00	San Mateo Group # 1		311.04
			Slainte Group	132.00	462.58
			Sunday Sundowners		166.00
			Women's Celebrate Being Aliv	358.00	358.00
SAN BRUNO			SOUTH S.F.		
12 Study Grp (Thurs)	28.90	242.05	Keep it Simple		163.80
Big Book Study Fri (5pm)	52.20	294.19	Midway S.S.F. Grp		400.00
Come as You Are		1,016.59	New Beginnings		100.00
Daily Reflections Women		61.95	Oyster Point Discussion		200.00
Early Enders		127.20	South City Womens		210.00
Experience, Strength, Hope	87.60	450.60	Stepping Stones		100.00
Friday Night Rap		64.80	Watch your Step		166.40
Grupo Serenidad	20.00	180.00			
Living Sober (Tues)	19.05	286.24	WESTBAY ALANO		
Milbrae Group	100.00	190.00	Brown Baggers	132.00	272.00
Simply Speaking (Sun)		53.16	Colma Eye Opener	115.50	764.85
Spkr/Disc - Happy Hour(Mon)	23.58	397.15	Duel Honesty Group		46.20
Tools of Recovery (Tue 6:30p)		235.20	Grapevine (Mon)		120.00
			Living Sober (Thur)		80.28
SAN CARLOS			Men's no BS		152.60
Gifts of Grace Fri Women		323.01	Noon 12 x 12	60.00	130.00
Growing Stronger		30.00	Smart Feet BB		39.00
S.C. Awareness Group		390.31	Tues 7am Big Book		120.00
San Carlos Beginners	22.30	390.92			
San Carlos Men's Grp. (Mon)	245.00	551.00	SAN MATEO ETC.		
San Carlos Peninsula Fellow-		750.00	Alkathon - Belmont		3,000.00
Sequoia Recovery Grp		351.18	Women's Home Grp (traveling)		572.60
Sober Sundays		210.16			
We Have Recovered Group		134.15			
Womens Read & Reflect.		290.71			
			<u>Misc.</u>		
			unknown		0.00

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