

# 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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*September 2018*

## HOW CAN YOU BE OF SERVICE FOR THE CENTRAL OFFICE ANNIVERSARY PARTY?

Plans are currently underway for our 2018 Central Office Anniversary Party, which will be held October 6<sup>th</sup> at the Greek Orthodox Church on Alameda de las Pulgas at Ralston Avenue in Belmont, from 5-10pm. Here are some of the ways you can help out:

- Monetary donations from groups or individuals are always appreciated.
- Purchase raffle tickets. Many Central Office delegates and volunteers are selling them at meetings. Also available at Central Office.
- Donate an item or basket for the Silent Auction. This is a fun project to do with your group! Please see the flier on aa-san-mateo.org for more information.
- Volunteer to help before, during, or after the party. Help is always needed with setup and decorating, preparing and serving food, and cleanup after. If you are interested, please contact Becky N. at (415) 706-3460.
- Lastly, ATTEND THE PARTY! Show your support for our Central Office, and while you're there, check out the silent auction and buy some last minute raffle tickets!

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## July 2018 Central Office Activity

Twelfth Step Calls: 2

Office Visits: 82

Phone Calls: 94

Website Visits: 6,575

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**Monthly Service Committee Meetings**

**ALL EVENT FLYERS CAN BE FOUND  
ON THE CENTRAL OFFICE WEBSITE,  
[www.aa-san-mateo.org](http://www.aa-san-mateo.org)**

**TELESERVICE**                                        **September 9th, 7:00 pm**  
San Mateo Central Office, 2215 S. El Camino Real, San Mateo (quarterly).

**BRIDGING THE GAP**                                **No September meeting**  
St. Andrew’s Church, 15<sup>th</sup> Avenue and El Camino, San Mateo (1<sup>st</sup> Monday of month)

**PI/CPC**     **September 3rd, 7:30**  
St. Andrew’s Church, 15<sup>th</sup> Avenue and El Camino, San Mateo (1<sup>st</sup> Monday of month)

**DELEGATES TO CENTRAL OFFICE**             **September 4th, 7:30 pm**  
St. Andrew’s Church, 15<sup>th</sup> Avenue and El Camino, San Mateo (first Tuesday of each month, except January)

**GENERAL SERVICE**                                **September 18th, 6:30 pm orientation, 7:30 pm meeting**  
St. Andrew’s Church, 15<sup>th</sup> Avenue and El Camino, San Mateo (third Tuesday of each month)

**PENNYPA (Peninsula Young People in AA)**             **September 2nd & 16th , 12:15 pm**  
San Carlos Peninsula Fellowship, 1133 Eaton Avenue, San Carlos (first & third Sundays of each month)

**H&I (Hospitals & Institutions)**                                 **September 25<sup>th</sup>, 7:15 orientation, 8:00 pm business meeting**  
St. Andrew’s Church, 15<sup>th</sup> Avenue and El Camino, San Mateo (fourth Tuesday of each month)

Central Office will be  
closed on Monday,  
September 3<sup>rd</sup> in  
observance of Labor Day.

**Conferences and Special Events**

SEP 7-9                        2018 PACIFIC REGIONAL FORUM: Doubletree by Hilton, 2050 Gateway Pl, San Jose, CA. Representatives from our General Service Office in New York will be here to present the 2018 Pacific Regional Forum. This is for the entire Pacific Region and is being held locally this year, in San Jose. The forum is free, however registration is appreciated at [www.aa.org](http://www.aa.org) . Forum begins at 2pm Friday and ends at noon, Sunday.

SEP 8                             12<sup>th</sup> 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 15                          6<sup>th</sup> ANNUAL DUAL DIAGNOSIS AA MEETING MICRO CONFERENCE: Park Street Center Fellowship, 1510 Oak Street, Alameda, CA 94501. A literature rep from General Service will be discussing the new pamphlet, “AA Members with Mental Health Challenges and their Sponsors”. Also, panels, DD AA meeting histories, Q&A, and a Dual Diagnosis AA Meeting. Food provided. Noon – 5pm.

SEP 22                         PRIME TIME’S 8<sup>TH</sup> ANNIVERSARY: Burlingame United Methodist Church, Corner of Howard and Primrose, Burlingame. 7:30pm. Speaker, cake and ice cream.

SEP 29                        KEEP IT SIMPLE GROUP’S 15<sup>TH</sup> ANNUAL INDIAN SUMMER CELEBRATION: Orange Memorial Park, Picnic area #4, Memorial Drive, South San Francisco. 11am – 5pm. Speaker meeting at 2pm.

OCT 5-7                        NCCAA 71<sup>ST</sup> 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](http://NorcalAA.org) .

OCT 6                          SAN MATEO CENTRAL OFFICE 56<sup>TH</sup> 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.

## 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](http://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.

<h1>Faithful Fivers</h1>	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: <div style="text-align: center; margin-left: 100px;"> <b>Allen S. from Redwood City</b>  <b>Janice R. from San Bruno</b> </div> 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

None submitted

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**

9/2	Erica G.	Study the Text, FC
9/9	Eden C.	Study the Text, FC
9/16	Tom Mc.	Study the Text, FC
9/23	Julia J.	Monday Monday, SF
9/30	Janice	Big Book Basics, SF

## The Ninth Concept

***Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous..***

“No matter how carefully we design our service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the personal performance of those who must man it and make it work. Good leadership cannot function well in a poorly designed structure . . . . Weak leadership can hardly function at all, even in the best of structures.”

Due to A.A.’s principle of rotation, furnishing our service structure with able and willing workers has to be a continuous effort. The base of the service structure — and the source of our leadership — is the General Service Representative. The G.S.R. is the service leader for his or her group, the indispensable link between the group and A.A. as-a-whole.

Together the G.S.R.s are A.A.’s group conscience — and together, in their areas, they elect the area committee members and ultimately the delegates *and* the area’s candidates for trustee. Groups who have not named G.S.R.s should be encouraged to do so. And as the G.S.R.s meet in area assemblies, care and dedication are required. Personal ambitions should be cast aside; feuds and controversies forgotten. “Who are the best qualified people?” should be the thought of all.

“No society can function well without able leadership in all its levels, and A.A. can be no exception. Fortunately, our Society is blessed with any amount of *real* leadership — the active people of today and the potential leaders of tomorrow as each new generation of able members swarms in. We have an abundance of

men and women whose dedication, stability, vision, and special skills make them capable of dealing with every possible service assignment. We have only to seek these folks out and trust them to serve us.

“A leader in A.A. service is therefore a man (or woman) who can personally put principles, plans and policies into such dedicated and effective action that the rest of us want to back him and help him with his job.

“Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source.

“Good leadership never passes the buck. Once assured that it has, or can, obtain sufficient general backing, it freely takes decisions and puts them into action forthwith, provided of course that such actions be within the framework of its defined authority and responsibility.

“Another qualification for leadership is ‘give and take,’ the ability to compromise cheerfully whenever a proper compromise can cause a situation to progress in what appears to be the right direction . . . . We cannot, however, compromise always. Now and then, it is truly necessary to stick flat-footed to one’s convictions about an issue until it is settled.

“Our leaders do not drive by mandate, they lead by example. We say to them, ‘Act for us, but do not boss us.’”

Reprinted from Twelve Concepts Illustrated, AAWS, Inc.

*“When we give cheerfully and accept gratefully, everyone is blessed.”*

*~ Maya Angelou*

## 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 Nine: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

## A Box of Pears

### **Her relationship with the mother who gave her up for adoption was chilly and distant until she heard Lisa's story in a meeting.**

A few days ago, I was at a speaker meeting in which a woman named Lisa told her story. I didn't expect to hear anything more than I usually hear, which is always helpful in some small way. I didn't expect to be moved more so than I am usually moved. Lisa is half-Japanese. She grew up on Long Island. She is probably 20 years my senior.

There's nothing terribly similar about our lives, and nothing stands out to me now as the reason I was drawn to her immediately, but I was. Something about her face was familiar, kind. She started to tell her story, and I was captivated. I could identify, of course, with a lot of her childhood angst and discomfort, but it was more than that.

Before I got sober, I could never really hear anyone. Now I could truly listen to other people. So, I listened to Lisa. She told how at 17 years old she gave up a child for adoption. She described the feelings she had after she gave birth and the child was taken from her.

She something like, "I felt that all the air had been taken out of me, away from me. I felt empty and alone. I was confused and afraid. I didn't know how to do anything, how to live."

I really heard her. I heard her, and I understood what she'd felt in those terrible moments. And I cried. I tried to dry my tears with one finger, instead smudging the mascara under my eyes. Lisa continued with her story.

I raised my hand to share. I don't share very often—not because I don't have joy to share or sadness for which I need support, but because I really do love to listen to my fellows. But this time, I felt a powerful need to share.

I told Lisa and the group that she had given me a great gift: the gift of sympathy.

I told her that when I was an active alcoholic, I never felt sympathy. I never felt anything. Alcohol had numbed me for so many years. I didn't even understand what other people meant when they said they felt sympathy or empathy. I knew how to behave as if I felt those same things, but I didn't really feel them. I had, for various powerful reasons, kept feelings at a distance.

I explained to Lisa, and to the group, that my biological mother, who had given me up for adoption at birth and whom I had never known, had tracked me down some years ago.

I had seven Bloody Marys before meeting her. She'd found me, and I was angry. She'd found me, and when we met, she asked me to forgive her, and I didn't say anything. I held on to my anger for a while, and then I let it fade into indifference. I let the relationship become one of occasional e-mails and the box of pears I sent her at Christmas.

Not once in the years since she found me—her name is Leslie—had I thought about what she had gone through when she gave me up. Not once did I try to put myself in her shoes.

And then, I heard Lisa's story. I thanked her for that very precious gift, and I thanked the group and AA for giving me the ability to accept this gift.

I cried. A lot. That evening, I wrote to my biological mother. I told her the whole story. I told her of my anger when she tracked me down, and I told her of my gratitude for AA and for Lisa. This is some of what I said to her in that letter:

The truth? Being adopted has affected me in many ways, both good and bad. But I'm not writing to you about that today. I'm writing to you to say thank you for making the difficult choice to put me up for adoption. I am so grateful for the life I have had as a result. Until yesterday, I knew it had to have been difficult, but I never fully grasped the pain and fear you must have felt.

So, there's this part of me now that wants to say, 'Let's really get to know each other.' There's this part of me that wants a hug from you so much, and to hug you right back.

But there's this other part of me that is afraid. I am afraid. But I suppose I hope we can make some small steps forward. Maybe we can just start to e-mail more often and maybe talk sometimes on the phone.

I would never have written that letter had I not learned about listening to other people and feeling sympathy for their circumstances.

Stephanie R., Long Island, NY  
Grapevine, September 2014

## A Higher Power Story

When I came into the Program, I had a God. It was a "church God", and for years it had been nurtured and served me faithfully. I soon discovered that it was inadequate to serve as my Higher Power in AA.

So I developed a new "higher power model" to support me in my recovery. I still call it God, but it is different-and bigger-than my previous one. I believe my Higher Power talks to me, if I will listen, and while not revealing His plan for my life, will give me insights into specific situations in my life as they occur. Or, when I am doing non-listening things, like driving down the freeway, He will also give me insights into my life.

One such situation occurred several years ago (you will see how long ago, when I relate the particulars) while I was on my way to Hawaii. Since I travel "Space Available"(standby) I was boarded after the rest of the passengers and made my way to my aisle seat in Economy. The middle seat was empty, and in the window seat there was a young woman. She was dressed warmly in a hoodie and blue jeans, unusual for someone going to a tropical climate. She watched me sit down, fasten my seat belt, get out my "work kit" for the flight, about 3 inches of paper I planned to sort through in the next 5 hours, and stow the rest of my carryon under the seat.

"You must fly a lot," she remarked. "I don't like the takeoffs and the landings." "Yes," I acknowledged, "but that's why we pay the pilots the big bucks." That seemed to reassure her, but I noticed as we accelerated down the runway, she gripped the seat arms in a tight grip. I put my hand on top of one of hers, and she relaxed, a little. As we climbed to our cruising altitude, she extracted her hand and went back to one of the self-help books she had brought with her. I started working on my paperwork.

After about an hour of silence, she put down her book and turned toward me. "Do you believe in God?" she blurted out.

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*But then, into my head, came the  
small, still voice of my Higher  
Power (God), asking me,  
"Why not?"*

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I thought, oh no! Lady, I don't know you from a sack of potatoes, and you're asking me to share about my personal God? I've got other things to do on this flight, and I'm on vacation. Why should I respond to this question? But then, into my head, came the small, still voice of my Higher Power (God), asking me, "Why not?"

So, I said, pointing past her out the airplane window, "How could you see that and not believe there is a God"? Outside the airplane we were slowly passing next to a bunch of thunderheads, probably 10,000 feet in height, big and great, and beautiful. She looked out the window, nodded, and went back to her book.

Soon it was time for lunch, and that will date this experience because the airline was serving meals instead of snack boxes and popcorn. As we started to eat, she shared with me what was going on in her life.

Her father had had a major heart attack on Maui. They had evacuated him by helicopter to Honolulu, and were trying to stabilize him so they could do bypass surgery. The prognosis was not good. Her stepmother was there. Her brother had already flown over. They had called her to come. She and her stepmother didn't get along well. Her minister had given her the self-help books to read.

After we landed and were walking up the jet way, I asked her if anyone was meeting her. "No." she said, a little forlornly.

I told her I was staying on the northeast corner of the island (at Kaneohe Marine Corps Base) and added, "Wherever the hospital is, I probably have to pass by it to get to where I'm going. Could I give you a ride?"

She agreed, and while she was powdering her nose, I looked up the address of the hospital she had given me, and satisfied myself I could find it with my limited knowledge of downtown. We rode there in silence, and I stopped across the street from the hospital. When she had gotten out of the car, I asked her if I could pray with her. She brightened a little, and nodded yes. I gripped both her hands in mine, and right there in the street, prayed. I prayed for her father, and that he would be strong enough to make it through the surgery. I prayed that the surgeons would have the skill to repair his heart. I prayed for her, and that she and her stepmother would find common ground during this period. And I even prayed for her damn brother, who wouldn't pick up his sister at the airport!

She started to cry. I waited a little, then said, "You are going to come through this all right, because you are a child of God."

She picked up her suitcase, walked across the street, and vanished through the door of the hospital. I never saw her again.

So what does this have to do with us, as members of AA? I think two things:

-We rarely get a chance to be of major service to an individual, as I believe I had been to her.

-Every day, there are countless small opportunities to be of service to other members of the program, or to other individuals.

The Gate Agent could have seated me anywhere on the airplane, but he placed me next to her. Was this a coincidence? I don't believe so. Since I came into the program, I don't believe there are coincidences any more. I believe it is my Higher Power working in my life (which rarely happened with my "church God.")

So the next time you have an opportunity to be of service, ask yourself, "Why not?"

Gordon L.

The **San Mateo County Fellowship of Alcoholics Anonymous**  
**Delegates Committee Meeting Minutes Aug 7, 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. Brett S. read the Twelve Traditions; Ross G. read the Responsibility Statement.

**Minutes:** The July 2018 minutes were reviewed and approved.

**New Delegates:** Wayne W., 3<sup>rd</sup> & 11<sup>th</sup> Step Meeting, Half Moon Bay; Laura G., 3<sup>rd</sup> & 11<sup>th</sup> Step Meeting, Half Moon Bay; Brett S., Study the Text, Foster City.

**A.A. Birthdays:** Becky N., 23 years; Vickie C., 14 years; Danny T., 23 years.

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

**SERVICE COMMITTEE REPORTS**

**Bridging the Gap:** Tatiana S. reported. We lost a couple of volunteers due to relocation and job situations. There are 6 new volunteers to be trained that were recruited mainly from Unity Day. 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. BTG 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. 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 Area Summer Assembly meeting hosted by District 15 will be 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 7<sup>th</sup> – September 9<sup>th</sup>. General Service from New York will be there. There is no registration cost for this event. More information and register at [aa.org](http://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/>

**NCCAA (Northern California Council of A.A.):** Scott R. reported,

(650) 438-5044. The NCCAA 71<sup>st</sup> Fall Conference is at the Doubletree Hotel in Fresno, California from October 5, 2018 – 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](http://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.):** Jeff S. reported. The Bonfire Meetings at Ocean Beach in San Francisco are the last Friday of the month from May through September. PENYPAA

would like to help with the Central Office Party on October 6<sup>th</sup>. 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 1<sup>st</sup> and 3<sup>rd</sup> Sundays of the month at 12:15 p.m. Information: [www.penypaa.org](http://www.penypaa.org).

**PI/CPC (Public Information/Cooperation with the Professional Community):**

Ted B. reported, (650) 583-2935. There was 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 had 2 women there to volunteer. There was a presentation at Kaiser in South San Francisco to San Mateo County Social Services on July 11, 2018 from 3:00 pm – 4:00 pm where 3 people presented. There will be a presentation 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. There will be presentations in September: a fair in Redwood City and to parolees in San Francisco and San Mateo. We continue looking into doing presentations to clerics, lawyers and doctors. 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:** Tatiana S. reported. Don R. retired a few months ago. Received 3 resumes for Central Office assistant manager position (special worker) and interviewed those people on July 25<sup>th</sup>. The advisory committee has recommended Steve L. as assistant central office manager. He was voted in / approved for hiring tonight at this meeting.

**Alcathons:** Becky N. reported. Tentative drawing for time slots is Sunday, October 21<sup>st</sup> at 7:00 pm at 5<sup>th</sup> & O'Neill in Belmont. The bid form is available online. We will decorate for Christmas at the close of the Thanksgiving alcathon.

**Teleservice:** Jenn P. 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 2<sup>nd</sup> 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. Credit card sales have started and there is a small fee. Book sales were up. Got a new copy machine / Kyocera at Central Office. Will end up being \$22.00 less a month.

**July 2018 Central Office Activity:**

Twelfth Step Calls: 2 Office Visits: 82

Phone Calls for Information: 94 Website Visits: 6,575

**Faithful Fiver Contributions Year to Date:**

Faithful Fiver contributions for the year are \$3,815.00.

**Anniversary Party:** Becky N. reported: phone (415) 706-3460 and email: [massarre@gmail.com](mailto:massarre@gmail.com). The Central Office Party will be on October 6, 2018 at 5:00 pm at the Greek Orthodox Church in Belmont. 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.

**Old Business:** 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 was discussed at the advisory committee meeting and will stay as is.

**Meeting Adjourned:** 8:10 p.m.

**Delegates Present:** 20

**Delegates Collection:** \$38.25

**Next Meeting:** September 4, 2018, 7:30 p.m.



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

	<b>AUG</b>	<b>Total YTD</b>		<b>AUG</b>	<b>Total YTD</b>
<b>Income</b>			<b>Operating Expenses</b>		
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	400.51	1,757.00
Interest Income	0.00	0.00	Office supplies	384.25	4,229.08
Other	2,113.12	2,113.12	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
<b>Total Income</b>	10,133.11	91,754.97	Sales Tax on Books	0.00	1,214.00
			Taxes	1,571.75	15,866.02
<b>Less Expenses</b>	10,468.49	89,835.93	Telephone	427.99	1,651.70
			Telephone Advertising	80.00	640.00
<b>Net Income (loss)</b>	(335.38)	1,919.04	Teleservice	140.00	1,120.00
			Travel Expenses	0.00	730.52
<b>Starting Balance</b>		25,983.50	Utilities	0.00	0.00
			Verio Web Service	0.00	115.97
<b>Plus Net Income/Loss</b>		4,882.38			
			<b>Total Operating Expenses</b>	10,468.49	89,835.93
<b>Ending Balance</b>		30,865.88	<b>Net Income (loss)</b>	(335.38)	1,919.04
<b>TOTAL PRUDENT RESERVE</b>		49,721.42	<b>2018 Year-to-Date Summary</b>		
			Year-to-Date Income		91,754.97
<b>TOTAL CASH POSITION</b>		80,587.30	Year-to-Date Expenses		89,835.93
			Year-to-Date Net Inc/(Deficit)		1,919.04

**SAN MATEO COUNTY FELLOWSHIP 2018 GROUP CONTRIBUTIONS**

<b>ATHERTON</b>	<b>AUG</b>	<b>YTD</b>	<b>LA HONDA</b>	<b>AUG</b>	<b>YTD</b>
Sunday Spirituality		927.50	La Honda Group (Thurs)		294.70
<b>BELMONT</b>			<b>MENLO PARK</b>		
Alkie Gulch		24.60	Atherton AA		300.00
Belmont Tues. Noon Group	234.89	936.77	Atherton Grp Wed Noon		312.82
Day At a Time		920.00	Cottonmouth		389.12
One Line at a Time	10.00	80.00	Fri. Noon Women's		1,000.96
Singleness of Purpose	70.00	280.00	M.P. Friday Nite		195.00
			Men's R4D Big Book		305.28
<b>BRISBANE</b>			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
<b>BURLINGAME</b>			Sat Sunshine Grp MP 7:30		175.00
Any Length		1,553.36	Tues Noon Book Worm		425.14
Back to the World Group	93.10	333.20	<b>MILLBRAE</b>		
Burlingame Men's Grp (415)		302.40	12 Step Study (Tues Noon)		158.45
Burlingame Read a Passage	146.00	146.00	<b>MOSS BEACH</b>		
Burlingame Noon Men's Grp		360.56	Men's Language of the Heart		66.20
Ham & Eggers		1,162.12	Serenity by the Sea		266.65
Hillsborough Men's Group		425.00	<b>PACIFICA</b>		
Just For Today		350.00	12 @ 6 Group		120.00
Rap Group	151.87	398.47	12 Noon Disc. (Mon)		565.00
Reason to Come to AA		770.00	As Bill Sees It Sat.	120.00	120.00
Sat. Nite Disc. Group		120.00	Daily Reflections		446.51
Senior Focus Group	371.00	615.00	Fri Discussion Noon		660.00
Sharing Choices		107.00	Grapevine Recovery		140.00
Step thru Big Book		185.59	Happy Hour (Tues)	50.00	305.00
Tuesday Nite Group		142.00	New Comers & Old Timers		205.55
<b>FOSTER CITY</b>			Pacifica Coastside		360.00
FC Men's Sharing Group		622.20	Pacifica Discussion (Weds)		295.00
Fresh Start		148.80	Pacifica Men's Group		256.80
Friday Noon Big Book	26.09	401.65	Pacifica Women's Mtg		335.30
Living Sober Groups (all)		216.16	Page 133 Group		349.20
Study theText Group	191.49	771.25	Pedro Valley Pacifica		493.75
The Old & the New	15.23	317.76	Serenity in Pacifica		365.79
<b>HALF MOON BAY</b>			Sharp Park 3rd & 11th Step		767.58
3rd & 11th Step Prayer	54.47	742.64	Tues Noon Disc. Grp	180.00	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	<b>PORTOLA VALLEY</b>		
HMB Thurs Womens BB		195.55	Chips Ahoy		40.00
HMB Tues Night Group		260.00	Ladera Mon Nite Group		775.49
Sat Night Step	244.02	564.15	Portola Valley 11th Step	126.00	335.00
Sat. Morning Eye-Opener		776.19			
Saturday Nite Spkr/Disc		1,348.00			
Stone Pine 7AM Meet.M,W,F		586.60			
Stone Pine Noon Meet. M-F*	200.00	1,680.00			
Thurs. Happy Hour		75.00			
Thurs Daily Reflection St. Pine		389.70			
Tues Womens 12th Step		132.00			

<b>REDWOOD CITY</b>	<b>AUG</b>	<b>YTD</b>	<b>SAN MATEO</b>	<b>AUG</b>	<b>YTD</b>
Broken Elevator Thurs.		703.00	10 am Sunday Serenity		636.80
A Vision for You		703.00	Beginners Meeting		306.00
Complete Abandon Group		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		288.30	Forum (unlisted)		650.00
Mon. Noon Mtg.		77.70	Highlanders Grp.		353.00
Newcomers Q & A	250.00	250.00	Hillsborough Group		175.50
Open Door Grp.		150.00	Joy of Living		90.00
Sun. Nite Sharing	201.60	422.40	Lunch Bunch		571.35
Temple Group		50.00	Literature Roulette	277.90	277.90
The Sewer Group		349.00	Mid Peninsula Women		322.26
Thumpers		316.02	Monday Night Men's 6:30		200.00
Wed. Woodside Meeting		697.22	Morning Serenity (All)		900.00
Woodside Grp Sat Sequoia	32.40	253.80	San Mateo Group # 1		311.04
			Slainte Group		330.58
			Sunday Sundowners	66.00	166.00
<b>SAN BRUNO</b>			<b>SOUTH S.F.</b>		
12 Study Grp (Thurs)		213.15	Keep it Simple	163.80	163.80
Big Book Study Fri (5pm)	22.20	241.99	Midway S.S.F. Grp	400.00	400.00
Come as You Are		1,016.59	New Beginnings		100.00
Daily Reflections Women	17.40	61.95	Oyster Point Discussion		200.00
Early Enders		127.20	South City Womens		210.00
Experience, Strength, Hope	16.80	363.00	Stepping Stones		100.00
Friday Night Rap		64.80	Watch your Step		166.40
Grupo Serenidad	20.00	160.00			
Living Sober (Tues)	24.75	267.19	<b>WESTBAY ALANO</b>		
Milbrae Group		90.00	Brown Baggers		140.00
Simply Speaking (Sun)		53.16	Colma Eye Opener	157.50	649.35
Spkr/Disc - Happy Hour(Mon)	78.15	373.57	Duel Honesty Group		46.20
Tools of Recovery (Tue 6:30p)	235.20	235.20	Grapevine (Mon)		120.00
			Living Sober (Thur)		80.28
<b>SAN CARLOS</b>			Men's no BS	152.60	152.60
Gifts of Grace Fri Women		323.01	Noon 12 x 12		70.00
Growing Stronger		30.00	Smart Feet BB		39.00
S.C. Awareness Group	140.52	390.31	Tues 7am Big Book		120.00
San Carlos Beginners	133.87	418.62			
San Carlos Men's Grp. (Mon)		306.00	<b>SAN MATEO ETC.</b>		
San Carlos Peninsula Fellow-	150.00	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	<b>Misc.</b>		
Womens Read & Reflect.		290.71	unknown		0.00

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