

# HIGH SOBRIETY

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

Monthly newsletter of the  
SAN MATEO COUNTY FELLOWSHIP  
OF AA

650-577-1310  
aa-san-mateo.org  
aasanmateo@gmail.com

*November 2018*

## **SMC Fellowship News**

### **District 05 Elections Held November 20<sup>th</sup>!**

The long form of Tradition 9 states: "Rotating Leadership is best."

The month of November (2<sup>nd</sup> year of the 2 year Panel), marks the time to apply this practice for both our General Service District and Area Committees. We do this in November to allow ample time for the incoming people to prepare and for the outgoing to "pass it on".

Our groups elect their General Service Representatives ("GSRs"), and those same GSRs and current District members will elect the new trusted servants who will serve on Panel 69 from January 2019 through December 2020. It takes a number of people to keep our District healthy, whole and running smoothly. For our District this number is 18. Positions range from District Chair, Alternate, Recording Secretary, Treasurer and Registrar as well as Chairpersons for all our District committees: Bridging the Gap, H & I, Archives and Grapevine, etc. There are so many ways to get involved even if you have no past experience.

*District 05 Elections continued on page 7*

## **Table of Contents**

•••

Monthly Service Meetings ...	2
Conferences and Events ...	2
Birthdays and Faithful Fivers ...	3
The Eleventh Concept ...	4
Traditions Checklist ...	4
One Room at a Time ...	5
Fellowship News cont. from page 1...	6
Thanksgiving Alkathon Schedule ...	7
Central Office Delegates Meeting Minutes ...	8
Central Office Financial Report ...	9
Group Contributions ...	10

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

*Now find past issues of High Sobriety  
on the Central Office Website!*

*aa-san-mateo.org*

A.A. Grapevine content copyright © A.A. Grapevine, Inc.  
Box 4-5-9 content copyright © A.A. World Services, Inc.  
Daily Reflections copyright © A.A. World Services, Inc.  
Reprinted by Permission.

## 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** December 2<sup>nd</sup> , 7:00 pm  
San Mateo Central Office, 2215 S. El Camino Real, San Mateo (quarterly).

**BRIDGING THE GAP** November 5<sup>th</sup> , 7:30 pm  
St. Andrew's Church, 15<sup>th</sup> Avenue and El Camino, San Mateo (1<sup>st</sup> Monday of month)

**PI/CPC** November 5<sup>th</sup> , 7:30 pm  
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** November 6<sup>th</sup> , 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** November 20<sup>th</sup> , 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)** November 4<sup>th</sup> & 18<sup>th</sup> , 12:15 pm  
San Carlos Peninsula Fellowship, 1133 Eaton Avenue, San Carlos (first & third Sundays of each month)

**H&I (Hospitals & Institutions)** November 27<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)

## Conferences and Special Events

- NOV 3 TRUSTED SERVANTS WORKSHOP: San Carlos Peninsula Fellowship, 1133 Eaton Ave., San Carlos. 1:15-3:15 pm. Learn the ins and outs of being a group secretary, treasurer or literature person. Handouts included.
- NOV 11 TRUSTED SERVANTS WORKSHOP: West Bay Alano Club, 216 Mosswood Dr., South San Francisco . 1:15-3:15 pm. Learn the ins and outs of being a group secretary, treasurer or literature person. Handouts included.
- NOV 21 SAN MATEO COUNTY FELLOWSHIP THANKSGIVING ALKATHON: Church of the Good Shepherd, Fifth & O'Neill, Belmont. Nov. 21<sup>st</sup> noon through Nov. 23<sup>rd</sup> 1:00 pm. See details on page 7, or on the Central Office Website.
- DEC 7 56<sup>th</sup> ANNIVERSARY & HOLIDAY POTLUCK: Holy Cross Lutheran Church, 1165 Seville Dr., Pacifica. 5:30 dinner, 7:30 meeting. Join Pedro Valley-Pacifica Speaker/Discussion Group for their annual event. Flyer may be found may be found on the Central Office website.
- DEC 24 SAN MATEO COUNTY FELLOWSHIP CHRISTMAS ALKATHON: Church of the Good Shepherd, Fifth & O'Neill, Belmont. Dec 24<sup>th</sup> noon through Dec 26<sup>th</sup> 1:00 pm. See details on page 7, or on the Central Office Website.
- DEC 31 SAN MATEO COUNTY FELLOWSHIP NEW YEAR ALKATHON: Church of the Good Shepherd, Fifth & O'Neill, Belmont. Dec 31<sup>st</sup> noon through Jan 2<sup>nd</sup> 1:00 pm. See details on page 7, or on the Central Office Website.

*Thankful  
&  
Grateful*

## 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.

<h1>Faithful Fivers</h1>	<p>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.</p>
<p>Name _____</p> <p>Address _____</p> <p>City, State, Zip _____</p> <p>Phone _____</p> <p>E-mail _____</p> <p>My contribution will be \$ _____ per month.</p> <p>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"/></p> <p>Your personal contributions make our vital services possible. We'd like to thank the following members for joining this past month:</p> <p style="text-align: center;"><b>No new fivers this month</b></p> <p>Our thanks to our Fellowship's 154(&amp; counting) Faithful Fivers!</p>	

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



## Birthday Club

<b>Baker Bob</b>	<b>Belmont</b>	<b>39 years</b>
<b>Suzanne K.</b>	<b>San Mateo</b>	<b>20 years</b>
<b>Susan D.</b>	<b>San Mateo</b>	<b>34 years</b>
<b>Marcy M.</b>	<b>San Mateo</b>	<b>3 years</b>

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.

*Blessed are they who see beautiful things in humble places where others see nothing.*  
*Camille Pissaro*

<b>Brisbane Breakfast Brunch, Speaker Meeting Sundays, 11:00am, 250 Visitacion Avenue</b>		
11/4	Russ M.	Join the Tribe, DC
11/11	Emily H.	Artists & Writers, SF
11/18	Erica G.	Trudgers, SF
11/25	Dan F.	San Francisco

## The Eleventh Concept

*While the trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.*

In this, the second longest of the Concepts, Bill explains in great detail the composition, functions and relationships of the standing committees of the General Service Board, its subsidiary operating boards, the General Service Office and the A.A. Grapevine — as they existed in 1962. As A.A. has grown and changed, many of the descriptions would be different today, and some of the issues that are addressed are no longer relevant. Nevertheless, the full text is valuable as an historical document, and many of the principles still apply, as summarized below.

Underlying the service structure we have been discussing, there is another, internal structure of service consisting of the nontrustee members of the trustees' committees; the nontrustee directors of the two operating boards, and the executives and staff members. "Members of this group," declares Bill, "not only support the leadership of the trustees: they share leadership with them."

The following are "several principles . . . which" apply to A.A. World Services, Inc. and the A.A. Grapevine, Inc.:

### 1. The status of executives

No active service can function well unless it has sustained and competent executive direction. This must always head up in *one person*, supported by such assistants as he needs. That person has to have ample freedom and authority to do his job, and he should not be interfered with so long as his work is done well.

### 2. Paid workers, how compensated

Each paid executive, staff member or consultant should be recompensed in reasonable relation to the value of his or her similar services or abilities in the commercial world . . . . Cheap help is apt to feel insecure and inefficient. It is very costly in the long run. This is neither good spirituality nor good business. Assuming service money is available, we should therefore compensate our workers well.

### 3. Rotation among paid staff workers

At A.A.'s General Service Office, most staff members' assignments are changed every two years. When engaged, each staff member is expected to possess the general ability to do, or to learn how to do, any job in the place — excepting for office management.

### 4. Full "Participation" of paid workers is highly important

We have already discussed the necessity of giving key paid personnel a voting representation on our committees and corporate boards. They should enjoy a status suitable to their responsibility, just as our volunteers do.

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 Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.**

1. Do I ever promote AA so fanatically that I make it seem *unattractive*?
2. Am I always careful to keep the confidences reposed in me as an AA member?

Cont. on page 5

Traditions Checklist, from page 4

3. Am I careful about throwing AA names around, even within the fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition 11? Where would I be?

## One Room at a Time

**At 22 years sober, she was about to make a big move—but this time she let her past experience do the heavy lifting.**

I've heard it said that we can do anything "one day at a time." I've lived that way for many years in sobriety. Taking it one step at a time, sometimes one minute at a time, has worked beautifully for this alcoholic. But in May of 2011, it was one room, one box at a time.

That spring, I became worried about my job. I'd worked for four plus years as a virtual administrative assistant to a life insurance agent from another state but I had never met the man. All of our business communications were by phone and internet. It was my dream job. The hours were great, I could be of service, the money was just what I needed, and the agent was a prince to work for. But as with many other businesses in this economy, things started to slow down and my hours were diminishing. I was working part-time and began having trouble making ends meet. One day I wrote "my job" on a piece of paper and put it in my God box.

Three days later, my sponsor and I were sitting at my kitchen table talking when my phone rang—it was the insurance agent. He informed me that my job was going to end in January of 2013. However, he added that he was expanding his business and opening a new office. He wanted to know if I'd be willing to relocate to Iowa. He gave me some points to consider, and we set up a time for me to go to Iowa at his expense and meet with him to discuss the offer.

Luckily, the lease on my apartment had expired and I was able to renegotiate a new one that would allow me to stay until October 1st. So the wheels were set in motion. I called a local truck rental company and reserved a truck and car trailer for a reasonable price. A friend of mine who happened to be moving too offered me all of her leftover boxes, so I didn't have to scour the planet or purchase boxes.

The previous year I had had guardianship of my daughter's son, but had relinquished custody. My grandson lived in Georgia with his father, stepmom and two sisters, and was doing very well. My daughter had a daughter in foster care in South Carolina. I tried to get guardianship of her, but every door was slammed in my face. I had to accept that God had a plan for this child and had to pray for whatever was best for everyone in the situation. My heart hurt for my daughter and my grandchild. My 33-year-old son, who lived near me, told me the new job offer was too good for me to pass up and to please go with his blessing.

I kept getting on my knees each day and asking God to show me what his will was. Things just kept falling into place. But I was still unsure about my move. I had moved another time in sobriety and I had stopped going to as many AA meetings. I had also stopped calling my sponsor and other sober alcoholics. I had nine years of sobriety at the time and thought I'd be fine. I was "fine," alright. By the time we moved that time I was stark raving sober. Fortunately, the Twelfth Step saved me: a newcomer needed a ride to a meeting and when I tried to share with her what I didn't have, I realized I had to get up off my backside and get plugged into the program again before I drank. God did for me what I could not do for myself. I got a home group and a sponsor. I became the GSR of that home group. I got back into the Steps and Traditions, and my life flourished. I was back in the center of the boat of AA.

Because of that experience at nine years, I decided I needed to do things differently this time. I started and ended my days on my knees. I did an Eleventh Step daily. I called my sponsor every day. I talked to another alcoholic every day. I stayed in touch with the women I sponsor. I told them, "I'm not gone yet just because I just stepped down from my service commitment as the Area 23 Southern Indiana Chairperson." I was blessed to help with

the transition of the new chairperson. I also finished my work on an Ad-Hoc Committee for Area 23.

Today I still go to at least three meetings a week. I still put my hand out to the newcomer because I'm still "responsible." I don't do these things because I am Ms. AA. I do these things because complacency will get me drunk, and because I believe in my heart that anything I put before God I will lose. I know that if I don't guard my sobriety with all I have, I won't have it very much longer. Lately, I've met so many people who had some time under their belt and went back out. I don't want that to be me. I try to keep in mind when I go to a meeting that the person sitting next to me may be hurting, no matter how much time they have. I had 22 years when my whole life was turned upside down. I needed my fellows in AA to hold me close and accountable. I'd like to thank the men and women in my AA community who walked the path with me and shared all their love as I began my new journey, and God for keeping me safe in the palm of his hand.

Mary O., Brownsburg, Indiana  
Grapevine, April 2.015

## SMC Fellowship News

From page 1

### District 05 Elections, cont.

You may want to consider joining in. These past two years have brought so much growth to my life in ways I never expected (Spiritually and Emotionally). We are only asked in General Service "Are you available?"

It doesn't mean, do you want to do it. It means do you have the time and willingness to commit. When I said "I was available", I had no idea of the journey my sobriety would take! I'll be forever grateful to District 05. It's a great group of people who care about A.A. as a whole and one I was privileged to be a part of.

**Come check out a meeting. 3<sup>rd</sup> Tuesday of every month @ 1501 So. El Camino Real, San Mateo (St. Andrew's Lutheran Church 15<sup>th</sup> & El Camino) 7:30pm**

To learn more about the positions or the process, speak with your GSR or anyone currently involved in General Service. I'm sure they would be happy to share their experience.

Colleen G.  
District Committee Member Chair ("DCMC")



### Thanksgiving Alkathon

The holidays are fast approaching, and around here that means Alkathon time!

Join us for our Thanksgiving Alkathon, Wednesday, November 21<sup>st</sup> through Friday, November 23<sup>rd</sup>. Not sure what an Alkathon is? Alkathons are held to provide a safe place those of us in recovery during what may be a difficult time for us at home. Round the clock meetings beginning on every even hour, plus lots of food and great fellowship 24/7. ALL are welcome! Alkathons are also a great opportunity to be of service...there are always jobs to be done. Feel free to bring a dish as well (disposable containers, only, please). The meeting schedule follows on Page 7.

**Thanksgiving Alkathon****Wednesday 11/21/2018 - Friday, 11/23/2018**

Wednesday 11/21/2018

<u>Time</u>	<u>Meeting</u>	<u>City</u>	<u>Day</u>	<u>Time</u>
12:00 PM	WEDNESDAY WOODSIDE MEETING	RWC	WED	7:30 PM
2:00 PM	BUNKER YOUNG PEOPLE	SAN MATEO	THU	7:30 PM
4:00 PM	TUESDAY NITE GROUP	BURLINGAME	TUES	8:00PM
6:00 PM	ONE LINE AT A TIME	BELMONT	WED	6:00PM
8:00 PM	THUMPERS(BIG BOOK STUDY)	RWC	TUES	7:30 PM
10:00 PM	SAN CARLOS PENINSULA FELLOWSHIP	SAN CARLOS	DAILY	7-NOON

Thursday 11/22/2018

<u>Time</u>	<u>Meeting</u>	<u>City</u>	<u>Day</u>	<u>Time</u>
12:00 AM	HAM & EGGERS	BURLINGAME	SUN	9:30AM
2:00 AM	BROAD HIGHWAY BIG BOOK STUDY	BURLINGAME	WED	8:30PM
4:00 AM	WE HAVE RECOVERED GROUP	SAN CARLOS	THU	8:00PM
6:00 AM	THE OLD & NEW	FOSTER CITY	WED	NOON
8:00 AM	COMPLETE ABANDON GROUP	RWC	SAT	10:30AM
10:00 AM	MEN'S "LANGUAGE OF THE HEART" STUDY	MOSS BEACH	TUES	7:00PM
12:00 PM	PEDRO VALLEY SPEAKER DISCUSSION	PACIFICA	FRI	7:30PM
2:00 PM	HIGHLANDERS	SAN MATEO	FRI	7:30P,
4:00 PM	SUN NIGHT SHARING GROUP	RWC	SUN	8:00PM
6:00 PM	12 STEPS STUDY GROUP	BURLINGAME	MON	8:00PM
8:00 PM	DAY AT A TIME	BELMONT	THU	7:30PM
10:00 PM	SATURDAY MORNING SANDHILL	MENLO PARK	SAT	9:00AM

Friday 11/23/2018

<u>Time</u>	<u>Meeting</u>	<u>City</u>	<u>Day</u>	<u>Time</u>
12:00 AM	STUDY THE TEXT GROUP	FOSTER CITY	MON	7:30PM
2:00 AM	FIRESIDE GROUP	SAN MATEO	FRI	7:30 PM
4:00 AM	FC LIVING SOBER GROUP	FOSTER CITY	M-FRI	5:30PM
6:00 AM	BROKEN ELEVATOR "WE TAKE THE STEPS"	RWC	THU	NOON
8:00 AM	DON'T DRINK & GO TO MEETINGS	RWC	FRI	7:30PM
10:00 AM	LUNCH BUNCH	SAN MATEO	MON	NOON
12:00 PM	SINGLENESS OF PURPOSE	BELMONT	FRI	NOON

The **San Mateo County Fellowship of Alcoholics Anonymous**  
**Delegates Committee Meeting Minutes Oct 2, 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. Bevin L. read the Twelve Traditions; Brett S. read the Responsibility Statement.

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

**New Delegates:** Aggie W., Just for Today, Burlingame; Marianne K., Women's Home Meeting.

**A.A. Birthdays:** none.

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

### SERVICE COMMITTEE REPORTS

**Bridging the Gap:** Tatiana S. reported. We will need a new chairperson in a few months. We are currently updating our 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. We are doing well on volunteers. 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. There will be elections for 15-20 positions on the third Tuesday meeting in November. 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.):** 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 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". 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. More information: [www.norcalaa.org](http://www.norcalaa.org).

**PENYPAA (Peninsula Young People in A.A.):** No report. 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. The BBQ was a great success on September 18<sup>th</sup> at Central Park in San Mateo from 10:00 am–2:00 pm. On October 2<sup>nd</sup>, this morning, we had a table for Spirituality Day in Redwood City from 12:00 pm–1:00 pm. On October 8<sup>th</sup>, 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 5<sup>th</sup> & O'Neill in Belmont. The bid form is available online and newsletter. We will decorate for Christmas at the close of the Thanksgiving alcathon.

**Teleservice:** Jenn P. reported. 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 30 open back lines. Shifts are assigned in 4-hour periods once a month. Please contact Jenn P., Chair at (650) 461-0320 or Eden C., Information Chair at (650) 868-1116 for more information.

**Central Office:** Don C. reported. Don welcomed / introduced the new Assistant Manager, Steve L. Don went to Canada for a conference. One idea that came from the conference is to get more people involved in AA. 10% of AA's do 90% of service work.

### **September 2018 Central Office Activity:**

Twelfth Step Calls: 2    Office Visits: 68  
 Phone Calls for Information: 95    Website Visits: 6,672

### **Faithful Fiver Contributions Year to Date:**

Faithful Fiver contributions for the year are \$4,530.00.

**Anniversary Party:** Becky N. reported: phone (415) 706-3460 and email: [rnassarre@gmail.com](mailto: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](mailto:jweiler712@hotmail.com). Don C. has raffle tickets.

**Sunshine Club:** Becky N. reported. The next orientation is on Monday, October 15<sup>th</sup> at 7:00 pm. 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, 2<sup>nd</sup> Floor (Living Sober Group Meeting). Please call (650) 577-1310 or Ed V., Coordinator at (650) 222-5582, for more information or e-mail [aa@aa-san-mateo-org](mailto:aa@aa-san-mateo-org).

**Old Business:** none.

**New Business:** none.

**Meeting Adjourned:** 7:57 p.m.

**Delegates Present:** 29

**Delegates Collection:** \$56.00

**Next Meeting:** November 6, 2018, 7:30 p.m.



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

<b>Income</b>	<b>OCT</b>	<b>Total YTD</b>	<b>Operating Expenses</b>	<b>OCT</b>	<b>Total YTD</b>
Birthday Club Contributions	102.00	1,059.00	Accounting Services	57.00	709.15
Book sales	2,067.25	15,595.52	Bank charges	0.00	0.00
Central Office Annual Party	13,346.02	13,346.02	Books Purchased	1,629.32	10,443.98
Delegates Collection	56.00	470.00	Central Office Annual Party Exp	3,793.18	4,191.28
Group Contributions	10,698.54	77,037.17	Central Office Insurance	182.00	1,813.88
High Sobriety Subscriptions	20.00	76.00	Employee Insurance	360.00	9,115.00
In Memoriam	0.00	5,000.00	Miscellaneous	0.00	0.00
Individual Contributions	3,000.00	4,550.00	Office Equipment Lease & Maint	298.88	2,033.25
Interest Income	0.00	0.00	Office supplies	133.65	4,948.74
Other	0.00	0.00	Other (Don R's Retirement)	0.00	300.54
Faithful Fivers	220.00	4,750.00	Outside Services	0.00	0.00
Printing	1,218.92	4,632.88	Postage	100.00	1,134.15
Sales Tax on Books	204.45	1,513.52	Reimbursable Expenses	0.00	0.00
Tax Refund	0.00	0.00	Rent	1,355.00	13,565.00
			Salaries	4,456.17	40,627.30
			Sales Tax on Books	466.00	1,680.00
<b>Total Income</b>	30,933.18	128,030.11	Taxes	1,736.67	19,263.60
			Telephone	143.03	1,946.50
<b>Less Expenses</b>	15,954.35	115,702.31	Telephone Advertising	80.00	800.00
			Teleservice	280.00	1,400.00
<b>Net Income (loss)</b>	14,978.83	12,327.80	Travel Expenses	883.45	1,613.97
			Utilities	0.00	0.00
<b>Starting Balance</b>		25,403.25	Verio Web Service	0.00	115.97
<b>Plus Net Income/Loss</b>		14,978.83			
			<b>Total Operating Expenses</b>	15,954.35	115,702.31
<b>Ending Balance</b>		40,382.08	<b>Net Income (loss)</b>	14,978.83	12,327.80
<b>TOTAL PRUDENT RESERVE</b>		49,730.33	<b>2018 Year-to-Date Summary</b>		
			Year-to-Date Income		128,030.11
<b>TOTAL CASH POSITION</b>		90,112.41	Year-to-Date Expenses		115,702.31
			Year-to-Date Net Inc/(Deficit)		12,327.80

**SAN MATEO COUNTY FELLOWSHIP 2018 GROUP CONTRIBUTIONS**

	OCT	YTD		OCT	YTD
<b>ATHERTON</b>			<b>LA HONDA</b>		
Sunday Spirituality		927.50	La Honda Group (Thurs)		480.90
<b>BELMONT</b>			<b>MENLO PARK</b>		
Alkie Gulch		24.60	Atherton AA	213.84	513.84
Belmont Tues. Noon Group	88.48	1,065.00	Atherton Grp Wed Noon		312.82
Day At a Time	175.00	1,095.00	Cottonmouth	1,020.00	1,409.12
Forum (unlisted)		725.00	Fri. Noon Women's	290.29	1,291.25
One Line at a Time	10.00	100.00	M.P. Friday Nite		195.00
Singleness of Purpose		280.00	Men's R4D Big Book		305.28
<b>BRISBANE</b>			Menlo Park Men's Group	161.70	652.89
Brisbane Breakfast		750.00	Mon. 12:10 PM Happy Hour		965.10
<b>BURLINGAME</b>			Sat Morning Sandhill	1,024.00	4,758.10
Any Length	537.60	2,090.96	Sat Sunshine Grp MP 7:30		175.00
Back to the World Group		333.20	Tues Noon Book Worm	153.29	578.43
Burlingame Men's Grp (415)		302.40	<b>MILLBRAE</b>		
Burlingame Read a Passage	38.00	184.00	12 Step Study (Tues Noon)		158.45
Burlingame Noon Men's Grp	39.60	485.36	<b>MOSS BEACH</b>		
Ham & Eggers		1,162.12	Men's Language of the Heart		405.70
Hillsborough Men's Group		425.00	Serenity by the Sea		266.65
Just For Today		350.00	<b>PACIFICA</b>		
Peninsula Prime Time	456.00	456.00	12 @ 6 Group		300.00
Rap Group	163.80	562.27	12 Noon Disc. (Mon)		565.00
Reason to Come to AA		770.00	As Bill Sees It Sat.	133.52	253.52
Sat. Nite Disc. Group		120.00	Daily Reflections		524.91
Senior Focus Group		615.00	Fri Discussion Noon		660.00
Sharing Choices	229.00	336.00	Grapevine Recovery		140.00
Step thru Big Book		185.59	Happy Hour (Tues)		385.00
Sun. Nite Speaker/Discussion		231.77	New Comers & Old Timers	102.34	307.89
Tuesday Nite Group		142.00	Pacifica Coastside		360.00
<b>FOSTER CITY</b>			Pacifica Discussion (Weds)		412.80
FC Men's Sharing Group		622.20	Pacifica Men's Group		256.80
Fresh Start		148.80	Pacifica Women's Mtg		335.30
Friday Noon Big Book	58.10	535.18	Page 133 Group		667.95
Living Sober Groups (all)	419.61	635.77	Pedro Valley Pacifica		493.75
Study theText Group		771.25	Serenity in Pacifica		365.79
The Old & the New	47.60	440.79	Sharp Park 3rd & 11th Step		949.98
<b>HALF MOON BAY</b>			Tues Noon Disc. Grp		300.00
3rd & 11th Step Prayer	105.01	847.65	Wake Up Wake Up	280.00	472.50
Coastside Big Book		89.69	Women's Big Book Study		269.22
Coastside Talkers		171.00	<b>PORTOLA VALLEY</b>		
Friday Nite Group	161.28	670.88	Chips Ahoy		60.00
HMB Thurs Womens BB		524.03	Ladera Mon Nite Group		775.49
HMB Tues Night Group		260.00	Portola Valley 11th Step	180.00	515.00
Sat Night Step	49.22	613.37			
Sat. Morning Eye-Opener		776.19			
Saturday Nite Spkr/Disc		1,348.00			
Stone Pine 7AM Meet.M-F	292.66	879.26			
Stone Pine Noon Meet. M-F*	140.00	1,950.00			
Thurs. Happy Hour		75.00			
Thurs Daily Reflection St. Pine		389.70			
Tues Womens 12th Step		132.00			

REDWOOD CITY	OCT	YTD	SAN MATEO	OCT	YTD
A Vision for You	282.00	1,044.00	10 am Sunday Serenity	187.80	824.60
Broken Elevator Thurs.		1,019.40	Beginners Meeting		306.00
Complete Abandon Group	196.00	376.00	Bunker Young People		82.00
Don't Drink Group		300.00	Esto Es AA		105.00
Foundation Stone Group		479.15	Eye Opener		144.05
Freedom Group		53.00	Fireside Group		228.20
Irregulars		150.00	Highlanders Grp.	180.00	703.80
Mon. Nite Fireside Chat		288.30	Hillsborough Group		175.50
Mon. Noon Mtg.	45.00	122.70	Joy of Living	30.00	120.00
Newcomers Q & A		250.00	Literature Roulette		277.90
Open Door Grp.		150.00	Lunch Bunch	222.00	793.35
Sun. Nite Sharing	186.00	608.40	Mid Peninsula Women	117.06	439.32
Temple Group		50.00	Monday Night Men's 6:30	100.00	300.00
The Sewer Group	102.00	451.00	Morning Serenity (All)		900.00
Thumpers		679.62	Queers have a Higher Power		174.24
Wed. Woodside Meeting	326.15	1,023.37	San Mateo Group # 1		311.04
Woodside Grp Sat Sequoia	28.20	334.20	Slainte Group		462.58
			Sunday Sundowners		166.00
<b>SAN BRUNO</b>			Sunshine Group	350.00	350.00
12 Study Grp (Thurs)		242.05	Women's Celebrate Being Alive		358.00
Big Book Study Fri (5pm)	25.20	319.39			
Come as You Are	354.60	1,371.19	<b>SOUTH S.F.</b>		
Daily Reflections Women	27.45	89.40	Keep it Simple		163.80
Early Enders		127.20	Midway S.S.F. Grp		400.00
Experience, Strength, Hope	11.16	461.76	New Beginnings	172.15	272.15
Friday Night Rap		64.80	Oyster Point Discussion		200.00
Grupo Serenidad	20.00	200.00	South City Womens	70.00	280.00
Living Sober (Tues)	49.20	335.44	Stepping Stones		100.00
Milbrae Group		190.00	Watch your Step		166.40
Simply Speaking (Sun)		53.16			
Spkr/Disc - Happy Hour(Mon)		397.15	<b>WESTBAY ALANO</b>		
Tools of Recovery (Tue 6:30p)		235.20	Brown Baggers		272.00
			Colma Eye Opener		764.85
<b>SAN CARLOS</b>			Duel Honesty Group		46.20
Gifts of Grace Fri Women	64.00	387.01	Grapevine (Mon)		120.00
Growing Stronger		30.00	Living Sober (Thur)		80.28
S.C. Awareness Group	108.38	498.69	Men's no BS		152.60
San Carlos Beginners	36.82	427.74	Noon 12 x 12		130.00
San Carlos Men's Grp. (Mon)		771.00	Smart Feet BB	42.00	81.00
SCPF- all meetings	250.00	1,000.00	Tues 7am Big Book		120.00
Sequoia Recovery Grp		351.18			
Sober Sundays	134.53	344.69	<b>SAN MATEO ETC.</b>		
We Have Recovered Group		134.15	Alkathon - Belmont		3,000.00
Womens Read & Reflect.	39.90	330.61	Women's Home Grp (traveling)	244.00	816.60
			<u>Misc.</u>		
			unknown	127.00	127.00

2215 S. El Camino Real, Ste. 204  
San Mateo, CA 94403-1898

NON-PROFIT ORG  
US POSTAGE  
PAID  
San Mateo, CA  
Permit No. 411

RETURN SERVICE REQUESTED

**Would you like to receive your own Newsletter every month?**



**Mail Subscriptions to:**

Central Office  
2215 S. El Camino Real, Suite 204  
San Mateo, CA 94403-1898

**Individual Subscriptions \$6.00/year or 2 years for \$10**

Enclosed find:      New \_\_\_\_\_ Renewal \_\_\_\_\_ Gift \_\_\_\_\_

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_