

# 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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*January 2019*

## SMC Fellowship News

### Happy New Year!

Welcome to the first 2019 issue of High Sobriety! As the new year is oft a time of "out with the old, in with the new", we are excited to introduce a few new features.

As High Sobriety is the newsletter of the San Mateo County Fellowship, its main focus should be just that. Therefore, we hope to include information about what is happening around our fellowship, at Central Office (the "hub" of our fellowship), opportunities to be of service, how to support A.A. locally, and more.

We also hope to incorporate more fun items, after all, "we are not a glum lot"!

Here are some of the new sections you will find this year:

- Meetings that can use support. No one wants to see a meeting fail. If you know of a meeting that is struggling to stay afloat, let us know.
- Did you know... Things you may not have known about A.A., locally, worldwide, historically, etc.
- Puzzles! Keep your mind sharp with word puzzles based on the month's corresponding step and tradition.

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- A.A. Around the World: Stories from Grapevine written by fellow A.A.s in other countries.
- Book of the Month: Did you know our Central Office sells many books other than Big Books, 12 & 12s, Daily Reflections, Living Sober, etc.? Grapevine publishes many books filled with stories on a particular topic. Each month we will feature one of these books.

We hope you enjoy our new features and have a very Happy and Sober 2019.

## Monthly Service Committee Meetings

**TELESERVICE** **March 3<sup>rd</sup> , 7:00 pm**  
San Mateo Central Office, 2215 S. El Camino Real, San Mateo (quarterly).

**BRIDGING THE GAP** **January 7<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 January 7<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**      **January 8<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**                      **January 15<sup>th</sup> , 6:30 pm orientation, 7:00 concept study, 7:30 pm business 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)**      **January 6<sup>th</sup> & 20<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)                      January 22<sup>nd</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)

Please note: January's Central Office Delegates Meeting is held on the 2nd Tuesday, January 7<sup>th</sup>. Elections will be held, so all delegates are encouraged to attend.

## Conferences and Special Events

**JAN 25-27**      **SOBRIETY BY THE BAY:** Grace Cathedral, 1100 California Street, San Francisco. For more info or to register, go to [SobrietyByTheBay.org](http://SobrietyByTheBay.org) .

**FEB 1-3 THE BROAD HIGHWAY: El Retiro San Inigo, 300 Manresa Way, Los Altos. Weekend symposium on AA History. For more info, please go to [aahistorysymposium.org](http://aahistorysymposium.org).**

DEC 31 55<sup>th</sup> INTERNATIONAL WOMEN'S CONFERENCE: Westin Bonaventure Hotel, 404 S. Figueroa St., Los Angeles. For more info, please go to [InternationalWomensConference.org](http://InternationalWomensConference.org).

**MAR 8-10**      **NCCAA 72<sup>nd</sup> ANNUAL SPRING CONFERENCE: Foster City Crowne Plaza, 1221 Chess Dr., Foster City. For more info or to register, please go to [norcalaa.org](http://norcalaa.org) .**

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

aa-san-mateo.org

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

1/6 Charles H. Oakland C.O. Big Book

1/13                      Chris P.                      Colma Eye Opener

**1/20**                  *Dave P.*                  *Colma Eye Opener*

**1/27**                      **Bill V.**                      **West Bay Alano Club**

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

## What does *our* 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):

- ❖ Maintain a 24/7 telephone line which responds to inquiries from still-suffering alcoholics seeking help, A.A. members in need of information, and from members of the professional community and the general public. After office hours, this line is staffed by Teleservice volunteers.
- ❖ Maintain a Twelfth Step volunteer list.
- ❖ Maintain and publish group meeting schedules; in print, on our website, and in the Meeting Guide App.
- ❖ We stock a large selection books and pamphlets for sale (many are available in Spanish).
- ❖ We offer sobriety chips for sale, for both individuals and groups.
- ❖ We work closely with local A.A. service committees: Bridging the Gap, Hospitals and Institutions, Public Information/Cooperation with the Professional Community, as well as with San Mateo County General Service District 5 and the Northern California Council of Alcoholics Anonymous
- ❖ We support and participate in many local A.A. events such as Unity Day and the holiday Alkathons.
- ❖ We maintain our web site, [aa-san-mateo.org](http://aa-san-mateo.org), with up-to-date meeting listings, a schedule of A.A. events, the *High Sobriety* newsletter, and links to other A.A. web sites,
- ❖ We maintain a library of A.A. speaker CDs which are available for rent for a nominal fee.
- ❖ We publish the newsletter, *High Sobriety*, sent at no charge to all registered San Mateo County A.A. groups and available by subscription to all A.A. members. Faithful Fivers receive a free copy as well.

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. Central Office also receives donations from individual alcoholics (such as through our Faithful Fivers program). Other sources include our annual anniversary party and income from the sale of A.A. literature.

Central Office is open M-F from 8:30 am to 4:30 pm (open Wednesdays until 6:00 pm).

## Become a Faithful Fiver

Pledge \$5 per month (or more) to support your Central Office. You can pay monthly, quarterly, or annually. Your personal contributions make our vital services possible.

Call (650) 577-1310 Monday-Friday between 8:30 and 4:30, or stop by Central Office to enroll. All Fivers receive a copy of *High Sobriety*!



**five**



**V**



## Does your Group have a Central Office Delegate?

All groups should! As a delegate, you attend a monthly meeting to learn about everything currently going on in our fellowship. You then report these things back to your group. You are also your group's voice in some of the decisions made in the fellowship. Only about 10% of our groups currently have a Central Office Delegate. Volunteer to be your group's now!



## Birthday Club



Julian T.	San Francisco	15 years
Katie F.	San Mateo	26 years
Allen S.	Redwood City	43 years
Tatiana S.	San Bruno	8 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.

# Into the Fellowship, One Step at a Time

**Step One - We admitted we were powerless over alcohol - that our lives had become unmanageable.**

In my home group, we made a group conscience decision that whenever anyone new showed up or returned, we would focus on that person and the topic would be the First Step.

The First Step, as described in the Big Book, asks me to admit and accept that I am an alcoholic to my innermost self. That was not easy for me to do. My life, since I was a child, was geared at running the show according to Larry. I was the director. I was the stage manager. I was the prop guy. I was always the one in charge.

There was no room for debate. I had the last word. I knew everything about everything, and it was my job to let everyone know this. No one could penetrate the defenses that I'd carefully constructed ever since I left my mother's body. I knew that the world was unfriendly and even hostile. That first drunk, not the first drink, convinced me that I was Superman--bulletproof and someone everyone should know and admire. I was above the law, moral behavior, and people.

I chased that first drunken magic into the gates of hell--through failed relationships, jails, blackouts, seizures, job losses, moves from one city to another city to another state, car crashes, emergency rooms, violence, and rage. My only emotions were rage and sullen silence. I crashed and burned. In a blackout, I called Alcoholics Anonymous one early morning after the bars were closed. I had run out of alcohol again. And I was desperate not to drink again.

Someone came over to my empty apartment, picked me up, fed me, and cleaned me up. Then he took me to a meeting of Alcoholics Anonymous. He asked me no questions. He just listened as I

**Looking to try out some different meetings? Know of a meeting that could use a little help? The following meetings are in need of support:**

**Alkie Gulch**

**Mondays, 7:00pm, Church of the Good Shepherd, 5<sup>th</sup> & O'Neill, Belmont.  
Discussion**

**Early Enders**

**Wednesdays, 7:30pm, St. Andrew's Church,  
1600 Santa Lucia, San Bruno.  
Speaker/Discussion**

**If you would like to list a meeting, please  
email: [aasanmateo@gmail.com](mailto:aasanmateo@gmail.com)**

tried to explain how and why my apartment was destroyed. He just nodded. He didn't judge me. He didn't preach. He just nodded. He took me to meetings for what seemed a long time. He never told me his full name. He introduced me to a man he called his sponsor. I was asked if I wanted to be sober. I mumbled, "Yes." I was not talking coherently at the time. I was asked if I believed in anything. I mumbled, "Yes." I was asked what I believed in. I answered, "A drink." They all laughed. Not at me. With me. They understood. That was my First Step, into Alcoholics Anonymous. Laughter was foreign to me at the time. Now I can laugh from the bottom of my toes to the top of my skull.

The Steps follow one another, One through Twelve. There are also Twelve Traditions. There are also Twelve Concepts of service. But the First Step means I don't take the first drink, no matter what. And there have been times when it seemed absolutely necessary to take that first drink. I'm an alcoholic. My body craves alcohol. It aches for alcohol. And my body is allergic to it. That's the baffling part of my disease. My mind tells me to take a drink. I always did. Always.

So meetings took the place of the bar. Then meetings took the place of my family. Then meetings took the place of my car. Then meetings took the place of my way. Then meetings took the place of my will. Then meetings took the place of my sponsor. Then meetings took the place of my disease. Then meetings. . . . Am I to live as the hole in the donut? Am I consigned to live in darkness and black and white? It turned out that the answer was no. Color returned. Balance arrived in areas of my life, by surprise. Without my permission. Love filtered in a bit at a time, until that hole inside me, empty so long, was filled with joy, kindness, caring, and passion, and the Promises started coming true in my daily life.

I'm an alcoholic. I'm powerless over alcohol. That's my truth today. And it's alright with me.

Larry L., Coeur d'Alene, Idaho  
Grapevine, January 2003

## A.A. Around the World

### **AA Takes Root in Khon Kaen**

#### **A member moves to a remote part of Thailand and helps get meetings started**

I moved from Aberdeen, Scotland, to Bangkok, Thailand, in 1995. I'd like to tell people I moved here for the beautiful beaches, friendly people, and rich Buddhist culture, but in reality, I moved because I could get cheap drink and over-the-counter sedatives to get through a day's work, which enabled me to buy more drink for the evening.

Five years of hell later, and after visiting fifteen different hospitals in Bangkok for alcohol-related incidents, illnesses, and detoxes, I surrendered and my Higher Power showed me the way to an AA meeting. This was in August 2000, and my life has changed for the better beyond my wildest expectations.

My wife and I decided to leave Bangkok to open a restaurant in northeast Thailand, where she had some family. After my five years of drinking in Bangkok, I had now been sober for four years; sufficient time, I thought, to carry on my abstinence from alcohol. My sponsor and most of my AA friends told me that it would not be as easy as I thought.

In June 2004, we moved to Khon Kaen, an area that then had no AA meetings; the nearest loner member lived about three hours away in Sakon Nakhon. On my first day there, with my wife working and my daughter at school, I found myself alone and with time on my hands--dangerous for this alcoholic, especially in a strange town.

I thought I would be able to go down to the local expat bar and sit there drinking lemonade while engaging in conversation with the heavy drinkers. I experienced a fear that my self-will was trying to run the show again. Luckily for me, my Higher Power had other ideas.

The Big Book says: "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics."

The next day, following this suggestion, I sought contact with alcoholics in Sri Nakarin Hospital. The doctor heading the alcoholic unit there was absent and the nurses pointed me in the direction of the local Government Alcohol and Drug Treatment Centre on the outskirts of the city.

On arrival there by tuk tuk (motorized rickshaw), armed with the Thai Big Book and several pamphlets in Thai, I met a nurse, Oi. When I finished my pre-planned spiel in very basic Thai, she said to me in English, "I have heard of AA, and it would be wonderful if you could start an AA meeting here."

Oi said the aftercare program had been only minimally successful, with a very high recidivism rate. She consulted with the treatment program director, who was very excited about the possibility of an AA meeting there.

I met with two alcoholics the following week, Gai and Yo, who are now members of AA. We had our first AA meeting on July 1, 2004, with five members present. We started having meetings twice a week, on Tuesday and Thursday afternoons. There were up to thirty alcoholics attending.

In late 2004, members, nurses, and doctors took a trip to Bangkok to go to meetings, including the Thai-language meeting at St. Lois Hospital and the English-language one at Ruam Rudee. This was a huge success, with everyone experiencing the strong Fellowship there.

This was followed by a group from Bangkok, and a pair from Sakkan Nakhon, coming to Khon Kaen for a meeting. Many Bangkok AA members shared their experience and came up with many ideas and solutions to some early problems we'd had.

Some new members I'd spoken to had believed they were lacking willpower; this belief was gradually extinguished. Many of them had thought alcoholism a moral failing.

Members are reporting that they have found a release from care, boredom, and worry, where previously they had either gone to a monastery for several months, a Thai tradition, or stayed at home white-knuckling the craving. They have found fellowship with other alcoholics.

Some have described having had spiritual experiences, which is obvious in their general appearance. The thoughts that I'd had before, about Thai alcoholics not being interested in AA due to religious, social, language, and

cultural differences, have been replaced by a really positive, enthusiastic feeling for the future of AA in the area and in the whole of Thailand.

The Thai-language meeting format, along with the translated Preamble, How it Works, and the Promises, have been an enormous help. Just like the new members, my life was miserable, I came to AA, and now my life has taken on a new meaning.

Johnny R., Khon Kaen, Thailand  
Grapevine, February 2009

## Welcome to Panel 69 General Service

January 2019-December 2020

Every 2 years we rotate in General Service. Help us welcome our new District 05 Officers:

District Committee Member Chair – Matt D.	
Alternate Chair	- Sarah B.
Recording Secretary	Karen E.
Registrar	Ali C.
Treasurer	Lynn C.

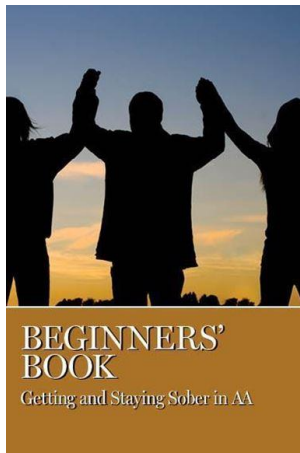
Now is a great time to make sure your group is represented by electing a General Service Representative (GSR) to serve on this Panel. This is how your group has a “voice” when it comes to making decisions that affect AA as a whole. Without a GSR, your group has no vote. To find out more, please come join us at our monthly business meeting, which is held the 3<sup>rd</sup> Tuesday @ 7:30pm., St. Andrews Church, 1501 S. El Camino Real, San Mateo.

There are many opportunities in General Service. Besides being a GSR, you can serve on one of the committees like Bridging the Gap, Public Information & Cooperation with the Professional Community, Grapevine/La Vina and Archives. Your help is needed! It's a great way to be of service and give back to Alcoholics Anonymous.

## BOOK OF THE MONTH

### Beginners' Book: Getting and Staying Sober in AA

Per the back cover: In this collection of AA Grapevine stories, AA members share what helped them get sober and handle their new lives of recovery. Full of useful suggestions, insights, and solutions to problems common to the newly sober, this book provides solid tools of recovery.



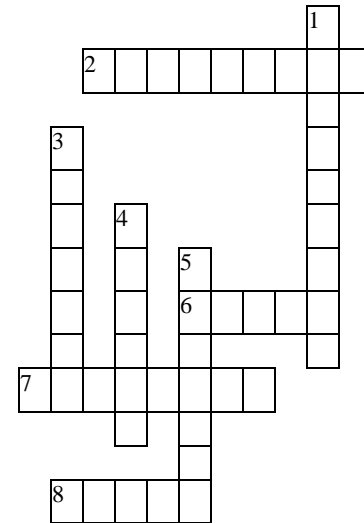
*"AA does not teach us how to handle our drinking; it teaches us how to handle sobriety."*

ANONYMOUS,  
AA GRAPEVINE, MARCH  
1975

This aptly titled book is perfect for the newcomer looking to identify (look for the similarities, not the differences!) and read about how members stayed (or in some cases, didn't stay, at first) sober in their early days in A.A. It is also a wonderful book for those who have been around a bit, as it so clearly brings us back to the simple basics of the program. Beginners' Book contains member stories taken from past issues of *Grapevine*, and sorts them into 7 sections: 1) You Don't Have to Drink Today, 2) Out of Isolation, 3: Tools for Recovery, 4) Experience, Strength, and Hope, 5) A Design for Living, 6) A Daily Reprieve, and 7) Letting Go of Old Ideas.

Beginners' Book: Getting and Staying Sober in AA is available for purchase at our Central Office.

## Step & Tradition One



### Across

- 2) Alcoholism consists partially of a mental \_\_\_\_\_ .  
 6) Our \_\_\_\_\_ had become unmanageable.  
 7) The A.A. member has to conform to the principles of \_\_\_\_\_ .  
 8) Personal recovery depends upon A.A. \_\_\_\_\_ .

### Down

- 1) We were \_\_\_\_\_ over alcohol.  
 3) Our common \_\_\_\_\_ should come first.  
 4) Few people will sincerely try to practice the A.A. program unless they have hit \_\_\_\_\_ .  
 5) Alcoholism is also part physical \_\_\_\_\_ .

## Did you know...?

**We, the members of the San Mateo County Fellowship, support our Central Office ourselves? Group contributions and individual donations, such as through the Faithful Fivers program, are what keep Central Office up and running and providing so many of the services we often take for granted. If you are already a Faithful Fiver, THANK YOU! If you are interested in becoming one, please see page 3 or call Central Office (650)577-1310**

**The San Mateo County Fellowship of Alcoholics Anonymous  
Delegates Committee Meeting Minutes Dec. 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. Kelly S. read the Twelve Traditions; Ellen E. read the Responsibility Statement.

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

**New Delegates:** Jackie W., One Day at a Time, Belmont; Jeff Y., Singleness of Purpose, Belmont.

**A.A. Birthdays:** Don C., 31 years; Jackie W., 21 years.

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

### **SERVICE COMMITTEE REPORTS**

**Bridging the Gap:** Tatiana S. reported. We are currently updating our list of volunteers willing to accompany newcomers just leaving a facility to their first few AA meetings in their home community and introduce them to other members. 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. This is her last month and Ted B. will take over in January. The BTG committee meets on the first Monday of the month, at St. Andrew's Lutheran Church, at 7:30 p.m.

**General Service:** No report. 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. is liaison, (650) 438-5044. He sent an email with the report. The NCCAA 72nd Spring Conference is at the Crowne Plaza Hotel in Foster City, California from March 8, 2019 to March 10, 2019. There will be amazing speakers, panels, and marathon meetings. There will, also, be Al-Anon and Spanish participation and speakers. 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 February 22nd 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. If you would like to participate in planning this conference, please join us the Second Saturday in December and January from Noon - 2 PM at St Pius Church in Redwood City.

**PENYPAA (Peninsula Young People in A.A.):** No report. 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 monthly parole meetings continue on the third Thursdays. The presentation at El Camino High School was on November 13<sup>th</sup> and a great success.

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. We need more people to help on the committee. We had 4 people at the meeting last night. Robi S. will be the new chair.

### **CENTRAL OFFICE COMMITTEE REPORTS**

**Advisory Committee:** Tatiana reported. Approved \$125 Expenditure for QuickBooks. Central Office will begin selling chips. Advising 3% cost of living raise for Don Crawford – made motion.

Harry Z., a delegate, mentioned that the advisory committee's job is to advise and requested it be noted in the minutes.

**Alcathons:** Becky N. reported. Alcathons went well. Reminder to bring food to the alcathon meetings. Will need help to set up for Christmas alcathon on December 23<sup>rd</sup> at 7:00 pm. Will need help to set up for New Year's alcathon. Will need help to take down when alcathons are over.

**Teleservice:** Don C. 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. We currently have 2 Front Lines open: the first Wednesday from 12:30 AM to 8:30 AM and the fourth Wednesday from 12:30 AM to 8:30 AM. We have 30 Back Lines open. 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. Elections are next month on January 8<sup>th</sup>. We are selling chips at the Central Office now. We have decided to go ahead with QuickBooks in the office. The schedules will be dated by seasons from now on. There are not that many changes in them and people were bringing back schedules if they didn't have the current month on them even though there were no changes in the schedule.

### **November 2018 Central Office Activity:**

Twelfth Step Calls: 4 Office Visits: 65

Phone Calls for Information: 114 Website Visits: 7,606

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

Faithful Fiver contributions for the year are \$5,125.00.

**Anniversary Party:** Becky N. reported. Tremendous success. Thank you everyone who helped.

**Trusted Servants Workshop:** No report.

**Spanish Central Office:** No report.

**Sunshine Club:** Karen A. reported. 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:** 8:04 p.m.

**Delegates Present:** 24

**Delegates Collection:** \$44.00

**Next Meeting:** January 8, 2019, 7:30 p.m.



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

	DEC	Total YTD		DEC	Total YTD
<b>Income</b>			<b>Operating Expenses</b>		
Birthday Club Contributions	103.00	1,165.00	Accounting Services	57.00	873.15
Book sales	1,974.75	18,638.70	Bank charges	0.00	0.00
Central Office Annual Party	0.00	13,346.02	Books Purchased	2,889.00	13,837.33
Delegates Collection	44.00	558.00	Central Office Annual Party Exp	0.00	6,807.48
Group Contributions	3,126.20	86,415.94	Central Office Insurance	0.00	1,813.88
High Sobriety Subscriptions	40.00	126.00	Employee Insurance	360.00	9,835.00
In Memoriam	0.00	5,000.00	Miscellaneous	128.80	801.54
Individual Contributions	25.00	4,575.00	Office Equipment Lease & Maint	298.88	2,631.01
Interest Income	0.00	0.00	Office supplies	1,343.29	6,497.15
Other	0.00	0.00	Other (Don R's Retirement)	4,189.14	4,489.68
Faithful Fivers	782.00	5,907.00	Outside Services	0.00	0.00
Printing	55.00	4,696.28	Postage	34.68	1,203.51
Sales Tax on Books	201.28	1,820.77	Reimbursable Expenses	0.00	0.00
Tax Refund	0.00	0.00	Rent	1,355.00	16,300.00
			Salaries	0.00	44,933.41
			Sales Tax on Books	0.00	1,680.00
<b>Total Income</b>	6,351.23	142,248.71	Taxes	1,644.10	22,580.93
			Telephone	216.18	2,378.86
<b>Less Expenses</b>	12,764.07	141,088.87	Telephone Advertising	108.00	1,016.00
			Teleservice	140.00	1,680.00
<b>Net Income (loss)</b>	(6,412.84)	1,159.84	Travel Expenses	0.00	1,613.97
			Utilities	0.00	0.00
<b>Starting Balance</b>		35,446.34	Verio Web Service	0.00	115.97
<b>Plus Net Income/Loss</b>		(6,412.84)	<b>Total Operating Expenses</b>	12,764.07	141,088.87
			<b>Net Income (loss)</b>	-6,412.84	1,159.84
<b>Ending Balance</b>		28,901.43			
			<b>2018 Year-to-Date Summary</b>		
<b>TOTAL PRUDENT RESERVE</b>		49,745.03	Year-to-Date Income		142,248.71
			Year-to-Date Expenses		141,088.87
<b>TOTAL CASH POSITION</b>		78,646.46	Year-to-Date Net Inc/(Deficit)		1,159.84

**SAN MATEO COUNTY FELLOWSHIP 2019 GROUP CONTRIBUTIONS**

<b>ATHERTON</b>	<b>DEC</b>	<b>YTD</b>	<b>LA HONDA</b>	<b>DEC</b>	<b>YTD</b>
Sunday Spirituality		927.50	La Honda Group (Thurs)		480.90
<b>BELMONT</b>			<b>MENLO PARK</b>		
Alkie Gulch		24.60	Atherton AA		513.84
Belmont Tues. Noon Group	106.01	1,308.59	Atherton Grp Wed Noon		312.82
Day At a Time		1,095.00	Cottonmouth		1,409.12
Forum (unlisted)		725.00	Fri. Noon Women's		1,291.25
One Line at a Time	10.00	120.00	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	187.20	840.09
Brisbane Breakfast		750.00	Mon. 12:10 PM Happy Hour		1,185.60
<b>BURLINGAME</b>			Sat Morning Sandhill		4,758.10
Any Length		2,090.96	Sat Sunshine Grp MP 7:30		175.00
Back to the World Group	87.00	420.20	Tues Noon Book Worm		578.43
Burlingame Men's Grp (415)		302.40	<b>MILLBRAE</b>		
Burlingame Read a Passage		184.00	12 Step Study (Tues Noon)		158.45
Burlingame Noon Men's Grp	186.60	741.96	<b>MOSS BEACH</b>		
Ham & Eggers		1,781.82	Men's Language of the Heart		405.70
Hillsborough Men's Group		825.00	Serenity by the Sea		266.65
Just For Today	560.00	910.00	<b>PACIFICA</b>		
Peninsula Prime Time		456.00	12 @ 6 Group		300.00
Rap Group		562.27	12 Noon Disc. (Mon)		565.00
Reason to Come to AA		770.00	As Bill Sees It Sat.		253.52
Sat. Nite Disc. Group		120.00	Big Book Study (Tues)	87.00	87.00
Senior Focus Group		615.00	Daily Reflections		524.91
Sharing Choices		336.00	Fri Discussion Noon		1,020.00
Step thru Big Book		361.59	Grapevine Recovery		140.00
Sun. Nite Speaker/Discussion		231.77	Happy Hour (Tues)		435.00
Tuesday Nite Group		142.00	New Comers & Old Timers		307.89
<b>FOSTER CITY</b>			Pacifica Coastside		360.00
FC Men's Sharing Group		822.30	Pacifica Discussion (Weds)	4.75	417.55
Fresh Start		148.80	Pacifica Men's Group		256.80
Friday Noon Big Book	76.30	686.75	Pacifica Women's Mtg		335.30
Living Sober Groups (all)		635.77	Page 133 Group		667.95
Study theText Group		989.74	Pedro Valley Pacifica		493.75
The Old & the New	62.13	577.86	Serenity in Pacifica		365.79
<b>HALF MOON BAY</b>			Sharp Park 3rd & 11th Step		949.98
3rd & 11th Step Prayer	42.11	1,076.38	Tues Noon Disc. Grp		300.00
Coastside Big Book		89.69	Wake Up Wake Up		472.50
Coastside Talkers		171.00	Women's Big Book Study	167.11	436.33
Friday Nite Group		670.88	<b>PESCADERO</b>		
HMB Thurs Womens BB		524.03	Grass Roots		1,488.00
HMB Tues Night Group		260.00	<b>PORTOLA VALLEY</b>		
Sat Night Step		613.37	Chips Ahoy		60.00
Sat. Morning Eye-Opener		776.19	Ladera Mon Nite Group		775.49
Saturday Nite Spkr/Disc		1,348.00	Portola Valley 11th Step		515.00
Stone Pine 7AM Meet.M-F		879.26			
Stone Pine Noon Meet. M-F*	115.00	2,265.00			
Thurs. Happy Hour		75.00			
Thurs Daily Reflection St. Pine		389.70			
Tues Womens 12th Step		132.00			

REDWOOD CITY	DEC	YTD	SAN MATEO	DEC	YTD
A Vision for You		1,044.00	10 am Sunday Serenity		824.60
Broken Elevator Thurs.		1,019.40	Beginners Meeting		306.00
Complete Abandon Group		376.00	Bunker Young People		82.00
Don't Drink Group		300.00	Esto Es AA	25.00	130.00
Foundation Stone Group		479.15	Eye Opener		144.05
Freedom Group		53.00	Fireside Group		228.20
Irregulars		150.00	Highlanders Grp.		703.80
Mon. Nite Fireside Chat		288.30	Hillsborough Group		175.50
Mon. Noon Mtg.		122.70	Joy of Living		120.00
Newcomers Q & A		375.00	Literature Roulette		277.90
Open Door Grp.		150.00	Lunch Bunch		793.35
Sun. Nite Sharing		608.40	Mid Peninsula Women		439.32
Temple Group		50.00	Monday Night Men's 6:30	100.00	400.00
The Sewer Group		451.00	Morning Serenity (All)	240.00	1,140.00
Thumpers		679.62	Queers have a Higher Power		174.24
Wed. Woodside Meeting		1,023.37	San Mateo Group # 1		311.04
Woodside Grp Sat Sequoia	30.00	364.20	Slainte Group		462.58
			Sunday Sundowners		166.00
			Sunshine Group		350.00
			Tues New Beginners		286.00
			Women's Celebrate Being Alive		358.00
<b>SAN BRUNO</b>			<b>SOUTH S.F.</b>		
12 Study Grp (Thurs)	40.80	320.65	Keep it Simple		163.80
Big Book Study Fri (5pm)	53.16	400.46	Midway S.S.F. Grp		400.00
Come as You Are		1,371.19	New Beginnings		272.15
Daily Reflections Women		76.29	Oyster Point Discussion		200.00
Early Enders		127.20	South City Womens		280.00
Experience, Strength, Hope		507.36	Stepping Stones	100.00	200.00
Friday Night Rap		64.80	Watch your Step		166.40
Grupo Serenidad	20.00	240.00			
Living Sober/ HH (Tues)	18.00	379.78	<b>WESTBAY ALANO</b>		
Milbrae Group		190.00	Brown Baggers		272.00
Simply Speaking (Sun)		53.16	Colma Eye Opener		890.71
Spkr/Disc - Happy Hour(Mon)	58.80	529.76	Duel Honesty Group		46.20
Tools of Recovery (Tue 6:30p)		235.20	Grapevine (Mon)		120.00
			Living Sober (Thur)		80.28
<b>SAN CARLOS</b>			Men's no BS	158.58	311.18
Gifts of Grace Fri Women		387.01	Noon 12 x 12		130.00
Growing Stronger		30.00	Smart Feet BB		81.00
S.C. Awareness Group		498.69	Tues 7am Big Book		120.00
San Carlos Beginners	25.65	506.35			
San Carlos Men's Grp. (Mon)	315.00	1,086.00	<b>SAN MATEO ETC.</b>		
SCPF- all meetings	250.00	1,500.00	Alkathon - Belmont		3,000.00
Sequoia Recovery Grp		351.18	Women's Home Grp (traveling)		816.60
Sober Sundays		344.69			
We Have Recovered Group		134.15			
Womens Read & Reflect.		330.61			
			<u>Misc.</u>		
			unknown		127.00

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