

# 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  
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*February 2019*

## SMC Fellowship News

### **NCCAA 72<sup>nd</sup> Annual Spring Conference in Foster City**

We are fortunate once again to have an NCCAA Conference here in San Mateo County. Please join us March 8-10<sup>th</sup> at the Crowne Plaza Hotel in Foster City for the 72<sup>nd</sup> Annual Spring Conference.

There will be lots to do that weekend! Speaker meetings, marathon meetings, panels, Spanish speaking and Al Anon meetings and a dance.

Hotel rooms for the conference are available at a special rate of only \$129 per night. Please consider renting a room if you are able, as meeting a certain number of room nights greatly reduces our costs for the conference. Reservations can be made by either calling 1-888-233-9527 by February 8th, and mentioning NCCAA, or online by going to the website <https://resweb.passkey.com/go/NCCAA2019> and using Block Code CCQ.

It takes a lot of people to put on an NCCAA Conference. As always, there are numerous opportunities to be of service, including many suitable for newcomers. It can fun to help out with a group of friends or sponsees. If you are interested in being of service, please contact Erin S. by email at [erinkshannon@me.com](mailto:erinkshannon@me.com) or by phone 408.431.4365.

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Registration for the Conference is \$20 in advance (until February 22<sup>nd</sup>) and \$25 at the door. You may register online at [norcalaa.org](http://norcalaa.org) or using the enclosed flyer (also found on our Central Office website under "Events"). When registering, you also have the option of sponsoring a registration for someone who cannot afford it.

Hope to see you at the Conference!

## 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

February 4<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

February 4<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

February 5<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

February 19<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)

February 3<sup>rd</sup> & 17<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)

February 26<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

- FEB 7-10** 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) .
- APR 5-7** 39<sup>th</sup> NORTHERN CALIFORNIA WOMEN TO WOMAN CONFERENCE: Marriott Rancho Cordova, 11211 Point E Dr., Rancho Cordova, CA 95742. For more info or to register, please go to [NCWomanToWoman.org](http://NCWomanToWoman.org).
- APR 13** TRUSTED SERVANTS WORKSHOP: 1-3PM, Alano Club, 216 Mosswood Way, SSF. Learn all you need to know about being of service to your group as a secretary, treasurer or literature person. Handouts available.
- APR 27** TRUSTED SERVANTS WORKSHOP: 1:15-3:15PM, San Carlos Peninsula Fellowship, 1133 Eaton Ave., SC. Learn all you need to know about being of service to your group as a secretary, treasurer or literature person. Handouts available.

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

2/3	Elaine B.	WBAC
2/10	Tom T.	Brisbane Breakfast
2/17	Donna S.	New Beginnings
2/24	John C.	Brisbane Breakfast

CENTRAL OFFICE WILL BE  
CLOSED

MONDAY, FEBRUARY 18<sup>TH</sup>

IN OBSERVANCE OF  
PRESIDENT'S DAY

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

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

[aa-san-mateo.org](http://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



No birthdays this month

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.

## New Secretaries!

Please be sure to register with Central Office as soon as possible. Registering makes sure you can be contacted with information that may affect your meeting; that our meeting directory is up to date; and that you receive your group's copy of *High Sobriety*.

# A Power Greater Than Alcohol

WHAT A FOOL I would be to say I *cannot* believe in a Power greater than myself. I *had* a power so much greater than myself that I long ago lost count of how many days I spent worshipping that bottle of Scotch. But it was certainly a power greater than me. I prayed to God, but I *believed* it was a drink that would make me feel better. I was so insane that I thought booze would bring me sanity. If it was a rough day--and finally, every day was a rough day--then what I *believed* I needed was a drink.

There was even ritual to my worship. Scotch was the ultimate expression of my higher power. It deserved to be poured over lots of ice into a very special glass--a large one. I attributed all sorts of marvelous qualities to alcohol-power. It would bring me relaxation, elation, wisdom, sophistication--and would even turn me into a sex kitten. So I believed.

I began my worship by consuming alcohol. But in the end, alcohol consumed me. In return for my worship, it brought me heartburn, diarrhea, shivers, shakes, fog, numbness, slurred speech, stumbling gait, red eyes, bloated body, foul breath, sexual oblivion, guilt, grief, and fear. If I forget that alcohol is an inanimate god, an idol, it is waiting still to reward my worship with insanity and death.

Surely, I could come to believe in a higher power that would reward my adoration a little more decently than that.

I went to my first AA meeting on December 3, 1981. I arrived in the car of a stranger that I had first talked to on the telephone just hours earlier. I *could not believe* that any human being would pick up a stranger and head for a church in a part of the county where neither of them had ever been before. But it happened.

I *could not believe* that what I felt at that meeting was real. Yet the twelfth-stepper who brought me said those I heard around that first table were sincere. *If* that was the case, *then* I wanted what they had. So I came back to see if I could come to believe in a power greater than myself--or than alcohol.

My sponsor, who offered her sponsorship to me unasked, told me to make not taking a drink the most important thing in my life, to go to as many meetings as I could, to use the telephone any hour of the day or night, and not to let religion get in the way of coming to believe in a Higher Power.

In the booklet *Came to Believe*. . . , a California AA recalls an old-timer's use of a metaphor in the Big Book: " 'A person walking into a dark room does not worry about understanding electricity,' he said. 'He just finds the switch and turns on the light.' He explained that we can turn on the switch of spirituality by simply asking God each morning for another day of sobriety and thanking him at night for another beautiful sober day. He said, 'Do it mechanically if you really don't believe in it. But do it every day. There is probably no one who really understands the wonderful ways of the Higher Power, and we don't need to. He understands us.' "

What a message for me--after all those years of trying to understand God (when I wasn't too busy trying to be God). And I wasn't particularly thankful for sobriety, just for waking up without the morning fog. So I began a new ritual in my life, a program brought to me by AA. My morning prayer began grudgingly, before I even opened my eyes to shut off the alarm. "Thank you, God, that I'm alive and awake without a hangover." At bedtime, it was: "Thank you, God. I'm going to bed without having had a drink today."

As for being restored to sanity--well, some of us are sicker than others, and God isn't finished with me yet. But at least I'm sane enough to be where I need to be right now. And I believe that if I keep coming to AA meetings, then I'll continue to come to believe that a Power greater than myself can restore even me to sanity. I see with my own eyes that a Higher Power restores sanity to you--to members of a fellowship that transforms church basements into sanctuaries of shared experience, strength, and hope. Thank you for being here for me. I'm learning to love you.

V.L., St. Louis, Missouri  
Grapevine, May 1984

**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**

**Simply Speaking Group**

**Sundays, 7:00pm, St. Andrews Church,  
1600 Santa Lucia Ave., San Bruno  
Discussion**

**The Sewer Group**

**Saturdays, 8:00pm, Kaiser Hospital,  
Cypress Bldg, 1190 Veterans Blvd., RWC  
Discussion**

**The Woodside Group**

**Saturdays, 7:30pm, Sequoia Hospital,  
170 Alameda de las Pulgas, RWC**

**If you would like to list a meeting, please  
email: aasanmateo@gmail.com**

I am sure that it happened because of my involvement in service.

In 1999, a Russian AA convention was held in my city. I had been sober almost three years, and I had many questions about AA service but nobody who could answer them. At our convention, I met an AA member who shared his experience in service. I threw out all my questions to him. He answered and then he gave me a small dry leaf.

He had been the first Russian delegate for the 14th World Service Meeting, held in New York City in 1996. He, with other WSM delegates, went to Bill's Stepping Stones and this leaf was from its garden. I can't put into words, especially English words, how happy I was at that moment. I had some AA coins and badges, but this leaf had the most value for me. I didn't understand what the WSM was, I couldn't imagine that excursion, but it seemed that through this leaf, in some supernatural way, I was connected with AA members from other countries. I was connected with Bill! I saved this leaf in a box and periodically over time I would take it out and look at it.

In the next year, 2000, I attended the General Service Conference of Russian AA as a delegate. During my sobriety, I'd had many more trials than in my drinking years--and they were huge, believe me. But I learned the wisdom of our cofounders about the necessity of service for my recovery. Service helped me overcome all my trials. My service made me think about my responsibilities in AA, about other people--not about my awful circumstances and myself. I stayed sober, with no desire to drink.

Every year, I participated at our conference as a delegate. I never dreamed that I would be elected a delegate for the WSM in the United States. But God granted me a miracle, and I was elected to represent the Russian Fellowship at the 20th WSM in New York!

## **A.A. Around the World**

### **A Small Dry Leaf**

**A Russian woman discovers service . . . or does it discover her?**

I am a very blessed alcoholic because there were two AA groups in my city in Russia when I was trying to figure out what to do about my drinking. Not everyone has such a possibility in my country, even today.

I went to my first meeting in March 1994, but it took me nearly three years to get sober. And

I took my dry small leaf with me. At the meeting, I met many sober alcoholics from all over the world who were devoted to service, who shared their experience on how to carry the AA message to other alcoholics and take it to my country. It was exciting!

After the end of the 20th WSM, all the delegates went to the Stepping Stones. It was incredible--I was there!

Again, I can't put into words my feelings of gratitude, happiness and love. I remembered my old small leaf and thought that God had helped me all the way here.

I began to collect leaves at the Stepping Stones garden to pass them on. I put these leaves between the pages of the Grapevine and brought them home.

Sometimes I thought: They're just dry leaves! Who needs them? But yesterday I gave one of them to a young girl who had come to AA not long ago, and explained where the leaf came from. I was excited about her reaction: she was very happy!

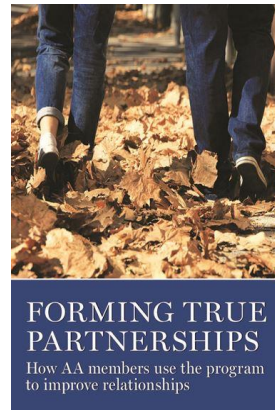
And I thought: Who knows what God has prepared for her?

Svetlana S., Rostov-on-Don, Russia  
Grapevine, April 2009

## BOOK OF THE MONTH

### Forming True Partnerships

Per the back cover: This collection of Grapevine stories shows the many ways members use the Twelve Steps, sponsorship, and the tools of the program to improve and repair relationships, old and new. When we were drinking, many of us had, as the Step Four chapter in the AA book *Twelve Steps and Twelve Traditions* puts it, "a total inability to form a true partnership with another human being."




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*"A life-giving partnership with anyone or anything requires the engagement of a whole self, exactly what active alcoholics lack – and what they are seeking in the bottle."*

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With candid and colorful stories on families, friendships, marriage, divorce, dating, romance, coworkers, sponsorship and pets, this book covers a wide range of experience from sober alcoholics on how we form true partnerships with others.

Forming True Partnerships is available for purchase at a **special price of only \$10** through the month of February at our Central Office.

## Did you know...?

**...that if you or someone you know in A.A. is home- or hospital-bound due to accident, illness, or temporary medical condition, our San Mateo County Fellowship has a committee that will bring meetings to that person's home or hospital room? Our Sunshine Club began in 2017, modeled after one in San Francisco. If you or someone you know is in need of a meeting, or if you are interested in volunteering on the Sunshine Committee (one year sobriety required), please call Central Office at (650)577-1310 or Coordinator Ed V. at (650)222-5582.**

### NEW ON

## AA-SAN-MATEO.ORG !

**LOOKING FOR A NEW SERVICE COMMITMENT? FIND A LIST OF WAYS TO BE OF SERVICE IN OUR FELLOWSHIP UNDER "SERVICE OPPORTUNITIES"!**

**WONDERING WHAT HAS CHANGED ON THE MEETING SCHEDULE RECENTLY? SEE CHANGES UNDER "MEETINGS".**

## The Ebb and Flow (or vice versa) of Light Rum in My Drinking Life

Light rum didn't come into my life until late in my drinking career. Heretofore I had been content with bourbon, gin, and a little vodka. But once I discovered the virtues of light rum it became a major force in my drinking.

The ancients used to talk about (and curse) the "demon rum." The British Navy used it (serendipitously) to prevent scurvy on long voyages. The pirates of the Caribbean discovered it was available, local, and cheap. Today's Caribbean traveler is accosted by it in airports across the archipelago, in the form of little paper cups of free samples waiting in the airline arrivals areas. There is also flavored light rum (who'd have thunk) in the form of raspberry, strawberry and other concoctions which in my experience dilute the basic, straightforward pungent taste.

Once I discovered it, light rum became a favorite. The rum flowed, generously. It went with orange juice (Orange Blossom), grapefruit juice (grapefruit mule) and pineapple juice (Honolulu Creeper). (Dark rum we used for Mai Tais). It didn't replace bourbon and gin, it was an add-on. And smooth. Three of those on a Sunday morning and it didn't matter if the Raiders lost.

So how to manage my rum drinking? Limit the number of drinks. Don't do it by yourself (enlist the help of another). Only drink it if the Raiders were playing in the afternoon. Never order it while traveling (except for vacations in Hawaii). Should I go on? Sound like Chapter 3 to you?

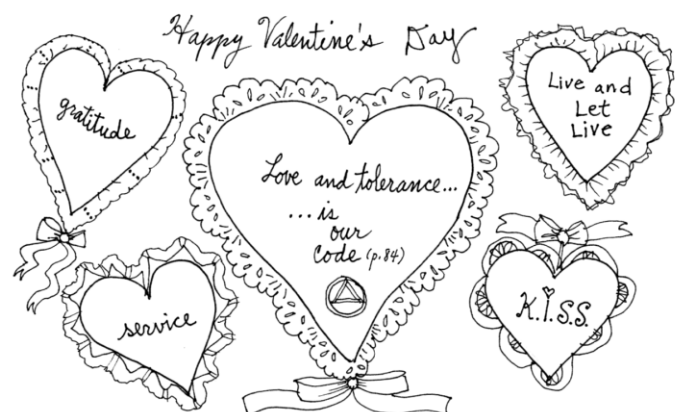
So the flow never became an ebb, like drinking other things. It was not until I came into the program, and turned off the spigot, that I was able to progress in cutting down the flow. Fortunately, with the help of my Higher Power, the desire to drink was lifted. The flow stopped.

-Gordon L.

## Step and Tradition Two Word Scramble

1. IYATSN \_\_\_\_\_
2. PRUOG ECICNSCENO \_\_\_\_\_
3. HATFI \_\_\_\_\_
4. DDEEIWBLE \_\_\_\_\_
5. UTALMETI \_\_\_\_\_
6. EDREL TTAMSNSEA \_\_\_\_\_
7. ADFEICEN \_\_\_\_\_
8. ENGOVR \_\_\_\_\_
9. LEBNDEGI ACEODN \_\_\_\_\_
10. BIEVELE \_\_\_\_\_
11. TATOHIRYU \_\_\_\_\_
12. MLIUHYIT \_\_\_\_\_

**January Answers:** 1. Powerless 2. Obsession 3. Welfare 4. Bottom 5. Allergy 6. Lives 7. Recovery 8. Unity



**The San Mateo County Fellowship of Alcoholics Anonymous  
Delegates Committee Meeting Minutes Jan. 8, 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.

There were elections for positions:

Chair: Lori C.

Vice Chair: Tom M.

Recording Secretary: Jackie W.

Advisory Committee: Harry Z., Mike R.

Delegates must sign in; new business must be submitted in writing.

Tatiana S. read the Twelve Traditions; Darlene V. read the Responsibility Statement.

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

**New Delegates:** Tom P., New Tuesday Night Beginner, San Mateo.; Vince F., Burlingame Men, Burlingame; Julie F., San Carlos Awareness, San Carlos; Helen G., Women's Home Group, meeting rotates; Laura W., Lunch Bunch, San Mateo; Mike R., Tuesday Noon, Belmont; Lori C., Sundowners, San Mateo.

**A.A. Birthdays:** Tatiana S. 8 years.

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

#### **SERVICE COMMITTEE REPORTS**

**Bridging the Gap:** Ted B. reported. 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 Ted B. at (650) 583- 2935. 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 January 12 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:** No report.

**Alcathons:** Becky N thanked everyone for stepping up and helping with the Christmas and New Year's Alcathons. Jackie W. reported Alcathons were a success. We are still reviewing the financials therefore we do not know at this time how much we will be donating to Central Office. We will provide an update at the next Central Office Delegates Meeting.

**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. We currently have 1 Front Line open: the fourth Wednesday from 12:30 AM to 8:30 AM. We have 29 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. Chip Sales are doing great. We have sold 112 chips for \$143.00. They will be separated from the book sales and expenses in the financials starting this year. People seem to be excited when they realize we sell chips so get the word to your meetings that we sell them. We are going to have a new page on the website letting people know what service opportunities are available. I would like a list emailed to me from each service committee with the open service commitments that you have and the requirements for service and an explanation of what the commitment entails.

#### **December 2018 Central Office Activity:**

Twelfth Step Calls: 3    Office Visits: 66

Phone Calls for Information: 102    Website Visits: 8305

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

Faithful Fiver contributions for the year were \$5907.00.

**Anniversary Party:** No report.

**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 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:** 9:05 p.m.

**Delegates Present:** 30

**Delegates Collection:** \$44.00

**Next Meeting:** February 5, 2019, 7:30 p.m.



**SAN MATEO COUNTY FELLOWSHIP INCOME STATEMENT  
JANUARY 2019**

	JAN	Total YTD		JAN	Total YTD
<b>Income</b>			<b>Operating Expenses</b>		
Birthday Club Contributions	8.00	8.00	Accounting Services	57.00	57.00
Book sales	1,813.56	1,813.56	Books Purchased	1,262.80	1,262.80
Central Office Annual Party	0.00	0.00	Chips	166.95	166.95
Chip sales	153.54	153.54	Central Office Annual Party Exp	0.00	0.00
Delegates Collection	47.00	47.00	Central Office Insurance	0.00	0.00
Faithful Fivers	445.00	445.00	Employee Insurance	632.50	632.50
Group Contributions	12,717.83	12,717.83	Miscellaneous	0.00	0.00
High Sobriety Subscriptions	20.00	20.00	Office Equipment Lease & Maint	298.88	298.88
In Memoriam	0.00	0.00	Office supplies	33.99	33.99
Individual Contributions	3,000.00	3,000.00	Outside Services	0.00	0.00
Interest Income	0.00	0.00	Postage	234.68	234.68
Other	0.00	0.00	Rent	1,412.00	1,412.00
Printing	217.96	217.96	Salaries	3,983.91	3,983.91
Sales Tax on Books	194.55	194.55	Sales Tax on books	180.00	180.00
Tax Refund	0.00	0.00	Taxes	1,734.72	1,734.72
			Telephone	192.88	192.88
<b>Total Income</b>	18,617.44	18,617.44	Telephone Advertising	108.00	108.00
			Teleservice	140.00	140.00
<b>Less Expenses</b>	10,438.31	10,438.31	Travel Expenses	0.00	0.00
			Web Services	0.00	0.00
<b>Net Income (loss)</b>	8,179.13	8,179.13			
<b>Starting Balance</b>		28,901.43			
<b>Plus Net Income/Loss</b>		8,179.13			
<b>Ending Balance</b>		37,080.56	<b>Total Operating Expenses</b>	10,438.31	10,438.31
<b>TOTAL PRUDENT RESERVE</b>		49,760.11	<b>Net Income (loss)</b>	8,179.13	8,179.13
<b>TOTAL CASH POSITION</b>		86,840.67	<b>2019 Year-to-Date Summary</b>		
			Year-to-Date Income		18,617.44
			Year-to-Date Expenses		10,438.31
			Year-to-Date Net Inc/(Deficit)		8,179.13

**SAN MATEO COUNTY FELLOWSHIP 2019 GROUP CONTRIBUTIONS**

<b>BELMONT</b>	<b>JAN</b>	<b>YTD</b>	<b>REDWOOD CITY</b>	<b>JAN</b>	<b>YTD</b>
Belmont Tues. Noon Group	66.75	66.75	A Vision for You	340.00	340.00
Day At a Time	154.00	154.00	Broken Elevator Thurs.	25.20	25.20
One Line at a Time	10.00	10.00	Complete Abandon Group	130.00	130.00
			Mon. Nite Fireside Chat	244.81	244.81
<b>BRISBANE</b>			Mon. Noon Mtg.	70.00	70.00
Brisbane Breakfast	525.15	525.15	Wed. Woodside Meeting	316.89	316.89
<b>BURLINGAME</b>			<b>SAN BRUNO</b>		
Any Length	586.80	586.80	12 Study Grp (Thurs)	41.64	41.64
Burlingame Men's Grp	210.00	210.00	Big Book Study Fri (5pm)	10.56	10.56
Burlingame Noon Men's Grp	108.00	108.00	Come as You Are	347.10	347.10
Burlingame Read a Passage	41.00	41.00	Experience, Strength, Hope	30.00	30.00
Ham & Eggers	308.47	308.47	Grupo Serenidad	20.00	20.00
Twelve Steps Study (Mon)	259.70	259.70	Living Sober/ HH (Tues)	24.60	24.60
			Millbrae Group	72.00	72.00
<b>FOSTER CITY</b>			Spkr/Disc - Happy Hour(Mon)	26.42	26.42
FC Men's Sharing Group	91.74	91.74	Tools of Recovery (Tue 6:30p)	49.52	49.52
Friday Noon Big Book	33.60	33.60			
Living Sober Groups (all)	253.22	253.22	<b>SAN CARLOS</b>		
The Old & the New	72.10	72.10	Gifts of Grace Fri Women	107.40	107.40
			In Step with Bill	163.80	163.80
<b>HALF MOON BAY</b>			S.C. Awareness Group	108.30	108.30
3rd & 11th Step Prayer	158.96	158.96	San Carlos Beginners	36.00	36.00
Coastside Big Book	112.20	112.20	SCPF- all meetings	250.00	250.00
HMB Happy Hour Group	28.00	28.00	Sober Sundays	40.20	40.20
Sat Night Step	70.02	70.02	We Have Recovered Group	201.73	201.73
Sat. Morning Eye-Opener	802.62	802.62	Womens Read & Reflect.	37.80	37.80
Stone Pine 7AM Meet.M-F	577.50	577.50			
Stone Pine Noon Meet. M-F*	170.00	170.00	<b>SAN MATEO ETC.</b>		
			Women's Home Grp (traveling)	183.40	183.40
<b>LA HONDA</b>			<b>SAN MATEO</b>		
La Honda Group (Thurs)	248.50	248.50	10 am Sunday Serenity	130.58	130.58
<b>MENLO PARK</b>			Eye Opener	253.95	253.95
Fri. Noon Women's	365.61	365.61	Lunch Bunch	280.80	280.80
Men's R4D Big Book	236.52	236.52	Mid Peninsula Women	56.10	56.10
Mon. 12:10 PM Happy Hour	317.40	317.40	Morning Serenity (All)	356.00	356.00
Sat Morning Sandhill	1,224.30	1,224.30			
Sat Sunshine Grp MP 7:30	282.10	282.10	<b>SOUTH S.F.</b>		
Tues Noon Book Worm	174.36	174.36	New Beginnings	47.48	47.48
<b>PACIFICA</b>			<b>WESTBAY ALANO</b>		
Daily Reflections	166.60	166.60	Colma Eye Opener	158.90	158.90
Grapevine Recovery	140.00	140.00			
Serenity in Pacifica	173.53	173.53			
Tues Noon Disc. Grp	200.00	200.00			
Women who wear shoes	247.90	247.90			
<b>PORTOLA VALLEY</b>					
Portola Valley 11th Step	140.00	140.00			

## Bedside Stories

### AAs volunteering in the 'Sunshine Club' take meetings to hospitals and shut-ins

I was sharing my story at an AA meeting recently and I mentioned taking part in a Sunshine Club call. When the meeting was over, two visitors from Kansas asked me, "What is the Sunshine Club?"

Here in San Francisco, this Twelfth Step committee has really caught fire, but I was reminded that around the country, not everyone is familiar with the Sunshine Club. It has become such an important part of service in our city that I hope it will be of benefit to others to describe what we have found.

The San Francisco Sunshine Club brings meetings to members of the AA Fellowship who are hospitalized or homebound due to illness or injury. Those of us who have been incapacitated for a period of time know how loud the chatter in the mind can get. The Sunshine volunteers are there to offer an hour of serenity in the midst of all the noise and confusion.

On a typical hospital visit, we scoot our chairs in close to the bed and chat a bit with the fellow member before the meeting begins. When we formally start, we follow the suggested format. We say the Serenity Prayer and continue with "How It Works." At this point the person we are visiting will often visibly relax. Sometimes he or she may close his or her eyes and smile while listening. There is comfort in the familiarity of the words and safety in having your AA family around you. The catheter tubes and heart monitors fade into the background as the sharing becomes intimate and honest. Often there is laughter; sometimes there are tears. Sometimes the tears are an expression of gratitude.

When a Sunshine meeting request comes in, the volunteers can usually be organized within two or three days. The request might be from someone new in recovery who hasn't had an opportunity to

establish a dependable support network in AA. Or it may come from an old-timer with dementia who wants the comfort of his AA family around him. The request may come from a member in hospice or from a new mom caring for an infant. We also show up for knee injuries, hip replacements, broken feet, hammertoes and countless other maladies.

When I was drinking, I never wanted to be around anyone who was in pain or needed my help. I was overwhelmed with more than enough pain of my own. However, when I became a member of AA and eventually worked the Steps, I found out that my job is to be "of maximum service to God and my fellows." With the help of a Higher Power who is in charge of the results, it became easier for me to be around hospitals and illness.

The Sunshine Club is a clear-cut example of the Twelfth Step in action. As I witness other members of the Fellowship volunteer to sit by the bedside of another suffering alcoholic, I know that this program works. It really does.

Carole P., San Francisco, CA  
Grapevine, December 2009



*Many thanks to Suzy B. for a new collection of her illustrations!*

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