

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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March 2019

SMC Fellowship News

Trusted Servants Workshops

We have 3 Trusted Servants Workshops coming up:

4/13 1-3pm	West Bay Alano Club
4/27 1:15-3:15pm	San Carlos Peninsula Fellowship
5/4 10-noon	Mariners Community Church, HMB

These workshops are for AA members interested in becoming group secretaries, treasurers and literature persons, or even for those who have been around awhile and would just like a refresher. Handouts will be available. For more information please go to Events on www.aa-san-mateo.org or contact Central Office.

Service Commitments Around the Fellowship

If you are looking for a new service commitment, particularly outside group level, look no further than our SMC Fellowship website! On the upper right of the home page, right below our lovely coast side, is a heading called "Service Commitments". Here you will find opportunities available in our various service committees, as well as opportunities to be of service at specific events.

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NCCAA Foster City Conference

Don't forget to check out the Spring NCCAA Conference in Foster City March 8, 9, and 10th at the Foster City Crowne Plaza. There will be speaker meetings, panels, Al-Anon, Spanish speaking meetings, marathon meetings, a dance and more! If you did not pre-register, registration will be \$25 at the door for the entire conference.

Monthly Service Committee Meetings

TELESERVICE

March 3rd , 7:00 pm

San Mateo Central Office, 2215 S. El Camino Real, San Mateo (quarterly).

BRIDGING THE GAP

March 4th , 7:30 pm

St. Andrew's Church, 15th Avenue and El Camino, San Mateo (1st Monday of month)

PI/CPC

March 4th , 7:30 pm

St. Andrew's Church, 15th Avenue and El Camino, San Mateo (1st Monday of month)

DELEGATES TO CENTRAL OFFICE

March 5th , 7:30 pm

St. Andrew's Church, 15th Avenue and El Camino, San Mateo (first Tuesday of each month, except January)

GENERAL SERVICE

March 19th , 6:30 pm orientation, 7:00 concept study, 7:30 pm business meeting

St. Andrew's Church, 15th Avenue and El Camino, San Mateo (third Tuesday of each month)

PENNYPA (Peninsula Young People in AA)

March 3rd & 17th , 12:15 pm

San Carlos Peninsula Fellowship, 1133 Eaton Avenue, San Carlos (first & third Sundays of each month)

H&I (Hospitals & Institutions)

March 26th , 7:15 orientation, 8:00 pm business meeting

St. Andrew's Church, 15th Avenue and El Camino, San Mateo (fourth Tuesday of each month)

Conferences and Special Events

MAR 8-10 NCCAA 72nd ANNUAL SPRING CONFERENCE: Foster City Crowne Plaza, 1221 Chess Dr., Foster City. For more info or to register, please go to norcalaa.org.

MAR 17 WEST BAY ALANO CLUB ST. PATRICK'S DAY MEETING AND FEAST: 1-4 PM, Alano Club, 216 Mosswood Way, SSF. Meeting at 1pm, feast at 2pm. 50/50 raffle to support the club.

MAR 21 OYSTER POINT 40TH ANNIVERSARY: 4:15-6 PM, Oyster Point Yacht Club, 911 Marina Blvd. , So. San Francisco. Speaker meeting followed by ice cream and cake.

APR 5-7 39th 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.

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

March 3rd, *Fr. Phil G.* Serenity House, S.F.

March 10th, *Mary C.* Stonestown, S.F.

March 17th, *Scott N.* Stepping Up, S.F.

March 24th, *John M.* Treasure Island

March 31st, *Abby L.* Goldmine Gp., S.F.

ALL EVENT FLYERS CAN BE FOUND
ON THE CENTRAL OFFICE WEBSITE,
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, 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).

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*.

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*!



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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



Will H.

San Mateo

35 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.

Step Three: Hang Gliding

Leaping with Faith

When I came into AA after twenty-four years of daily drinking, I was ready for a new way of life. My "treatment" was two to three meetings a day at "The Divine Dump" in San Francisco, a long-time meeting place in a neighborhood full of bars and funeral homes. The old-timers would point at these establishments and tell us, "If you don't like it here, try it out there."

For the first three months, I practiced the "ism"--I sponsored myself. But I did ask for help through the emotional storms of early sobriety from the people saw every day at the meetings. The Steps that everyone spoke about, which hung crookedly on the wall, mystified me. My will had always been my higher power, way before I started to drink; drinking simply helped ease the pain of life not going my way.

I was also an agnostic and cynic. The idea of turning my will and my life over to something other than my own efforts at control was an action that I simply could not imagine. But I wanted this new way of life desperately, so I listened closely to what people had to say in meetings about their experience of coming to believe. Initially, I was repelled by those who talked about God, but they had a joy and a calm that I wanted.

An important part of my coming to believe was spending time at the ocean, where I could see a power greater than myself in action. Several times a week, I would go out to an abandoned WW II fort situated on a bluff overlooking the beach. It was an area for hang gliders, and I'd always enjoyed watching them sail by as I walked along the cliffs and down to the beach. I'd always yearned for the freedom that flight represented. I even had thirty hours of flight logged in small, aerobatic planes before giving it up, as I did with many pursuits during my drinking. As part of my training, I'd learned that the impact of alcohol

increases as one ascends into the air, so I usually drank before I flew, to latch on to that thrill.

One day out at the fort, as I was struggling with how to work the Third Step, I found myself watching the hang gliders as they got ready to launch themselves. They lumbered up to the take-off spot with this heavy equipment on their backs, and then simply stepped into space from this very small spit of sand on the edge of a cliff. This was an intermediate skills area, so everyone had a certain expertise with the principles of aerodynamics. They knew what to do when they left the ground and moved into the air. A week before, however, a man had hesitated as he took off, and he'd fallen down the cliff and died, breaking his neck.

Hearing this story opened up the path to the Third Step for me. I had learned the principles of AA flight from Steps One and Two. I had seen how halfway measures could lead me out of the program to certain death. What I had to do was stand on the edge of the unknown, have faith in the Steps and my teachers in the meetings, and let go--step with both feet into this terrifying new realm of surrender, and trust that a power greater than myself, which I was only coming to understand, would carry me. If I held back, trying to keep one foot in the old realm, I'd fall out of the program. I had to abandon myself absolutely to the principles of the new dimension.

Bette-B. B., Omaha, Nebraska
Grapevine, March 2005

A.A. Around the World

A Warm Room on an Icy Day

On a January morning in Amsterdam, a man tries to sober up in a place he least expected

I found my sobriety in Amsterdam. You have to admit this is pretty funny, as most people go to Amsterdam to get wasted. Contrary as I am, I

made my way to my very first AA meeting on an icy, January morning.

The day before, I had called the AA help line. There seemed to be no other alternative. A man named Lukas told me his story over the phone, which sounded suspiciously like my own. "Come to a meeting now," he said. "There's one at noon." A weather depression over Scandinavia had moved in with icy weather over the Low Countries and a 17-day-long freeze. The trains had been cancelled from my station and the roads were impassable. Frustrated, I called Lukas again and told him I'd try the next day. Then I found comfort in a bottle or two of rather nasty South African wine, and when that was done, I moved on to the cooking sherry and whatever was left in the gin and liqueur bottles. I did not know I was saying a final farewell to my faithful friend.

To get to my first AA meeting, I crunched up the silent, frozen streets from the Central Station past the Royal Palace on the Dam and made my way to a street with an astonishingly long name, Nieuwezijds Voorburgwal. The street name means "New Side Front Bastion Wall." Today, they do not need a bastion wall to defend the city, since the only invaders are hordes of tourists seeking the tawdry milieu of the "red light" district and the coffee shops where they don't really sell coffee.

One of the fairytale 17th century buildings, number 282A, now houses the hall of the English Protestant Church, where every Tuesday, Thursday and Saturday English-language beginners' meetings take place at 10 a.m. I've travelled a lot in my life, and at times I've found myself in difficult or dangerous situations. But nothing prepared me for the absolute dread that gripped my heart as I approached the steep steps to the front door, as I asked myself, What am I doing here? What awaits me? The dregs of the ugly underbelly of Amsterdam?

In front of me, a man in a heavy coat ascended the treacherously icy stairs. I called out in Dutch and asked if this was the right place for the meeting. He turned to look at me, sized me up with twinkling eyes, and said in a West Coast American accent, "Friend, I think you've found the right place. Come on up!"

After stripping off a few outer layers of clothing, I settled down at a long table and scanned the room with skepticism. Mark, the Californian from the stairs, offered me a welcome cup of good fresh coffee. I still felt uncomfortable—I kept eyeing the door, just in case I wanted to make a quick exit. Men and women of all ages spoke in English, Dutch, German and a few languages I could not quite catch. They looked clean, neat and healthier than most. Perhaps the real alcoholics had decided not to turn up today.

The walls of the room bore testimony to its use as a Sunday school. Pretty childrens' art illustrated the old Bible stories. This made me nervous, and I checked the door once more. Hanging over the loaves and fishes were banners of The Twelve Steps and The Twelve Traditions. I had avoided churches since my student days, except for funerals, weddings and visits to admire art or architecture. Smaller signs that read: "One Day at a Time," "Easy Does It," "First Things First" and other homilies adorned the lower parts of the wall. "Huh!" I scoffed under my breath. My cynical eye wrote all of them off as humbug and apple pie.

A man sat next to me and introduced himself as Dick. He seemed normal—like the rest of them. The atmosphere in the room was what the Dutch call gezellig, a practically untranslatable word whose meanings include cozy, friendly, relaxing and general togetherness.

After a flurry of activity, books were distributed and a woman with a charming Australian accent introduced herself as the chairperson for the day, saying her name, which I didn't catch. She said she was an alcoholic. All present greeted her back. I was kind of prepared for this by TV and movie depictions of AA meetings.

After the Preamble, someone read "How It Works." This caught my attention: "Remember that we deal with alcohol—cunning, baffling, powerful! Without help it is too much for us. But there is one who has all power—that one is God. May you find him now!" A host of emotions flooded through me—a shock of recognition, anger and resistance, all at the same time. I'd never heard alcohol spoken of in this way. They knew what they were talking about. But then they spoiled it all with

all this God stuff. Was this a sect? I eyed the door and got ready to leave.

The chairperson asked if there were any newcomers who'd like to introduce themselves. I raised my hand and said, "My name is Ray and I am an alcoholic." I was stunned. Had I actually said that? For years I'd been a binge drinker, with periods of not drinking getting shorter and shorter, but always they were there to prove that I was not an alcoholic, because a real alkie drank all the time. Right?

I did not yet know that the regulars and guests from foreign lands who drifted in and out of that room were all to be my teachers in the weeks and months that lay ahead. One week a couple from Hawaii; next week from Finland or Brazil—all equally at home among friends they had not previously met.

I learned from a serene young man half my age, who had been a victim of abuse as a child, that no matter what had happened to you in the past, you could find peace and purpose in the present. I learned from the lady who walked down the street and greeted by name the giant display bottles in front of the *slijterij* (bottle store). She taught me that alcohol would always be around, but that you get on and learn to live with it as if it were your neighbor. I learned from the distinguished-looking gentleman who had lived under a canal bridge, and only came out at night, crazed by alcohol, to howl at the moon. He taught me that no matter how low you go, there is always a way out.

Dick, the man who sat next to me that first morning, invited me for coffee the next week and told me his story. Many weeks later, he became my sponsor, patiently guiding me through the Steps and helping me to find an inner peace I thought lost forever.

That first night, I only half-listened to people sharing: my head was spinning and my heart full to bursting. I sat gazing at the steel blue patch of sky peeking through the Amsterdam chimneystacks above the chairperson's head. Then it started to snow. Huge flakes fell from a seemingly clear sky.

I suppose even after 20 years in Europe, there's still a barefooted African boy in me who gets excited by snow. I recall watching the same fat flakes falling while I was seated at a bar at the Copenhagen Airport. My friend the barman (aren't all barmen our friends?), an Inuit from Iceland, told me that it was not true that his native language had more than a hundred names for different kinds of snow. At that moment, I wished that there were special words that could capture the magic of those fat snowflakes.

As the meeting ended, everyone stood in a large circle holding hands and we recited the Serenity Prayer. It was the first time I've prayed in more than 30 years.

People gathered, talking and laughing. Some introduced themselves to me, asking questions, which I dodged answering. I left fairly quickly.

Amsterdam in the snow is mesmerizing. The heavy snowfall blots out my footsteps and Amsterdam is the stuff of fairy tales once more. Snow falls silently to the ground. Is it the cold or simply friction that's responsible for the crunching sound snow makes when we walk on it? I think about snow as I return to the station. It's easier to think about than my feelings of awe and relief mixed with a great deal of fear. I know that, regardless of the fear, I want to go back again.

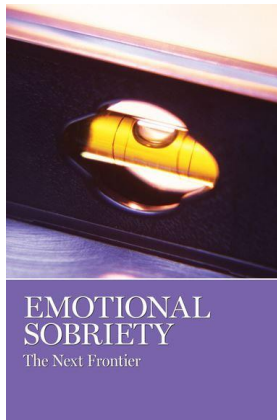
The following day the thaw set in and the thaw in my heart followed.

Ray G., Knysna, South Africa
Grapevine, July 2015



BOOK OF THE MONTH

Emotional Sobriety: The Next Frontier



Per the back cover: Growing up in sobriety means different things to each recovering alcoholic, but one idea seems true: The rewards for reaching for emotional sobriety are serenity, emotional balance and an increased joy for living. These selected stories from the AA Grapevine show that when people in recovery have the

willingness to work the program to find solutions rather than stay stuck in problems, they can let go of fear, put aside selfish demands, practice outgoing love, and become more connected to their Higher Power, family, and fellows.

"My basic flaw had always been dependence – almost absolute dependence – on people or circumstances to supply me with prestige, security, and the like."

In this collection of Grapevine stories, sober women and men describe the transformations sobriety can bring as they practice the principles of AA in all aspects of their lives. Many discover that happiness is a by-product of giving without any demand for return. Others embrace the present with gratitude to claim moments of real peace -- "a quiet place in bright sunshine," as Bill W. put it in the essay that gave the impetus to this book. We invite you to join the journey. Emotional Sobriety: The Next Frontier is available for purchase at a **special price of only \$10** through the month of march at our Central Office.

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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:

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

Alkie Gulch
Mondays, 7:00pm, Church of the Good
Shepherd, 5th & O'Neill, Belmont
Discussion

Barfly Catcher
Thursdays, 6:30pm, First Baptist Church,
1005 Crystal Springs Rd., San Bruno
Discussion

The Woodside Group
Saturdays, 7:30pm, Sequoia Hospital,
170 Alameda de las Pulgas, RWC

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

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



IT'S A NEW DAY!

Effective March 1st

Back to the World Group

will be moving from Wednesdays at 8:00pm to THURSDAYS at 8:00pm. The meeting location remains the same, Burlingame Methodist Church, 139 Primrose Road, Burlingame.

Step & Tradition Three Word Search

A A F K H D H N D F P W A F U K B H Q K L P D Y
D P W I W L Z Y T I T N E N O N E Q N D M D E T
T U A N R E G G U J E P E C D C Z M O Z B W A I
V K R E Q U I R E M E N T W N S D R L K H Z V N
P N P I B O V U U W C J E P I G Z P E D J Y E
J I Z S C C Z M F G Y C D B L I Z M J F M O H R
C L B R G Q M S H L A N V Z I T C E V I H C F E
I O Z J D P E P K S E C G E Y R E M J X P Z O S
E W N G X D O Q D P P G L P N V K B B T I Y P K
H B H F A F Y P E W R R M E K P A E U A A E E M
Z P Z A O Q D D Y F X N M W T Y J R Q X Y O I L
A L J G H R H O G I K F L H E L O S K D F N I D
Y G H R R O M X U A D E S I R E S H I A D H T I
N K K W A O T I E G N K N O Y G N I V E Y K W C
R U S I L E U L T B H T M A E V T P C I R F B H
R T D L V W V P O Y Z N D I B X I I B J E H H Y
K C C L H X Y L J S V G U S C W S R R J S H V E
K F I I N C J K P J M P Y T Q I N E C T E K C B
N L K N B S Y E R K N I W N O L B J L L N L A G
F F I G N T A T Y C I R F N L L P F M M T A B X
N E U N O I S I C E D H Z A L E G R A V M V U U
T S B E C J C A G A Y B T P W M Z U Y G E Q G N
E W A S Z B S Z E J D M J C Q F S U S I N P M L
B H C S N U N O I T U L O S R A F A C M T C F Y

conformity	decision	dependence
desire	doughnut	group
indecision	juggernaut	membership
nonentity	requirement	resentment
serenity	solution	willingness

February Answers: 1. Sanity 2. Group conscience 3. Faith 4. Bewildered
5. Ultimate 6. Elder statesman 7. Defiance 8. Govern 9. Bleeding Deacon
10. Believe 11. Authority 12. Humility

Did you know...?

...that AA has a YouTube channel?

The purpose of the channel is to provide A.A. video content produced by A.A.W.S. to a broader audience; to carry the message to alcoholics, the general public and the professional community; and to host A.A. videos in a location from which they can easily be shared.

Development of the channel was begun in early fall of 2017 as a response to the Advisory Action of the 2017 General Service Conference to create a YouTube channel with comments disabled, that could be analyzed for effectiveness.

Staff continues to develop a process for displaying content on the channel, consistent with A.A. principles and A.A.W.S. copyrights. The channel was started with three engaging, Conference-approved P.S.A.'s: *Doors, My World* and *I Have Hope* (available in English, French and Spanish). Expansion of the YouTube collection is in process, with the ultimate goal of adding all A.A.W.S. video content.

The channel may be found at:

<https://www.youtube.com/c/AlcoholicsAnonymousWorldServicesInc>

Any questions or feedback related to the A.A.W.S. G.S.O. YouTube channel should be sent to commservices@aa.org.

"I use notes to remind me to seek my Higher Power ... On my desk, in front of my computer is the note: 'Good morning, this is God, I will be handling all your worries and concerns for today. I will not need your help!'"

"Note to Self," Buffalo Grove, Illinois, November 2013, AA Grapevine

**The San Mateo County Fellowship of Alcoholics Anonymous
Delegates Committee Meeting Minutes Feb. 5, 2018
St. Andrew's Lutheran Church
1501 S. El Camino Real, San Mateo 94402**

The meeting was opened at 7:30 p.m. with the Serenity Prayer. Delegates must sign in; new business must be submitted in writing. Dan K. read the Twelve Traditions; Kelly S. read the Responsibility Statement.

Minutes: The January 2018 minutes were reviewed and approved.

New Delegates: Leno O., Burlingame 12 Steps Study Group; Chris M. Thumpers; Carol M., The Sewer Group

A.A. Birthdays:

Janice R., 35 years; Laura G., 22 years; Carol M., 15 years.

Financial Report: The January 2019 financial report was reviewed and approved.

SERVICE COMMITTEE REPORTS

Bridging the Gap: Ted B. reported. The volunteer list is being updated regularly. Our volunteers are willing to bring newcomers just leaving a facility to their first few AA meetings in their home community and introduce them to other members. Bridging the Gap is in need of volunteers to bring presentations into facilities such as Palm Avenue (Saturdays at 1:30 pm) and other facilities or to serve as contact persons. 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., reported 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 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 you register for the Conference as your support helps move NCCAA. If you would like to volunteer to be of service at this conference please contact Erin S. at 408-431-4365

PENYPAA (Peninsula Young People in A.A.): No report.

PENYPAA meets at San Carlos Peninsula Fellowship (1133 Eaton Ave), the 1st and 3rd Sundays of the month at 12:15 p.m. Information: www.penypaa.org.

new panel. We had 6 people in total including the Chairperson. We each took an area to reach out to (Clergy/Schools/Hospitals, etc.) to start to see where we can go and provide information and/or presentations. We also discussed what to do with the bus signs and are still exploring that. We are all excited about this committee for this panel. The PI/CPC committee meets on the first Tuesday of the month at St. Andrews Lutheran Church in San Mateo at 6:45 p.m. Please call Robi S., at (650) 222-5582, for more information.

CENTRAL OFFICE COMMITTEE REPORTS

Advisory Committee: No report.

Alcathons: Becky N. reported that the Alcathon went well and there were no complaints from the church. The wrap up meeting was held and financials were reviewed. As a result of higher expenses this year including the replacement of (2) coffee pots (1 missing/1 broken) we are only able to donate \$2500 to Central Office which is less than last year.

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 third Friday from 12:30 AM to 8:30 AM. The next business meeting will be on March 3, 2019 at Central Office. We will be discussing backlines and our phone service. The 12 Step list (both men and women) are being redone. Please Don C. at Central Office or Jenn P. at (650) 461-0320 or Eden C., at (650) 868-1116 for more information or to be added to the list.

Central Office: Don C. reported. Chip Sales are still going well. Tell everyone we have them! We're still open until 6pm on Wednesdays, not getting anyone in but we're still there. Remind everyone that we have a couple of new website pages. Service opportunities, meeting changes and the High Sobriety are on the website as well. Reminder we have a book of the month in the High Sobriety that is discounted at Central Office.

January 2019 Central Office Activity:

Twelfth Step Calls: 4 Office Visits: 84
Phone Calls for Information: 122 Website Visits: 8067

Faithful Fiver Contributions Year to Date:

Faithful Fiver contributions for the year were \$445.00

Anniversary Party: Becky N. reported that we are still looking to secure a venue. We anticipate the party will be held in October. The exact date and time are TBD.

Trusted Servants Workshop: No report.

Spanish Central Office: No report.

Sunshine Club: Ed V. reported. We take meetings to AA members who are temporarily hospitalized or homebound due to illness or injury. We have volunteers trained and ready to go. Please call Ed V. if you'd like a meeting brought to you. Orientations are held as requested at the Foster City Library Community Center, 1000 East Hillsdale Boulevard, Foster City, 2nd 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.

Old Business: none.

New Business: none.

Meeting Adjourned: 8:01 p.m.

Delegates Present: 34

Delegates Collection: \$72.25

Next Meeting: March 5, 2019, 7:30 p.m.

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

	FEB	Total YTD		FEB	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	70.00	78.00	Accounting Services	957.00	1,014.00
Book sales	1,233.52	3,047.08	Books Purchased	668.11	1,930.91
Central Office Annual Party	0.00	0.00	Chips	264.65	431.60
Chip sales	176.57	330.11	Central Office Annual Party Exp	0.00	0.00
Delegates Collection	72.00	119.00	Central Office Insurance	329.11	329.11
Faithful Fivers	955.00	1,400.00	Employee Insurance	226.00	858.50
Group Contributions	6,065.01	18,782.84	Miscellaneous	0.00	0.00
High Sobriety Subscriptions	6.00	26.00	Office Equipment Lease & Maint	298.88	597.76
In Memoriam	0.00	0.00	Office supplies	834.79	868.78
Individual Contributions	0.00	3,000.00	Outside Services	0.00	0.00
Interest Income	0.00	0.00	Postage	34.65	269.33
Other	0.00	0.00	Rent	1,422.00	2,834.00
Printing	20.00	237.96	Salaries	4,430.76	8,414.67
Sales Tax on Books & Chips	135.21	329.76	Sales Tax on books	50.00	230.00
Tax Refund	0.00	0.00	Taxes (Payroll)	1,857.33	3,592.05
			Telephone	192.83	385.71
Total Income	8,733.31	27,350.75	Telephone Advertising	108.00	216.00
			Teleservice	280.00	420.00
Less Expenses	11,954.11	22,392.42	Travel Expenses	0.00	0.00
			Web Services	0.00	0.00
Net Income (loss)	(3,220.80)	4,958.33			
Starting Balance		36,948.77			
Plus Net Income/Loss		4,958.33			
Ending Balance		33,727.97	Total Operating Expenses	11,954.11	22,392.42
TOTAL PRUDENT RESERVE		49,775.22	Net Income (loss)	(3,220.80)	4,958.33
TOTAL CASH POSITION		83,503.19	2019 Year-to-Date Summary		
			Year-to-Date Income		27,350.75
			Year-to-Date Expenses		22,392.42
			Year-to-Date Net Inc/(Deficit)		4,958.33

SAN MATEO COUNTY FELLOWSHIP 2019 GROUP CONTRIBUTIONS

BELMONT	FEB	YTD	REDWOOD CITY	FEB	YTD
Belmont Tues. Noon Group	117.75	184.50	A Vision for You		55.00
Day At a Time		154.00	Broken Elevator Thurs.		25.20
Forum (unlisted)	150.00	150.00	Complete Abandon Group		130.00
One Line at a Time	10.00	20.00	Mon. Nite Fireside Chat		244.81
			Mon. Noon Mtg.		70.00
BRISBANE			Vision for You		285.00
Brisbane Breakfast		525.15	Wed. Woodside Meeting		316.89
			Woodside Grp Sat Sequoia	55.80	55.80
BURLINGAME					
Any Length		586.80	SAN BRUNO		
Back to the World Group	71.00	71.00	12 Study Grp (Thurs)	39.83	81.47
Burlingame Men's Grp		210.00	Big Book Study Fri (5pm)	32.62	43.18
Burlingame Noon Men's Grp		108.00	Come as You Are		347.10
Burlingame Read a Passage		41.00	Daily Reflections Women	21.18	21.18
Ham & Eggers		308.47	Early Enders	50.09	50.09
Rap Group	138.72	138.72	Experience, Strength, Hope	59.46	89.46
Senior Focus Group	186.00	186.00	Grupo Serenidad	20.00	40.00
Twelve Steps Study (Mon)		259.70	Living Sober/ HH (Tues)	60.60	85.20
			Millbrae Group		72.00
FOSTER CITY			Spkr/Disc - Happy Hour(Mon)	64.87	91.29
FC Men's Sharing Group		91.74	Tools of Recovery (Tue 6:30p)		49.52
Friday Noon Big Book	52.34	85.94			
Living Sober Groups (all)		253.22	SAN CARLOS		
Study theText Group	224.31	224.31	Gifts of Grace Fri Women		107.40
The Old & the New	102.38	174.48	In Step with Bill		163.80
			S.C. Awareness Group		108.30
HALF MOON BAY			San Carlos Beginners	60.00	96.00
3rd & 11th Step Prayer		158.96	San Carlos Men's Grp. (Mon)	289.00	289.00
Coastside Big Book		112.20	SCPF- all meetings		250.00
HMB Happy Hour Group		28.00	Sober Sundays		40.20
Sat Night Step		70.02	We Have Recovered Group		201.73
Sat. Morning Eye-Opener		802.62	Womens Read & Reflect.		37.80
Stone Pine 7AM Meet.M-F		577.50			
Stone Pine Noon Meet. M-F*	160.00	330.00			
			SAN MATEO ETC.		
LA HONDA			Alkathon - Belmont	2,500.00	2,500.00
La Honda Group (Thurs)		248.50	Women's Home Grp (traveling)		183.40
MENLO PARK			SAN MATEO		
Fri. Noon Women's		365.61	10 am Sunday Serenity		130.58
Men's R4D Big Book		236.52	Eye Opener		253.95
Mon. 12:10 PM Happy Hour		317.40	Fireside Group	121.80	121.80
Sat Morning Sandhill		1,224.30	Joy of Living	40.00	40.00
Sat Sunshine Grp MP 7:30		282.10	Lunch Bunch		280.80
Tues Noon Book Worm		174.36	Mid Peninsula Women		56.10
			Morning Serenity (All)		356.00
PACIFICA					
Daily Reflections		166.60	SOUTH S.F.		
Grapevine Recovery		140.00	New Beginnings		47.48
Happy Hour (Tues)	60.00	60.00			
Pacifica Women's Mtg	161.70	161.70	WESTBAY ALANO		
Serenity in Pacifica		173.53	Colma Eye Opener		158.90
Tues Noon Disc. Grp		200.00	Mustard Seed	60.00	60.00
Wake Up Wake Up	140.00	140.00	Women's Happy Hour	425.00	425.00
Women who wear shoes		247.90			
PORTOLA VALLEY					
Ladera Mon Nite Group	590.56	590.56			
Portola Valley 11th Step		140.00			

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