

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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April 2019

SMC Fellowship News

Treasurer Registration

In an effort to have more groups registered with Central Office, the Delegates agreed to begin registering group treasurers rather than secretaries. Since a treasurer's term is two years, versus 6 months for a secretary, there will be less frequent need for changes. If you are a new Treasurer, please call or visit Central Office, or use the form on the website. Currently registered secretaries needn't change anything.

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.

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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.

Monthly Service Committee Meetings

TELESERVICE **June 2nd, 7:00 pm**
San Mateo Central Office, 2215 S. El Camino Real, San Mateo (quarterly).

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

PI/CPC **April 2nd, 6:45 pm**
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (1st Tuesday of month)

DELEGATES TO CENTRAL OFFICE **April 2nd, 7:30 pm**
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (first Tuesday of each month, except January)

GENERAL SERVICE **April 16th, 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) **April 7th & 21st, 12:15 pm**
San Carlos Peninsula Fellowship, 1133 Eaton Avenue, San Carlos (first & third Sundays of each month)

H&I (Hospitals & Institutions) **April 23rd, 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

- 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.
- MAY 3-5** 46TH ANNUAL HOSPITALS & INSTITUTIONS CONFERENCE: McCormick Hall, Solano County Fairgrounds, 900 Fairground Dr., Vallejo, 94589. Panels, Speakers, Food, Comedy & Raffle.
- MAY 4** TRUSTED SERVANTS WORKSHOP: Noon-2-pm, Mariners Community Church, 100 Stone Pine Rd, Half Moon Bay. Learn all you need to know about being of service to your group as a secretary, treasurer or literature person. Handouts available.

ALL EVENT FLYERS CAN BE FOUND
ON THE CENTRAL OFFICE WEBSITE,
www.aa-san-mateo.org

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

April 7, 2019 *Veronica S. Pedro Valley S.D.*

April 14, 2019 *Charles M. Federal Speaker, S.F.*

April 21, 2019 *John M. Treasure Island*

April 28, 2019 *Claudette C. Brisbane Breakfast*

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).

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!



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



Brent K - San Mateo - 28 yrs

Bob D - Redwood Shores - 35 yrs

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.

The Path to Self-Awareness Step Four - Through a Step Four inventory, "we quit being aliens to ourselves.

FOR SOME TIME, I couldn't understand the purpose of Step Four. It appeared to me that it would do more harm than good. I felt my past would be better forgotten, since I had committed acts that opposed things I held sacred, and often compromised on principles that I believed in fervently. To intentionally delve into the garbage of my past would only create a lot of unnecessary stress, it seemed.

After attending a great many AA meetings, I began to grasp the value of this Step, the effect it could have on one's life as the result of doing it honestly. So I began to take a close look at my past behavior.

When I was in treatment, a situation arose where I did not get my way because of my primary nurse. Until this time, I had believed I had the nurses conned and could manipulate them to my choosing. In this instance, however, I failed to do so. I was hurt, angry, and seeking revenge. At the next opportunity I had to talk with my psychiatrist, I explained that I had been wronged and that the nurse was incompetent. I told him that she should immediately be advised as to her error.

He said something that he might not recall; but without doubt, I will remember it the rest of my natural life. His reply was: "You have the staff confused. They don't know how to treat you. One day you act like an adult, and the next day you act like a child."

It was not until after my release that I realized he had spoken the truth, identifying a pattern very familiar to me. The defeating part of the matter was that he knew me better than I knew myself.

That, to me, is what Step Four is all about: We quit being aliens to ourselves; we identify and accept truths about ourselves that aren't so pleasant. Denying the truth will not change it, but only keep me in ignorance. Once I have determined what my shortcomings are, I can begin to make positive changes. Otherwise, I will remain stagnant. The better I know myself, the more capable I am of governing my behavior and the less likely to be easily moved by foolish impulses.

If I do Step Four the best I can at the time of undertaking it, although the attempt may seem feeble, I am beginning to build an exemplar of self-honesty and starting to develop within myself an awareness that will

continue after this inventory has been finished and forgotten.

B.D., Reynoldsburg, Ohio
Grapevine, December 1983

A.A. Around the World

Able To Dream

A young Hindi teacher's drinking goes from social to pathological

Yes and no are two of the most important words that one will ever say. How and when you say them affects your entire life.

I am the youngest of four children, brought up in lowly circumstances. My dad was a laborer with the department of works, and my mom stayed at home. With one suit of clothes and barefoot, I walked to school three miles round trip every day. My dad was an occasional drinker, my mom a strict vegetarian who never drank or smoked. My three older sisters married off pretty young, and I was left to help with things around the house. In the midst of all this I recognized the existence of God pretty early through the religious life that my parents lived.

I did pretty well at school. I could not afford higher education, but became a schoolteacher through the system. I was then 19 and had never had a hard drink, but this was soon to change. On my first morning going to work as a schoolteacher I was a bit fearful as to how I would handle myself in the classroom. That's when I met this friend who encouraged me to take a drink to vanish the fears I was having. I did and really felt different. That was the first mistake I made, saying "yes" when I should have said "no." Had I said no to that first drink, I would not be writing this story today.

The desire to take another drink remained in me long enough that I took another after school. That desire turned into a craving, followed by a compulsion, and that's how very simply and unassumingly the alcoholic progression started in my life. In the weeks, months and years that followed I went from social drinking to pathological drinking. After four years I was fired from my school teaching job because I couldn't stay sober;

and in the last days of my drinking I was getting high eight days a week--all because I could not say no. I drank for 15 years, during which time I could not think or act for myself. I had lost the ability to do anything constructive.

My parents had taught me that if I got married it would solve my problems; and so I was hooked up through the old Hindu custom of arranged marriage. That didn't help very much; it just added more complications. I had three sons in quick succession; the first was stillborn. I fought with my wife all the time. I would leave the house and not come back; my wife and children were now at the mercy of my parents. My father died during this period, and I still could not understand what had turned me into such a beast. My wife left me about three times and went to her parents. Every time I would go and beg her to come back, promising to change my ways, but that only lasted for a couple of days. Thank God she didn't leave me permanently.

My loved ones didn't care whether I lived or died, and I couldn't careless, either, because I just couldn't control my addiction. I drank myself into oblivion. But my mother had great hope that one day I would come around. She never stopped praying for me. Her faith was total and unconditional. I both wanted and didn't want to stop drinking. I didn't know how to stop. I knew I had reached the end of the line.

Life had lost its taste and I was merely existing. I never knew what it was called until I found this Fellowship, but I'd lived in a blackout for a long time. Thank God I never got myself into serious trouble, but my behavior was defective and without honor. I became mentally, spiritually and intellectually blind. I was just hurting people and could no longer operate under normal conditions because alcohol was controlling every nerve in my system.

Both my mother and wife, the two people I damaged the most during my drinking, sought help for me. I was visited by the Hindu priest and then my mother's brother, who was a Presbyterian minister. Then came the doctor and a couple of elderly people from the village. They all had the same message--that I was a bright, respectable and promising young man--and asked what could have gone wrong that would cause me to drink like this. I told them that I didn't know. When they asked if I could slow down, or just drink a couple and stop, I said I didn't think so.

I realized that I was longing to rejoin the human race, so I stayed sober one day at a time.

A few days later, two people from a neighboring village came to see me. I recognized them, having drunk with one of them. During our conversation I realized they didn't drink anymore. They were from AA, and said that someone had asked them to come and see me. I told them that I didn't have a problem and that I didn't want to stop drinking anytime soon. But when they asked me if I thought I could avoid drinking just for that day, I said I could try.

They suggested that I find my God and start praying and asking for help; something I thought might be easy because of my religious upbringing. They promised to take me to some meetings and let me decide for myself if I wanted to stay sober.

It took meetings every night for two months before I could begin to understand what was happening to me. I realized my life had been evolving toward destruction and I had become self-centered. I had to surrender my will to God, an attitude I would have to maintain as I sought to live out these basic principles. I realized then that I was longing to rejoin the human race, so I stayed sober one day at a time and my life started assuming some measure of manageability. Today I fully understand why I am in AA. Alcohol is cunning, baffling and powerful, and alcoholism is a disease, not a moral failing.

I started reading and working the program just as my sponsors suggested. I got involved in my home group. Later I got involved at the intergroup level and carried this message everywhere. I migrated to the US in 1977 and was able to see AA at work in quite a few places. Now I live in both places, back in Trinidad and the US.

My greatest experience in this Fellowship was when I attended AA's 50th Anniversary Convention in Montreal (1985), and saw 70,000 people living like one family. I cherish the thought that my mother was alive when I found AA. She did everything possible to see me live a life without alcohol and God rewarded her with that gift for 21 years before she moved on. My loving wife of 50 years is still the driving force behind all of my AA activities. We are planning to attend the 75th Anniversary Convention in San Antonio. Today I am still

working the Steps; a journey and the Steps are for stepping, not standing.

That first step I took in faith was more powerful than a thousand miles in doubt. I was able to dream and pursue those dreams that God helped me create. The dreams that I carried inside of me were a source of power and incentive. They created hope and without hope we are nothing. What has happened in the past is just that--the past! What I should have done about certain issues no longer matters. What I do now is of greatest concern. Therefore, I am indeed happy that this Fellowship found me, brought me to this fold, nurtured me and showed me this new way of life that I am still living today after 33 years.

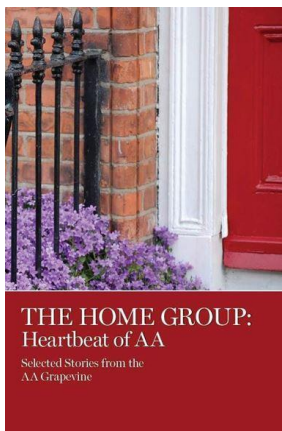
Pooran K., Williamsville, Trinidad, W.I.
Grapevine, June 2010

BOOK OF THE MONTH

The Home Group: Heartbeat of A.A.

From the Preface:

The home group is where recovery begins: it is where AA members grow up in sobriety by the time honored process of trial and error, to discover that they can be loved, "warts and all". It is where they learn to put the needs of others, especially the needs of the group, ahead of their own desires. It is where they first have the opportunity to serve others, and where they learn of opportunities to serve beyond the group. It is where they begin to adopt the guiding principles of Alcoholics Anonymous as working realities in their own sober lives.



The Home Group: Heartbeat of A.A. is available for purchase at a **special price of only \$10** through the month of April at our Central Office.

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

Daily Reflections Women's Discussion Group
Mondays, 6:45pm, First Baptist Church,
1005 Crystal Springs Rd., San Bruno

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

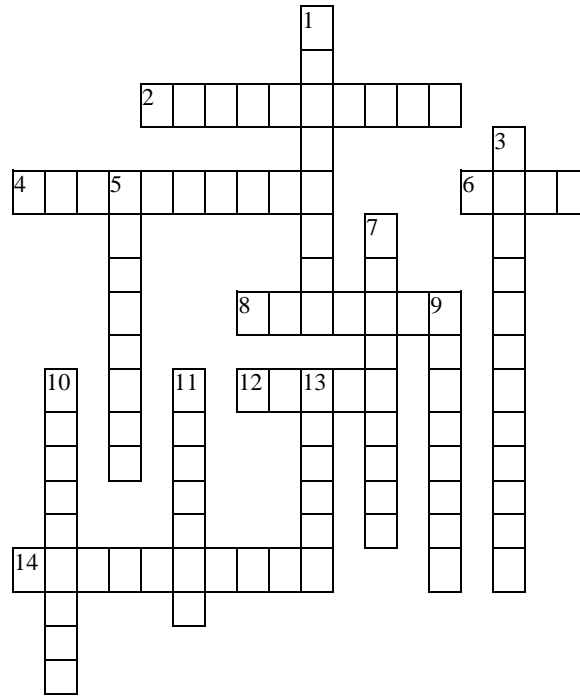
The Sewer Group
Saturdays, 8:00pm, Kaiser Hospital,
Cypress Bldg, 1190 Veterans Blvd., RWC
Discussion

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

"In AA, we discover that it is impossible to give without receiving, or receive without giving."

"The Gift of Sobriety," North Hollywood, California, February 1993, AA Grapevine

Step & Tradition Four Crossword



Across

- 2 Either we insist on _____ the people we know, or we depend upon them far too much.
- 4 ...we had been given the courage to declare each AA group an _____ entity...
- 6 We aren't the guilty ones. _____ are!
- 8 We want to find exactly how, when, and where our natural _____ have warped us.
- 12 Whenever a human being becomes a battleground for the instincts, there can be no _____.
- 14 Each group shall be _____ except in matters affecting other groups or AA as a whole.

Down

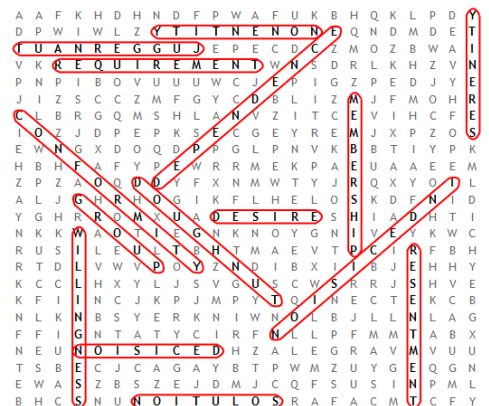
- 1 Made a searching and _____ moral inventory of ourselves.
- 3 Therefore, _____ ought to be the watchword when taking inventory.
- 5 Nearly every serious emotional problem can be seen as a case of misdirected _____.
- 7 It never occurred to us that we needed to change _____ to meet conditions...
- 9 _____ had to be its sole objective.
- 10 "Don't take yourself too damn _____."
- 11 We believe that our one-time good characters will be revived the moment we quit _____.
- 13 We had made the invention of _____ a fine art.

Did you know...?

...that the General Service website has an audio archive page?

By going to the General Service website: https://www.aa.org/pages/en_US/archives-audio-library, you can access a selection of recordings of Bill Wilson and Dr. Bob, as well as other important figures in AA history. While there is a limited number of clips available online, our General Service Office in New York has an extensive archive of both written and recorded material.

Step & Tradition Three



The **San Mateo County Fellowship of Alcoholics Anonymous**
Delegates Committee Meeting Minutes Mar. 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. Harry Z. read the Twelve Traditions; Tatiana S. read the Responsibility Statement.

Minutes: The February 2019 minutes were reviewed and approved as corrected. *The 1st line of the the PI/CPC report was missing. Following is the line that was added --* PI/CPC (Public Information/Cooperation with the Professional Community): Robi S. reported. Tonight was the 2nd meeting of the new panel!"

New Delegates: Michelle B., Tuesday Night Beginner's meeting, John M., Living Sober Group in Burlingame; John R., Thumpers

A.A. Birthdays:

Wayne W., 16 years; Steve D., 33 years

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

SERVICE COMMITTEE REPORTS

Bridging the Gap: Ted B. reported. The volunteer list is being updated regularly, both for 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 and 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. 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: John B. reported that at the last meeting there was a discussion on if translator should be paid to translate the agenda items. No decision has been made. 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.): No report. The NCCAA 72nd Spring Conference will be held March 8 -10, 2019 at the Foster City Crowne Plaza Hotel.

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.

PI/CPC (Public Information/Cooperation with the

Professional Community): Robi S. reported. Tonight was the 3rd meeting of Panel 69. We had 8 people in total including the Chairperson. We are setting up a PC/CPC email. We have put together a list of family practices and are giving them literature. We had our monthly parole meeting that is rotated between two of the committee members. We had our quarterly presentation at El Camino High School. We have contacted the following: San Mateo Police Lieutenant, 3 parole departments, Kaiser in South City and 1 clergy member. We are also starting to put together a list of judges and parole officers to contact. The PI/CPC committee meets on the first Tuesday of the month at St. Andrews

Lutheran Church in San Mateo please call Robi S., at 415-299-1460 for more information.

CENTRAL OFFICE COMMITTEE REPORTS

Advisory Committee: Becky N. reported that she was chosen to be the Advisory Committee chairperson / secretary. It was moved by Tom M. to add Steve Laudick as co-signer on all Central Office Bank accounts. The motion was seconded and passed. General Service Office in New York changed their guidelines for donations: Deceased: \$5000 and Living \$5000/per year. Karen Atkinson moved for our Central Office to go by the new guidelines set by New York GSO. The motion was seconded by Tom M. and passed.

Alcathons: Becky N. reported that the committee was only able to donate \$2500 to Central Office, as there were additional expenses. Two coffee pots had to be replaced and a dumpster rented. We will finalize the books as soon as the church provides us with the final cost of the dumpster.

Teleservice: Don C., reported that the next business meeting is June 2nd at 7pm. We have 30 backlines open. Teleservice volunteers use a 12 step list for San Mateo county. If you'd like to be included on it please call Don at central office or Eden +1 (650) 868-1116 our information chair.

Central Office: Don C. reported. He wants to remind everyone that there is a Grapevine book of the month in each month in the High Sobriety and there is slight discount on those books. High Sobriety is online on our website. Does anyone know QuickBook well enough to teach the Central Office Manager? If you know anyone have them call Central Office and we can work out a deal.

February 2019 Central Office Activity:

Twelfth Step Calls: 2 Office Visits: 72

Phone Calls for Information: 108 Website Visits: 7165

Faithful Fiver Contributions Year to Date: \$1400

Anniversary Party: Becky N. reported that the Central Office party will most likely be held in October. The exact date and time are TBD. They are still seeking to secure a venue that can seat 300 people and has a kitchen. Should you know of a venue that meets these needs please call her at 415-706-3460.

Trusted Servants Workshop: Bob M reported. Three Trusted Servants Workshops are scheduled for April and May: Saturday, April 13 1pm-3pm at the S.S.F. West Bay Alano Club; Saturday, April 27 1:15pm -3:15pm at the San Carlos Peninsula Fellowship; Saturday, May 4 10:00 – 12:00pm at the Half Moon Bay Mariners Community Church. These workshops are a great way to learn more about the ins-and-outs of being a Meeting Secretary, a group Treasurer and a Literature person. For more information, see the TSW flyer in this month's HIGH SOBRIETY newsletter or visit www.aa-san-mateo.org, or just call Central Office!

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 Central Office, 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: 35

Delegates Collection: \$82.00

Next Meeting: April 2, 2019, 7:30 p.m.

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

	<u>MAR</u>	<u>Total YTD</u>		<u>MAR</u>	<u>Total YTD</u>
Income			Operating Expenses		
Birthday Club Contributions	63.00	141.00	Accounting Services	125.00	1,139.00
Book sales	1,977.83	5,024.91	Books Purchased	1,697.30	3,628.21
Central Office Annual Party	0.00	0.00	Chips	141.85	573.45
Chip sales	92.14	422.25	Central Office Annual Party Exp	0.00	0.00
Delegates Collection	82.00	201.00	Central Office Insurance	164.84	493.95
Faithful Fivers	315.00	1,715.00	Employee Insurance	632.50	1,491.00
Group Contributions	4,151.95	22,934.79	Miscellaneous	0.00	0.00
High Sobriety Subscriptions	0.00	26.00	Office Equipment Lease & Maint	448.29	1,046.05
In Memoriam	0.00	0.00	Office supplies	85.49	954.27
Individual Contributions	100.00	3,100.00	Outside Services	0.00	0.00
Interest Income	0.00	0.00	Postage	34.99	304.32
Other	0.00	0.00	Rent	1,412.00	4,246.00
Printing	1,132.75	1,370.71	Salaries	4,060.79	12,475.46
Sales Tax on Books & Chips	204.72	534.48	Sales Tax on books	20.00	250.00
Tax Refund	113.51	113.51	Taxes (Payroll)	1,641.61	5,233.66
			Telephone	206.76	592.47
Total Income	8,232.90	35,583.65	Telephone Advertising	108.00	324.00
			Teleservice	140.00	560.00
Less Expenses	10,949.42	33,341.84	Travel Expenses	30.00	30.00
			Web Services	0.00	0.00
Net Income (loss)	(2,716.52)	2,241.81			
Starting Balance	▼	33,595.90			
Plus Net Income/Loss		-2,716.52			
Ending Balance	▼	30,879.38	Total Operating Expenses	10,949.42	33,341.84
TOTAL PRUDENT RESERVE		49,788.86	Net Income (loss)	(2,716.52)	2,241.81
TOTAL CASH POSITION		80,668.24	2019 Year-to-Date Summary		
			Year-to-Date Income		35,583.65
			Year-to-Date Expenses		<u>33,341.84</u>
			Year-to-Date Net Inc/(Deficit)		<u>2,241.81</u>

SAN MATEO COUNTY FELLOWSHIP 2019 GROUP CONTRIBUTIONS

BELMONT	MARCH	YTD	LA HONDA	MARCH	YTD
Belmont Tues. Noon Group	111.15	295.65	La Honda Group (Thurs)		248.50
Day At a Time		154.00			
Forum (unlisted)		150.00	MENLO PARK		
One Line at a Time	10.00	30.00	Fri. Noon Women's		365.61
Singleness of Purpose	70.00	70.00	Men's R4D Big Book		236.52
			Mon. 12:10 PM Happy Hour		317.40
BRISBANE			Sat Morning Sandhill		1,224.30
Brisbane Breakfast		525.15	Sat Sunshine Grp MP 7:30		282.10
			Tues Noon Book Worm		174.36
BURLINGAME			Women's 12- Step Thu Noon	288.38	288.38
Any Length		586.80	MOSS BEACH		
Back to the World Group		71.00	Serenity by the Sea	168.01	168.01
Burlingame Men's Grp		210.00			
Burlingame Noon Men's Grp		108.00	PACIFICA		
Burlingame Read a Passage		41.00	12 Noon Disc. (Mon)	100.00	100.00
Ham & Eggers		308.47	Daily Reflections	178.80	345.40
Hillsborough Men's Group	300.00	300.00	Grapevine Recovery		140.00
Rap Group		138.72	Happy Hour (Tues)	46.00	106.00
Senior Focus Group		186.00	Pacifica Discussion (Weds)	176.84	176.84
Sharing Choices	161.67	161.67	Pacifica Men's Group	219.60	219.60
Twelve Steps Study (Mon)		259.70	Pacifica Women's Mtg		161.70
			Serenity in Pacifica		173.53
FOSTER CITY			Tues Noon Disc. Grp		200.00
FC Men's Sharing Group		91.74	Wake Up Wake Up		140.00
Friday Noon Big Book	47.20	133.14	Women who wear shoes		247.90
Living Sober Groups (all)		253.22			
Study theText Group		224.31	PORTOLA VALLEY		
The Old & the New	75.60	250.08	Ladera Mon Nite Group		590.56
			Portola Valley 11th Step		140.00
HALF MOON BAY					
3rd & 11th Step Prayer	107.48	266.44			
Coastside Big Book		112.20			
Friday Nite Group	122.22	122.22			
HMB Happy Hour Group		28.00			
HMB Thurs Womens BB	397.02	397.02			
Sat Night Step		70.02			
Sat. Morning Eye-Opener		802.62			
Stone Pine 7AM Meet.M-F		577.50			
Stone Pine Noon Meet. M-F*	150.00	480.00			

REDWOOD CITY	MARCH	YTD	SAN MATEO	MARCH	YTD
A Vision for You		55.00	10 am Sunday Serenity		130.58
Broken Elevator Thurs.		25.20	Eye Opener		253.95
Complete Abandon Group		130.00	Fireside Group		121.80
Mon. Nite Fireside Chat		244.81	Joy of Living		40.00
Mon. Noon Mtg.		70.00	Lunch Bunch		280.80
The Sewer Group	181.00	181.00	Mid Peninsula Women		56.10
Vision for You		285.00	Morning Serenity (All)		356.00
Wed. Woodside Meeting		316.89			
Woodside Grp Sat Sequoia		55.80	SOUTH S.F.		
			New Beginnings		47.48
			South City Womens	70.00	70.00
SAN BRUNO					
12 Study Grp (Thurs)		81.47			
Big Book Study Fri (5pm)	22.30	65.48	WESTBAY ALANO		
Come as You Are		347.10	Men's no BS	168.70	168.70
Daily Reflections Women		21.18	Colma Eye Opener	128.10	287.00
Early Enders		50.09	Mustard Seed		60.00
Experience, Strength, Hope	16.20	105.66	Smart Feet BB	47.40	47.40
Grupo Serenidad	20.00	60.00	Women's Happy Hour		425.00
Living Sober/ HH (Tues)	45.00	130.20			
Millbrae Group		72.00			
Spkr/Disc - Happy Hour(Mon)	44.40	135.69			
Tools of Recovery (Tue 6:30p)		49.52			
SAN CARLOS					
Gifts of Grace Fri Women		107.40			
In Step with Bill		163.80			
S.C. Awareness Group		108.30			
San Carlos Beginners	42.30	138.30			
San Carlos Men's Grp. (Mon)		289.00			
SCPF- all meetings	250.00	500.00			
Sober Sundays		40.20			
We Have Recovered Group		201.73			
Womens Read & Reflect.		37.80			
Misc.					
unknown		0.00			
The Irregulars (Final)	386.58	386.58			
SAN MATEO ETC.					
Alkathon - Belmont		2,500.00			
Women's Home Grp (traveling)		183.40			

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