

# HIGH SOBRIETY

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

Monthly newsletter of the  
SAN MATEO COUNTY FELLOWSHIP  
OF AA

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

*June 2019*

## SMC Fellowship News

### **Save the Date: Central Office Anniversary Party!**

We now have a date and location for our annual Central Office Anniversary Party. This year's event will be held on Saturday, October 5<sup>th</sup> at the American Legion Hall in Redwood City.

As always, this fun event requires lots of work beforehand, and volunteers are always needed to help out. If you are interested in being of service, please contact email Becky at [rnassarre@ymail.com](mailto:rnassarre@ymail.com) or call (415) 706-3460.

Individual and group cash donations are always welcome to help cover costs. Also, we will once again be holding a silent auction, so groups are encouraged to contribute an auction item or basket. Watch in the coming months for members selling raffle tickets as well.

The Anniversary Party is our main fund raiser for Central Office. As you can see on page 3 of this newsletter, our Central Office provides many services to our entire fellowship. It is up to us to support them as best we can.

### **H & I Needs Help**

Hospitals and Institutions (H&I) needs volunteers, particularly Spanish speakers and members who are badged to go into the jails. In order to be badged, you must have

## Table of Contents

...

Monthly Service Meetings ... 2

Conferences and Events ... 2

Birthdays and Faithful Fivers ... 3

Defects? What Defects?... 4

A.A. Around the World ... 4

Pool Party ...5

Book of the Month ... 6

Did you know...? ... 8

Puzzle... 8

Central Office Delegates Meeting

Minutes ... 9

Central Office Financial Report ... 10

Group Contributions ... 11

five years of sobriety and 5 years off probation. There are other opportunities to be of service with H&I as well, which require a minimum of 6 months sobriety. If you are interested, please call Dan at (805) 712-1417 or email [swanglerdan@gmail.com](mailto:swanglerdan@gmail.com). You may also attend the monthly business meeting and orientation on the fourth Tuesday of each month beginning at 7:15 at St. Andrew's Church on 15<sup>th</sup> Avenue & El Camino in San Mateo.

## Monthly Service Committee Meetings

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

**BRIDGING THE GAP** **June 3<sup>rd</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** **June 4<sup>th</sup>, 6:45 pm**  
St. Andrew's Church, 15<sup>th</sup> Avenue and El Camino, San Mateo (1<sup>st</sup> Tuesday of month)

**DELEGATES TO CENTRAL OFFICE** **June 4<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** **June 18<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)** **June 2<sup>nd</sup> & 16<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)** **June 25<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

- JUN 7-9** **NCCAA 72ND ANNUAL SUMMER CONFERENCE;** Rocklin Event Center, 2650 Sunset Blvd  
Rocklin, CA 95677. Speakers, panels, dance.
- JUN 7-9** **2019 SUNSHINE OF THE SPIRIT – HIGH DESERT CONVENTION:** Holiday Inn Victorville, 15494  
Palmdale Road, Victorville, CA 92392. Includes golf tournament, poker, pool party & BBQ, dance.
- JUL 19-21** **4TH ANNUAL UNITY & SERVICE CONFERENCE:** Concord Hilton, 1970 Diamond Blvd.  
Concord, CA. Service Panel Speakers, Bonus Workshops , Friday Night Ice Cream Social, Saturday Evening Banquet, Highlights from the AA Play "In Our Own Words", Sunday Morning Concepts Breakfast\*
- JUL 21** **GENERAL SERVICE UNITY DAY:** Noon-4pm. Beresford Park Auditorium, 2720 Alameda de las Pulgas,  
San Mateo. Presentations by various service committees, hear from our Area Delegate, and enjoy food and fellowship.

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

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

- |           |  |
|-----------|--|
| June 1st  | <b>Nestor I.</b> Wed. High Noon          |
| June 9th  | <b>Ray G.</b> Sacramento                 |
| June 16th | <b>Pat F.</b> 10 A.M. Step Study         |
| June 23rd | <b>Dona S.</b> New Beginnings            |
| June 30th | <b>Mikki M.</b> Brisbane Breakfast.Bunch |

## 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



**Don R San Francisco 28 yrs**

**Gabi R San Bruno 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.

## Defects, What Defects?

**Step Six doesn't make us into robots. It helps us get the willingness to change**

*STEP SIX: Were entirely ready to have God remove all these defects of character.*

I remember walking into an AA meeting at the Tri-County center almost two years ago. I told myself, I'm not like these people. I don't have a problem. I was scared and mentally and physically drained after having just been released from a detox. I quietly made my way into the meeting room.

What I now know to be the Twelve Steps were hanging near the chair where I sat. I read them and thought to myself that I had at least worked eight of the Steps already. I assumed that the others would not be that hard. I knew I could easily knock them out in a few days, if I tried hard. I thought there would be a few Steps I could avoid or disregard. I read Step Six: "Were entirely ready to have God remove all these defects of character."

What defects? I thought. I am perfect and could not possibly have any defects. Even if I did have flaws, to remove them all would make me boring and no fun to be around. I didn't realize that no one wanted to be around me anyway because my drinking had caused so much pain for others. My behavior caused my phone calls to go unanswered. Doors were never opened when I knocked. Life had become unbearable, not just for me, but for those I considered my friends. My defects had become my assets. Manipulation, lying and deception were just the top three picks on my long list of defects.

After completing my Fifth Step with my sponsor, I was instructed to make a list of my defects. I was told to arrange them in order from most used to those less frequently used. Until then, I hadn't realized that I had been using these defects against myself as well. I manipulated my thoughts to fit any circumstance in order to deceive my own brain. I lied to myself about what I thought was right.

I came to many realizations through working the Steps. For example, Step Six is not about making me into a robot. I don't have to do everything right. I just have to change my thinking and allow myself to ask my Higher Power to guide me through the day. I want this Higher Power to allow me to make the right decisions.

The smallest of tasks, I now found, those which used to puzzle me, could be done with ease if I just asked. Step Six is not about making a blood sacrifice or announcing

my defects over the mall intercom, but quietly and in a most sincere way, asking for help. I must be submissive in asking for change, rather than being a dominant, overbearing narcissist trying to control every thought and action.

When faced with obstacles that seem to baffle me, I ask for help, and those defects of character will soon be diminished—if I'm willing. Here's a prayer that helps me: "God, thank you for removing my fear and for showing me the truth about myself. Father, I need your help to become willing to let go of the things in me which continue to block me off from you. Please grant me your grace, Lord, and make me willing to have these objectionable characteristics, defects and shortcomings removed."

Anonymous

Grapevine, June 2016

## A.A. Around the World

### Desert Oasis

#### Never take an AA meeting for granted

My name is Heather and I am an alcoholic currently serving in Iraq. I was dismayed to read in a recent Grapevine that another member of the armed forces was having to go it alone. When I first arrived here, there was no AA group at my camp. I felt alone, and I was scared that after two years of seeing what happens to people who don't make meetings, I wasn't making meetings. However, "Bill's Story" in the Big Book gives a very clear example of what to do when work with other alcoholics is needed; it also gives further instructions in the chapter "Working with Others."

I went to both my chaplain and the mental health specialist. It took a few months, but eventually I found another alcoholic. At that point we put up a couple of signs with a meeting time. The important thing was that I didn't sit and wait for someone to find me. I went out and did what the Big Book told me to do. My sobriety and my sanity were worth going to any lengths.

Our group is now up to three people. Because of our schedules we're only able to meet once a week. However, I supplement meetings with the Grapevine, the Loners-Internationalists Meeting, and online

meetings. I am also happy that I've had the opportunity to do two Twelfth Step calls with personnel here at the camp. Both were referrals from the chaplain.

Many of us have come to take the existence of a meeting for granted. The experience of having to search out other alcoholics in a place where AA doesn't exist points out how God worked through the old-timers. It also gives me a new appreciation for the Traditions. I thank God every day for my fellow alcoholics here in Iraq.

Heather C., Iraq  
Grapevine, May 2005

## Pool Party

**Alone and isolated, his winning ticket was a friendly AA meeting**

Throughout my drinking career I always wanted to fit in. I would gravitate toward whichever group looked as if they were having the most fun and try to ingratiate myself. The fact that I drank alcoholically would inevitably lead to ugly situations and rejection. I was not easily deterred. I would act like a puppy nipping at peoples' heels. Loneliness and isolation, which only an alcoholic can understand, seemed my destiny.

At the end of my drinking, I had no friends and no social life. I would come home from work and take two beers with me to the shower. One was not enough. I would retreat to my chair in front of the TV to drink myself into oblivion. Infringements on my time by my daughter or anyone else were barely tolerated. When I had to stay sober to attend my daughter's sporting events (which I genuinely enjoyed), I was a knot of white-knuckled sobriety mixed with apprehension and unexplainable fear. I rushed through it all to get back to the comfort of my isolation and drunkenness. I had given up on any dream of happiness or fulfillment and was resigned to the fact that I would die young.

That is why the gift of AA fellowship has been the most miraculous thing I have received in my sobriety. It's miraculous because I had tried AA before, and it did not work for me. I could see other people acting happy, but figured they could not have been through the hell I had or they would not

act like that. Here was yet another group I could not be part of.

For a long time I tried to stay sober by going to church. I genuinely believed in God and the ministry the church was doing. I could stay sober for three or four months amidst good people who wanted me to do well, but they couldn't help me beyond encouraging me to attend AA, which I had already proven did not work. My life was a mess.

At the end of February 2004, instead of going to my daughter's volleyball game, I drove myself to the emergency room to be admitted for my third bout of pancreatitis in 10 years. They told me in the hospital that I would have to go through treatment and attend AA. I explained to them that I knew all about alcoholism, as I had already been through treatment twice and that AA did not work for me. They told me that if I continued to drink, I would die. I resigned myself to go through outpatient treatment.

They required that I attend two AA meetings per week. So for the first two weeks, I lied. During the third week I decided to actually go. I walked into a meeting not even half a mile from where I was living, but a world away from where I was. They were smiling and happy and made me feel comfortable and welcome. As I came back over the weeks and listened, I found that some of them had been through the same hell I had. They had felt the same isolation and hopelessness, and they had been sober for long periods of time, something I had never accomplished.

I came to believe that if I did what they said, I could achieve the same results. I actually asked someone to be my sponsor, and I started to pray every day. The world opened up to me when I started to practice their suggestions. A few weeks into my newfound sobriety, they passed flyers around for a party. This group actually did stuff together. It was a pool party, and family and friends were invited too. I took my daughter. I found acceptance and friendship there. A couple months later they had another party, and the host had a pool table in his basement. I didn't get to play much that night, but he invited me over to play one-on-one a few weeks later. We talked about all kinds of stuff. He knew the alcohol game, and I easily trusted him and enjoyed his company. Somehow he had managed to stay sober for 28

years, after drinking and suffering at least as many consequences as I had.

Out of that, the A.A.B.C. (AA Billiards Congress) was born. Over the next few months we invited more and more people to come play pool on Wednesday nights after our meeting. We enjoy our camaraderie, listen to music, watch sports on TV, and talk about stuff we would not normally share at a meeting. Newcomers who come over feel comfortable asking questions about the AA program and about how to stay sober. It's the group of friends I always aspired to have and always felt excluded from. We're there for each other. I call these friends often with problems or just to talk.

At some point Tom P. appointed himself secretary of the A.A.B.C. (it's his pool table) and printed up membership cards. It is the best membership card I've ever had. I am proud to carry it in my wallet. It reminds me that if I drink again, instead of being surrounded by friends and enjoying fellowship, I will be that lonely drunk in the corner who nobody wants around. I do not want to go back to that helpless, hopeless place.

The first Christmas I was sober, our group had a holiday party at the same house as the pool party. One of the activities was passing around gift bags. We passed the bags around the room. When I opened up mine, there was an ornament inside with the word "HOPE" on it. That's the gift that the Fellowship of AA has given to me. Where before I was hopeless, today I have hope. If I continue to do the things I have been taught, I believe that I will never be without it again.

Chuck V., Lake Leelanau, Michigan  
Grapevine, May 2012

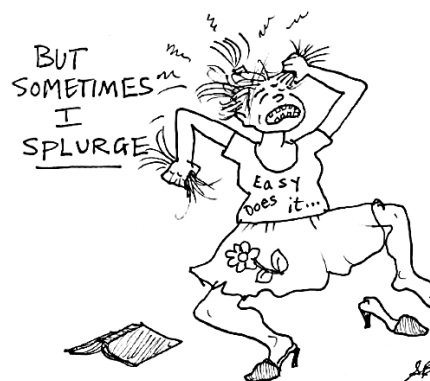
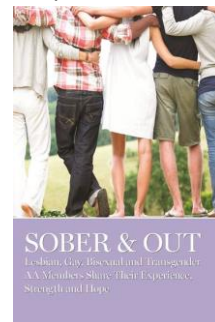
## BOOK OF THE MONTH

### Sober & Out

Sober & Out is a collection of stories by AA members who are lesbian, gay, bisexual, and transgender (and a few friends) from the pages of AA Grapevine.

They share their experience, strength and hope with alcoholism as well as their personal struggles and hard-fought triumphs. The stories in this book show that—like most alcoholics—LGBT AAs struggle to fit in, stay sober and find peace in their lives. By working the Steps, following the Traditions, doing service, and finding a Higher Power, they are now living sober in the Fellowship of AA.

Sober & Out is available for purchase at a **special price of only \$10** through the month of June at our Central Office.

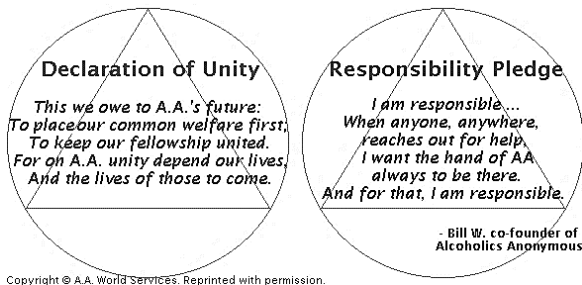


**Annual Unity Day**  
**Sunday, July 21, 2019**  
**Noon - 4pm**  
**Beresford Recreation Center**  
**2720 Alameda de las Pulgas,**  
**San Mateo (Corner of 28<sup>th</sup> Ave.)**

This event is designed to welcome our Area Delegate and hear their experience at the 69<sup>th</sup> General Service Conference in New York. Learn more about A.A. as a whole!

In addition, we will provide panels on our different service committees. It's a great way to learn about what each committee does and how you can get involved if you are interested. Some of the committees presenting: Bridging the Gap, Hospitals & Institutions and Public Information and Cooperation with the Professional Community among others.

It is a fun filled day complete with FOOD!  
 We hope you can join us!



Copyright © A.A. World Services. Reprinted with permission.

**From: Take Me To Your Sponsor**  
**HEARD AT A MEETING**

*"Despite sometimes having an arrogant exterior, an alcoholic is very much capable of such feelings as love, affection, intimacy, and caring. However, these feelings don't usually involve anyone else."*

**-Bob M. Green Valley, AZ May 2014**

## **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.

## **Checks to Central Office**

Effective immediately, all checks written to our Central Office (ie. Group contributions, payment for books/chips, Faithful Fivers, etc.) must be made out to:

***San Mateo County Fellowship***

## **New Book**

### **Take Me To Your Sponsor**

Sobriety can be tough sometimes, which is why recovering alcoholics can always use a good laugh. In AA, members learn to not take themselves too seriously, to be happy, joyous and free. Luckily, sobriety can be pretty darn amusing.



Currently  
 available at  
 Central Office  
 for just \$12

## Step & Tradition Six

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

CHARACTER	DEFECTS	DIVERT	ENDORSE
ENTERPRISE	FACILITY	FINANCE	INSTINCT
OBSESSION	PRESTIGE	PROGRESS	READY

Answers to last month's puzzle:

1) fearless 2) purpose 3) primary  
 4) singleness 5) trustworthy  
 6) message 7) kinship 8) humiliating  
 9) admitted 10) forgiveness  
 11) bound 12) united

## Did you know...?

**Alcoholics Anonymous has just released its first original title since *Daily Reflections*, the book *Our Great Responsibility: A Selection of Bill W.'s General Service Conference Talks, 1951-1970* is now available for order in English, French and Spanish. Publication of this important volume culminates years of research and transcription of archived audio recordings of Bill W. addressing the General Service Conference. Complementing the text are more than sixty photographs and other images from the A.A. Archives — some never before published. Timeless and timely, these 16 talks give fresh perspectives on the A.A. Fellowship in our co-founder's own words. This book is currently for sale at Central Office.**

“I have neither the right, nor the responsibility, to judge others. Depending on my attitude I can view newcomers to A.A., family members and friends as menaces or as teachers. When I think of some of my past judgments, it is clear how my self-righteousness caused me spiritual harm.”

From the book *Daily Reflections*

Copyright © 1990 by Alcoholics Anonymous World Services, Inc.

**The San Mateo County Fellowship of Alcoholics Anonymous  
Delegates Committee Meeting Minutes May 7, 2019  
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. Julie M. read the Twelve Traditions; Megan S. read the Responsibility Statement.

**Minutes:** The April 2019 minutes were reviewed and approved.

**New Delegates:** Dan C., Hospitals & Institutions; Heather S., Experience-Strength-Hope; Rob C., San Carlos Beginner's Meeting

**A.A. Birthdays:** Nolan H. 22 years; Tom M. 6 years.

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

### **SERVICE COMMITTEE REPORTS**

**Bridging the Gap:** Ted B. reported. We are currently doing presentations every Saturday, 1:30 pm, @ Palm Avenue Treatment Center & every 4th Friday, 7pm @ Redwood City Jail. Our efforts to offer BTG presentations to other hospital recovery / treatment programs in District 05 is ongoing. We are seeking new volunteers for both presenter/committee duties & to introduce those released from facilities to their local AA fellowship. Particular attention to Spanish fluency is being addressed in our outreach for new volunteers from the Hispanic Districts 16 & 17, which lap District 05. Ted B. (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. At the April 16<sup>th</sup> - GSR meeting, the Unity Day date was set for July 21<sup>st</sup> at Beresford Park in San Mateo. We hope someone from central office will attend. Under area and assembly business both interpretation and translation to many motion was voted on and passed. Under old business - that the CNCA creates a web form for the submission of group consciences to the Delegate will be discussed at the May 12<sup>th</sup> business meeting. Finally the District 9 motion for literature to be produced sharing experience, strength and hope on meditation has passed. Under new business that CNCA establishment of a standing committee on Technology. Also under old business the possibility of a 5<sup>th</sup> ed. Big Book of Alcoholics Anonymous is still under discussion. Under new business that a pamphlet be created --- Experience, Strength and Hope AA for transgender alcoholics to be produced. 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 electing one. That way they will be connected to AA as a whole. Grapevine: Visit the website: <http://www.aagrapevine.org/>

**Hospitals & Institutions (H&I):** Dan S. reported. Maple St. Jail has many opportunities. 5 yrs. sobriety and no active probation. Maple St. Homeless has secretary and co-secretary positions. 6-month sobriety requirement. Our Common Ground has positions as well. 6-month sobriety requirement. So if you live in Redwood City, call Dan at (805) 712-1417 or email [swanglerdan@gmail.com](mailto:swanglerdan@gmail.com). We are seeking to create an app or webpage to allow members to drop by H&I Meetings.

**NCCAA (Northern California Council of A.A.):** No report.

**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):** Robi S. reported. Tonight was the 5th meeting of Panel 69. There were 6 attendees. <sup>[SEP]</sup>Brent created a PI/CPC gmail

account. Area 06 supported a table at the April 25<sup>th</sup> & 26<sup>th</sup> CAMFT Annual Conference. GSO provided literature for the event. The pamphlet selection was well suited for the event. Area 06 will sponsor a Booth at the May 18<sup>th</sup> -21<sup>st</sup> American Psychiatric Association Conference at the SF Moscone Center. Our Area chairperson and 2 members will attend. We are continuing to organize a list of family practices and giving them literature. We have been in contact with Hillsdale Library and other libraries on the Peninsula regarding putting Big Books on the shelf. We had our monthly parole meeting that is rotated between two of the committee members. We contacted / following up with: Sequoia High School District; San Mateo Police Lt.; 3 parole departments; Kaiser (SSF); and one clergy member. We are compiling a list of judges and parole officers to contact. We are going to Menlo Park VA hospital to discuss presentations to the doctors. The PI/CPC committee meets on the first Tuesday of the month at St. Andrews Lutheran Church in San Mateo please call Please call Robi S. at 415-299-1460 or Brent M. at 650-918-2136 for more information

### **CENTRAL OFFICE COMMITTEE REPORTS**

**Advisory Committee:** No report.

**Alcathons:** No report.

**Teleservice:** Jenn P. reported there is 1 open front line shift. The second Sunday of the month from 8:30am-12:30pm. We have 30 open backlines. Teleservice volunteers use a 12 step list for San Mateo county. If you'd like to be included on it please call our Information Chair Eden C. (650) 868-1116 or Don at central office.

**Central Office:** Don C. reported. The bank has told us that we have to have the checks paid to the order of San Mateo County Fellowship from now on. I have some help for Quickbooks from a friend of someone in the fellowship. It is going well and she's coming back to show me more. Grapevine have a new book out called "Take me to your Sponsor" that we will have this week.

### **April 2019 Central Office Activity**

Twelfth Step Calls: 3 Office Visits: 75

Phone Calls for Information: 108 Website Visits: 6546

(Note: The above calls were answered during regular business hours)

**Faithful Fiver Contributions Year to Date:** \$1970

**Anniversary Party:** Becky N. reported. Discussion of progress finding a place to hold the event. We are looking at 2 facilities: American Legion Hall (RWC) and the Pacelli Event Center. A sign-up sheet was passed for sign up to help. If you want to help, email Becky at [massarre@ymail.com](mailto:massarre@ymail.com) or call (415) 706-3460. Lori C is heading up the auction encourage members to donate items to be auctioned off. *[UPDATE: A motion made an a vote taken to hold the party at the Pacelli Center. The venue is no longer available. Therefore, the Anniversary Party will be held on Oct. 5, 2019 at the American Legion Hall in Redwood City].*

**Sunshine Club:** No report. 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. 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:** 8:10pm

**Delegates Present:** 28 **Delegates Collection:** \$49.00

**Next Meeting:** June 4, 2019, 7:30 p.m.

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

	MAY	Total YTD		MAY	Total YTD
<b>Income</b>			<b>Operating Expenses</b>		
Birthday Club Contributions	128.00	269.00	Accounting Services	57.00	1,253.00
Book sales	1,210.71	7,810.45	Books Purchased	968.75	6,400.36
Central Office Annual Party	0.00	0.00	Chips	135.90	963.95
Chip sales	297.57	1,116.81	Central Office Annual Party Exp	1,000.00	1,000.00
Delegates Collection	49.00	301.00	Central Office Insurance	0.00	658.79
Faithful Fivers	250.00	2,220.00	Employee Insurance	126.00	1,743.00
Group Contributions	3,922.19	39,347.81	Miscellaneous	0.00	0.00
High Sobriety Subscriptions	0.00	38.00	Office Equipment Lease & Maint	299.32	1,644.26
In Memoriam	0.00	0.00	Office supplies	304.24	1,290.10
Individual Contributions	0.00	3,100.00	Outside Services	0.00	0.00
Interest Income	0.00	0.00	Postage	0.00	439.31
Other	0.00	0.00	Rent	1,412.00	7,070.00
Printing	0.00	1,459.51	Salaries	4,284.60	21,117.74
Sales Tax on Books & Chips	149.17	878.66	Sales Tax on books	10.00	804.00
Tax Refund	0.00	113.51	Taxes (Payroll)	1,679.26	8,608.26
<b>Total Income</b>	6,006.64	56,654.75	Telephone & Tech	206.54	1,430.58
			Telephone Advertising	108.00	540.00
			Teleservice	140.00	840.00
<b>Less Expenses</b>	10,731.61	55,833.35	Travel Expenses	0.00	30.00
			Web Services	0.00	0.00
<b>Net Income (loss)</b>	(4,724.97)	821.40			
<b>Starting Balance</b>		33,919.64			
<b>Plus Net Income/Loss</b>		-4,724.97			
<b>Ending Balance</b>		29,194.67	<b>Total Operating Expenses</b>	10,731.61	55,833.35
<b>TOTAL PRUDENT RESERVE</b>		49,818.63	<b>Net Income (loss)</b>	(4,724.97)	821.40
<b>TOTAL CASH POSITION</b>		79,013.30	<b>2019 Year-to-Date Summary</b>		
			Year-to-Date Income		56,654.75
			Year-to-Date Expenses		55,833.35
			Year-to-Date Net Inc/(Deficit)		821.40

# SAN MATEO COUNTY FELLOWSHIP 2019 GROUP CONTRIBUTIONS

BELMONT	MAY	YTD	LA HONDA	MAY	YTD	REDWOOD CITY	MAY	YTD	SAN MATEO	MAY	YTD
Belmont Tues. Noon Group	182.45	499.24	La Honda Group (Thurs)		248.50	A Vision for You		55.00	10 am Sunday Serenity		280.79
Day Ata Time		277.20				Broken Elevator	Thurs.	215.62	Eye Opener	71.00	324.95
Forum (unlisted)		300.00	MENLO PARK			Complete Abandon Group		78.00	Fireside Group		121.80
One Line at a Time	10.00	50.00	Cottonmouth		448.50	Mon. Nite Fireside Chat		244.81	Joy of Living		80.00
Singleness of Purpose		70.00	Fri. Noon Women's		759.60	Mon. Noon Mtg.		70.00	Lunch Bunch		438.30
			Men's R4D Big Book		236.52	Newcomers Q & A		60.00	Mid Peninsula Women		232.22
BRISBANE			Menlo Park Men's Group		294.00	The Sewer Group		58.00	Monday Night Men's 6:30		100.00
Brisbane Breakfast		741.08	Mon. 12:10 PM Happy Hour		555.00	Thumpers		279.00	Morning Serenity (All)		710.00
			Sat Morning Sandhill		2,363.90	Vision for You		860.00	San Mateo Forum		79.80
BURLINGAME			Sat Sunshine Grp MP 7:30		282.10	Wed. Woodside Meeting		569.29	Slainte Group		298.10
Any Length		1,142.40	Tues Noon Book Worm		278.62	Woodside Grp Sat Sequoia		13.80	Sunday Sundowners	20.00	76.00
Back to the World Group	48.00	119.00	Women's 12- Step Thu Noon		288.38				Tues New Beginners		310.00
Burlingame Men's Grp		385.20				SAN BRUNO					
Burlingame Noon Men's Grp		335.05	MILLBRAE		461.16	12 Study Grp (Thurs)		103.82	SOUTH S.F.		
Burlingame Read a Passage		41.00	12 Step Study (Tues Noon)			Big Book Study Fri (5pm)		28.08	New Beginnings	96.00	143.48
Ham & Eggers		828.37				Come as You Are		752.40	South City Womens	70.00	140.00
Hillsborough Men's Group	260.00	560.00	MOSS BEACH			Daily Reflections Women		21.00			
Rap Group		138.72	Serenity by the Sea		168.01	Early Enders		93.59	WESTBAY ALANO		
Senior Focus Group		186.00				Experience, Strength, Hope		41.40	Colma Eye Opener		451.50
Sharing Choices		161.67				Grupo Serenidad		20.00	Grapevine (Mon)		240.00
Step thru Big Book		275.00	PACIFICA			Living Sober/HH (Tues)		51.60	Living Sober (Thur)		120.00
Sun. Nite Speaker/Discussion	177.82	177.82	12 Noon Disc. (Mon)		100.00	Millbrae Group		107.40	Men's no BS		168.70
Tuesday Nite Group		15.00	Daily Reflections		345.40	Simply speaking (Sun)		33.14	Mustard Seed		60.00
Twelve Steps Study (Mon)		259.70	Grapevine Recovery		140.00	Sskr/Disc - Happy Hour(Mon)		67.89	Smart Feet BB		180.00
			Happy Hour (Living Sober)		171.00	Tools of Recovery (Tue 6:30p)		49.52	Tues 7am Big Book		425.00
			Pacifica Discussion (Weds)		176.84				Women's Happy Hour		
FOSTER CITY			Pacifica Men's Group		219.60						
BB 103 North	72.60	72.60	Pacifica Women's Mtg		161.70	SAN CARLOS					
FC Men's Sharing Group		91.74	Serenity in Pacifica		173.53	Gifts of Grace Fri Women		230.04			
Friday Noon Big Book	29.40	240.94	Sun. Afternoon Step	295.00	295.00	h Step with Bill		184.80			
Living Sober Groups (all)	51.16	417.85	Tues Noon Disc. Grp		200.00	S.C. Awareness Group		290.18			
Study the Text Group	227.85	452.16	Wake Up Wake Up	70.00	210.00	San Carlos Beginners		78.75			
The Old & the New	80.15	415.63	Women's Big Book Study		104.65	San Carlos Men's Grp. (Mon)		200.00			
			Women who wear shoes		247.90	SCPF- all meetings		1,000.00			
HALF MOON BAY						Sober Sundays		193.48			
3rd & 11th Step Prayer		518.80	PORTOLA VALLEY			We Have Recovered Group		201.73			
Coastside Big Book	112.20	112.20	Chips Ahoy	40.00	40.00	Womens Read & Reflect.		129.22			
Friday Nite Group		122.22	Ladera Mon Nite Group		590.56						
HMB Happy Hour Group		28.00	Portola Valley 11th Step		340.00	Misc.					
HMB Thurs Womens BB		678.32				The Irregulars (Final)		83.00			
HMB Tues Night Group		514.42						386.58			
Sat Night Step	514.42	514.42									
Sat. Morning Eye-Opener		70.02									
Stone Pine 7AM Meet.M-F		802.62				SAN MATEO ETC.					
Stone Pine Noon Meet. M-F*	220.00	577.50				Alkathon - Belmont		2,500.00			
Tues Womens 12th Step		880.00				Women's Home Grp (traveling)		413.00			
		120.00									

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

RETURN SERVICE REQUESTED

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

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

***Mail Subscriptions to:***

**Central Office**

**2215 S. El Camino Real, Suite 204**

**San Mateo, CA 94403-1898**

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

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

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

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

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