

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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May 2019

SMC Fellowship News

Save the Date: Unity Day!

The date and time for our annual Unity Day has been established. It will be held on Sunday, July 21st from noon to 4pm. The location will be the same as last year, Beresford Park San Mateo Auditorium, 2720 Alameda de las Pulgas.

Unity Day provides an opportunity for AA members to learn about the many committees we have in San Mateo County, and how you can be of service. Food will be served.

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

Central Office Party Location Needed

We are still trying to locate a suitable location for our annual Central Office Party. This party is more than just a fun event, it is our biggest fundraiser for Central Office and a critical source of income. If you know of a location that can seat 300-400 people for dinner, preferably have a kitchen, and ample parking, please call Central Office.

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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.

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 May 6th, 7:30 pm
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (1st Monday of month)

PI/CPC May 7th, 6:45 pm
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (1st Tuesday of month)

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

GENERAL SERVICE May 21st, 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) May 5th & 19th, 12:15 pm
San Carlos Peninsula Fellowship, 1133 Eaton Avenue, San Carlos (first & third Sundays of each month)

H&I (Hospitals & Institutions) May 28th, 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

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.

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*

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

Central Office will be
closed Monday, May
27th in observance of



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

May 5, 2019 *Dean S. Too Early, S.F.*

May 12, 2019 *Marcel A. Too Early, S.F.*

May 19, 2019 *Dan H. Too Early, S.F.*

May 26, 2019 *Peter M. Too Early, S.F.*

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



No birthdays this month

If you'd like to have your birthday listed in High Sobriety (some members contribute an amount for each year of sobriety), please send your donation, with your name and city, number of years of sobriety, sobriety date, and phone number (optional) to Central Office.

Opening Doors

Step 5 - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

I was always in a hurry as an active alcoholic. I felt so rotten about myself in particular and life in general that any time a situation held pleasure, I wanted it quickly. The need for quick relief was so great I never cared what I had to do to get it, or whom I hurt in the process. When I came into Alcoholics Anonymous, I looked at the Twelve Steps and calculated I could go through them one a week. It would only be a matter of time before these AA people began looking up to me.

The list of Steps didn't seem too difficult. I wouldn't have been in AA if I wasn't an alcoholic, but this powerlessness business was just for the real bad cases. As far as my life being unmanageable, that was because of the sick women who were attracted to me. They took advantage of my good nature and kindness. Steps Two and Three went the same way. Then I reached Step Four. Making a fearless and searching moral inventory of myself was asking a bit much. I was okay. What I wanted to do was finish the program so I could help these other people. I decided to go on to the Fifth Step. Then I read it and figured I'd better get out of the program before someone talked me into making a confession. There was just no way I could bring myself to tell anyone the exact nature of my wrongs. If I told anyone about the awful things I'd done when drinking, I just knew they'd tell everybody. I could see the banner of my life story hanging across Main Street. During all this figuring and manipulating, I was able to hear what people were saying about sponsors. I decided a sponsor might be the answer to my dilemma. I picked a man who was twelve years sober and talked about love and forgiveness. He would understand and help me with the Steps.

I remember giving him my first Fourth Step. I knew that in order to make him understand how serious I was, I had to tell him some secrets about my life. I proudly handed him one paragraph of wrongs. He looked at it and asked if this had been done to the best of my ability. I thought I had him snowed. Looking back I realize how patient he was. In fact, he knew then that I was going to get drunk again. But instead of judging me, he just kept saying, "Do the first Nine Steps to the best of your ability and there's a good chance you'll stay sober."

When I came back in from a drunk, a little more humble than before, my sponsor asked me if I knew why I'd relapsed. I gave a million excuses; he gave two: "First, you're a drunk, and second, you didn't do the first Nine Steps to the best of your ability." We started back on

Step One, and I became more willing. He told me to read the Big Book again and apply it to my life. He told me that the more I read it, the more God would reveal what was truth and what was not.

Although I was more sincere at working the Steps, there were a lot of things I wasn't willing to accept. It was suggested that I stay away from relationships for a year, and not make any major decisions. But I wasn't about to be a puppet for anyone, and besides I'd been married five times--I figured I was an authority on relationships. At one time, I had three women in my life at the same time.

Luckily, all of these ladies are still sober, though I'm serving a twelve-year sentence as a result of my last drunk. Living with my selfishness, self-centeredness, jealousy, and anger must have been a nightmare for all of them. It was for me.

Finally, I went a year without a relationship and depended on the program during times of fear and loneliness. I did two more Fifth Steps before I was able to do one that was truly to the best of my ability. As I think about the process I went through, I realize that each of those Fifth Step experiences was needed. Each time I peeled off another layer of garbage, the more wreckage I got rid of. I gave a little and waited to see what I got back. Eventually I gave it all, holding nothing back.

I heard people share in meetings, and some of their stories reminded me of myself. It took time to realize just how much I was like them. I found out that most people in AA had already been where I'd been and experienced some of the same terror and frustration in their own lives. I never thought that someone could hear the things I'd done and still like me, but I was wrong. I didn't understand the relief that comes when we find that special person to share with. I didn't know he would look at me and say, "I've done that too."

I didn't understand the kind of unconditional love this program offers. I didn't understand words like trust, forgiveness, understanding. I'm not perfect. I've made mistakes I'm not proud of--but I'm okay. Feeling okay--not completely joyous, happy, or free but simply okay is the most wonderful experience I've ever had.

The Fifth Step taught me to forgive myself so I could forgive others. It taught me that unless I have something, I can't give it away. The kind of love and joy that comes from this soul-cleansing process can only come from one place--one source. The relationship I build with myself must first come from a God of my understanding. I was brought to the point where I could face my Creator and ask his forgiveness. When I had

truly done that, I was able to forgive myself and make the confession I'd thought impossible.

I've started back through the Steps again. Being in prison makes it a little harder because the kind of sobriety that comes with time doesn't exist here. My sponsor is four hours away and I'm allowed only ten minutes per call. But I write as often as I can and, soon, I should be moving to a camp nearer my home, so my sponsor can work with me a little better. I am my own best friend today and have many friends I'm starting to build truly loving relationships with. Had I never taken a completely honest Fifth Step, I'd still be living in the same pain that haunted me for years. Trusting God has opened a lot of doors for me, and with him I've been able to walk through them.

Dale J., Jasper, FL
Grapevine, May 1997

A.A. Around the World

Luck, Dreams, & AA

My name is Glauberio and I am an alcoholic. Today, I didn't do any drinking and I am very grateful to my Higher Power.

I was born in Sao Paulo, the largest city in my homeland, Brazil. My parents were very young when I was born. They rented a small house in the back of the main house. My parents were blue-collar workers. Both worked in factories.

At that time, most people did not study beyond high school. This was in the 1950s, after World War II. My family had many financial difficulties. Soon after I was born, my father was hospitalized for almost a whole year. He was ill with tuberculosis.

One day, out of the blue, he returned home. I was two years old and it was quite a surprise to find a man in our home! He was a total stranger to me. You can imagine how jealous I was of his attention to my mother.

In spite of many obstacles, my dad studied very hard and graduated from law school. During my childhood, he always insisted that I study. He would say, "Life is easier when you have a career."

But as a child I felt inexplicable fear. Fear of people, of bad dreams, and of other children. I was also very shy.

An Italian family lived in the main house. The head of the family, Mr. Polesi, always brought home a barrel of wine and his cellar had about sixty or seventy bottles. Sometimes, he would give some to my father.

One night, my father came home. After drinking some wine with my mother, they were invited to Mr. Polesi's house and they left a full glass of wine on the table. They called me to join them. Before I went, I drank that glass of wine.

My father and mother were shocked. They thought I had gone crazy. That was my first experience with alcohol.

My dad's financial situation got better and better. After he graduated from law school, his clientele grew considerably. He soon had a staff of twenty people.

Brazil won the world soccer championship in 1958 and 1962. The Beatles became a great hit all over the world.

It looked like things couldn't get any better.

All this improvement did bring some complications. My dad brought home miniature liquor bottles, and I drank them. By the age of fourteen, I had taken real interest in alcoholic drinks. At first, I enjoyed sweet drinks. Later, I began drinking "cuba libres," a drink with rum, cola, lemon, and ice.

That was when I fell in love with a lovely girl with blue eyes and blond hair. She studied piano in the same music school as I did.

One day, my friends and I went to her fifteenth birthday party. She was beautiful--and she paid a lot of attention to me. We danced and laughed. I decided to tell her how much I loved her.

But, as destiny would have it, at approximately ten o'clock that evening, he arrived.

He was taller, older, and stronger than I. And when he arrived, my "angel" simply forgot me and gave all her attention to him. I was nervous and jealous as I'd never been before.

I wanted to beat him up, but that wouldn't have done any good--he was stronger than I.

You can imagine what happened next. I started drinking hard. I don't know how I got back home. I don't want to

be graphic, but it was very ugly. The cab driver charged my friends money to wash his car.

The effect of "cuba libre" is very good, but the day after is a tremendous disaster. I had my first hangover. I promised God that I would never drink again.

The weekend after that, I did it again, and again, and again. The music would begin to play and I would want to dance with all the girls. But I had to use alcohol to get the courage.

After that, alcohol became part of my life. I quit piano lessons. I quit soccer and other sports I used to enjoy. I traded all the good things we have in our youth for alcohol and bad company.

I didn't finish anything I started. If my parents hadn't been tough on me, I would have quit my studies, too.

After this, my life was as blank as a sheet of paper. I don't remember good things. I only remember situations in which I was drunk.

Finally, when I graduated from law school, I started working as a company lawyer. But I lost many career opportunities because of my obsession for alcohol.

When I got married, I was drunk. When my children were born, I had to drink in order to celebrate.

I didn't see my children grow up. I worked very hard to provide for them, but I wasn't there for them to share their hopes, dreams, and accomplishments. Perhaps, of all my losses, that is my greatest.

Alcohol brought so much sadness, pain, and resentments that I would spend all night talking about my failures.

But I'm lucky: at a given moment, God cast light on my path. This happened in early 2004.

It is wonderful to be able to dream and fly away, but with my feet still on the ground.

Dreams are fundamental for our souls. They can come true as long as we do our part. All the important things in life begin in our dreams. At least, I believe it is so.

Where I live, people proudly tell a story of one man called Marcos Pontes, a man born into a very humble

family. In his younger days, he dreamed of becoming an aviator. His first drawings in school showed this goal.

One day, his brother saw an ad in the paper drafting young men to join the Air Force, and told Marcos about it.

Marcos took the admission tests and passed them. He joined the Air Force, became a great aviator, and was the first Brazilian to go into outer space.

When I joined AA, my sponsor told me about the responsibility I had to the Fellowship. After one year, I registered to attend the International AA Convention, held in Toronto in 2005.

One month after I registered, I got an email from the GSO (General Service Office) in the United States, telling me I had been chosen to carry the Brazilian flag in that event. It was one of the most exciting moments of my life to carry Brazil's flag at the Rogers Centre, together with more than eighty thousand people and representatives from ninety countries.

Again, I was a lucky man. One year after that, in 2006, I decided to travel to New York to visit the AA office, and then to Akron, Ohio, to visit Dr. Bob's home and grave.

My best friend, Bill, traveled to Akron to meet me. The two of us and another friend, Ray, visited the place where AA was born and where Dr. Bob and his wife were buried. On that same occasion, we also visited an AA meeting.

When my friend Bill was returning home, I waved goodbye and I cried because I wasn't sure that we would see each other again. Our friend Ray said to me: "People who don't have feelings don't have love in their heart."

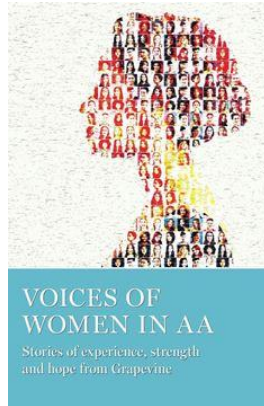
I owe my life to AA. Because of AA, I have my career, very good friends, a lovely companion, and the love of my family.

Glauberio P., Bauru, Sao Paulo, Brazil
Grapevine, April 2008

BOOK OF THE MONTH

Voices of Women In AA

This is a wonderful, and fairly recent (2017) collection of stories written by women. Of particular interest are the beginning chapters which contain articles about some of the women who helped shape early AA who were not alcoholic. The 2nd chapter contains stories written by some of AA’s earliest female members. These would appeal to anyone interested in AA history, male or female. Other stories throughout the book contain stories on a wide range of topics, all written by women.



From the Back Cover:

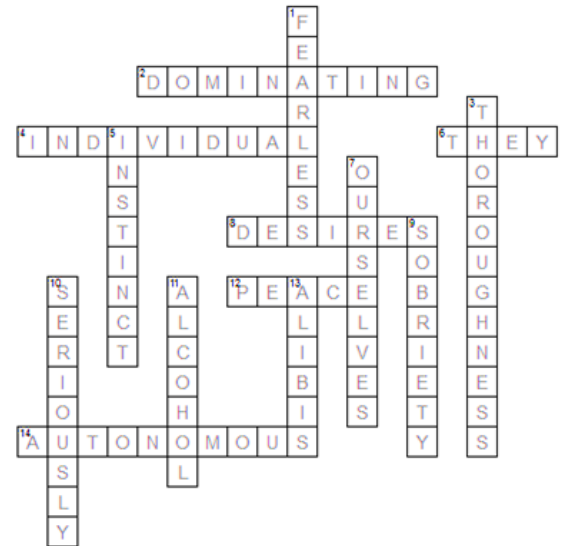
Voices of Women in AA is a collection of 61 stories from Grapevine. The soft cover book begins with articles by or about women who contributed to AA early in its history, followed by stories by some of the program’s earliest female members. Sections are devoted to spirituality, sponsorship, life changes, relationships, family, careers and friendships. The collection concludes with a chapter devoted to women’s meetings. The stories demonstrate the various ways women alcoholics—often with great courage—find sobriety in AA and embrace the program to live rich and rewarding lives.

Voices of Women in AA is available for purchase at a **special price of only \$10** through the month of April at our Central Office.

Step and Tradition Five

- 1. ESSFLARE _____
- 2. ORSUPEP _____
- 3. PRYAIMR _____
- 4. GLENSSENSEI _____
- 5. THSYOTTURWR _____
- 6. EEMASSG _____
- 7. NSPKIIH _____
- 8. MNIHLIGAUTI _____
- 9. ADITDMET _____
- 10. SRVIFOENSGE _____
- 11. BNUOD _____
- 12. INDEUT _____

Step & Tradition Four Crossword



Did you know...?

...that Central Office has a speaker cd library?

Come down and see our vast selection of speakers available, and receive copies to keep for just \$1 each!

The **San Mateo County Fellowship of Alcoholics Anonymous**
Delegates Committee Meeting Minutes April 2, 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. John R. read the Twelve Traditions; Bevin L. read the Responsibility Statement.

Minutes: The March 2019 minutes were reviewed and approved.

New Delegates: Megan S., Pacific Women's Big Book Study

A.A. Birthdays: Karen A., 24 years; Lori C. 6 years

Financial Report: The March 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. At the March 19th GSR meeting under new business, there was a discussion about the CNCA establishment of a standing committee on technology that will be continued next month. Also discussed was updating and developing the literature. There will be more discussion to come. Under old business topic to be discussed at the General Service Conference was the consideration of publishing a 5th edition Big Book Big Book Alcoholics Anonymous as well as updating our appendix iii and iv. Other topics discussed were ... Has AA's use of technology contributed to the decline in meeting attendance within our district or AA as a whole? Are some members discouraged from attending meetings due to the use of technology? These questions were discussed there were mixed opinions. 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.

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 4th meeting of Panel 69

PI/CPC Committee. We had 5 people in total including the Chairperson.

Brent is setting up a PI/CPC gmail address. We are still compiling a list of family practices and giving them literature. We contacted the Hillsdale Library and will be giving them 2 copies Big Book to add to their shelf. We will also check out other libraries in San

Mateo. We had our monthly parole meeting that is rotated between two of the committee members. 15 people attended. We have contacted the following / 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. April 25 & 26 is the California Marriage and Family Therapist Conference. We will have a table there with volunteers from our committee and the Area Level PI/CPC representative. Please let Brent or I know if you are interested volunteering. 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: No report.

Alcathons: No report.

Teleservice: Jenn P. reported that there are two open frontline shifts. The second Wednesday of the month from 4:30pm-8:30pm and the 5th Friday of the month from 12:30am-8:30am. 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 that registering Treasurers is working Great! We have a CD Library. You pick the CD and we will make a copy for \$1.00. Last month we sold 56 chips. However, as of April 2nd the total sales are 340!

March 2019 Central Office Activity

Twelfth Step Calls: 3 Office Visits: 65
 Phone Calls for Information: 118 Website Visits: 7398
 (Note: The above calls were answered during regular business hours)

Faithful Fiver Contributions Year to Date: \$1400.

Anniversary Party: Becky N. reported that the Central Office is party is in Jeopardy as we do not have a venue. We are seeking a venue in San Mateo County (preferably with a kitchen) that can accommodate 300 – 500 attendees. Please call Don at Central Office if you know of a venue that meets these requirements.

Trusted Servants Workshop: No report. 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!

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. There will be a Sunshine Group Orientation on Monday, May 20th at 7pm 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: 7:55 p.m.

Delegates Present: 23

Delegates Collection: \$51.00

Next Meeting: May 7, 2019, 7:30 p.m.

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

	<u>APR</u>	<u>Total YTD</u>		<u>APR</u>	<u>Total YTD</u>
Income			Operating Expenses		
Birthday Club Contributions	0.00	141.00	Accounting Services	57.00	1,196.00
Book sales	1,574.83	6,599.74	Books Purchased	1,803.40	5,431.61
Central Office Annual Party	0.00	0.00	Chips	254.60	828.05
Chip sales	396.99	819.24	Central Office Annual Party Exp	0.00	0.00
Delegates Collection	51.00	252.00	Central Office Insurance	164.84	658.79
Faithful Fivers	255.00	1,970.00	Employee Insurance	126.00	1,617.00
Group Contributions	12,490.83	35,425.62	Miscellaneous	0.00	0.00
High Sobriety Subscriptions	12.00	38.00	Office Equipment Lease & Maint	298.89	1,344.94
In Memoriam	0.00	0.00	Office supplies	31.59	985.86
Individual Contributions	0.00	3,100.00	Outside Services	0.00	0.00
Interest Income	0.00	0.00	Postage	134.99	439.31
Other	0.00	0.00	Rent	1,412.00	5,658.00
Printing	88.80	1,459.51	Salaries	4,357.68	16,833.14
Sales Tax on Books & Chips	195.01	729.49	Sales Tax on books	544.00	794.00
Tax Refund	0.00	113.51	Taxes (Payroll)	1,695.34	6,929.00
			Telephone & Tech	631.57	1,224.04
Total Income	15,064.46	50,648.11	Telephone Advertising	108.00	432.00
			Teleservice	140.00	700.00
Less Expenses	11,759.90	45,101.74	Travel Expenses	0.00	30.00
			Web Services	0.00	0.00
Net Income (loss)	3,304.56	5,546.37			
Starting Balance		30,747.05			
Plus Net Income/Loss		3,304.56			
Ending Balance		34,051.61	Total Operating Expenses	11,759.90	45,101.74
TOTAL PRUDENT RESERVE		49,803.99	Net Income (loss)	3,304.56	5,546.37
TOTAL CASH POSITION		83,855.60	2019 Year-to-Date Summary		
			Year-to-Date Income		50,648.11
			Year-to-Date Expenses		45,101.74
			Year-to-Date Net Inc/(Deficit)		5,546.37

SAN MATEO COUNTY FELLOWSHIP 2019 GROUP CONTRIBUTIONS

BELMONT	APRIL	YTD	LA HONDA	APRIL	YTD
Belmont Tues. Noon Group	21.14	316.79	La Honda Group (Thurs)		248.50
Day At a Time	123.20	277.20			
Forum (unlisted)	150.00	300.00	MENLO PARK		
One Line at a Time	10.00	40.00	Cottonmouth	448.50	448.50
Singleness of Purpose		70.00	Fri. Noon Women's	393.99	759.60
			Men's R4D Big Book		236.52
BRISBANE			Menlo Park Men's Group	294.00	294.00
Brisbane Breakfast	215.93	741.08	Mon. 12:10 PM Happy Hour	237.60	555.00
			Sat Morning Sandhill	1,139.60	2,363.90
BURLINGAME			Sat Sunshine Grp MP 7:30		282.10
Any Length	555.60	1,142.40	Tues Noon Book Worm	104.26	278.62
Back to the World Group		71.00	Women's 12- Step Thu Noon		288.38
Burlingame Men's Grp	175.20	385.20			
Burlingame Noon Men's Grp	227.05	335.05	MILLBRAE		
Burlingame Read a Passage		41.00	12 Step Study (Tues Noon)	461.16	461.16
Ham & Eggers	519.90	828.37			
Hillsborough Men's Group		300.00	MOSS BEACH		
Rap Group		138.72	Serenity by the Sea		168.01
Senior Focus Group		186.00			
Sharing Choices		161.67	PACIFICA		
Step thru Big Book	275.00	275.00	12 Noon Disc. (Mon)		100.00
Tuesday Nite Group	15.00	15.00	Daily Reflections		345.40
Twelve Steps Study (Mon)		259.70	Grapevine Recovery		140.00
			Happy Hour (Living Sober)	65.00	171.00
FOSTER CITY			Pacifica Discussion (Weds)		176.84
FC Men's Sharing Group		91.74	Pacifica Men's Group		219.60
Friday Noon Big Book	78.40	211.54	Pacifica Women's Mtg		161.70
Living Sober Groups (all)	113.47	366.69	Serenity in Pacifica		173.53
Study theText Group		224.31	Tues Noon Disc. Grp		200.00
The Old & the New	85.40	335.48	Wake Up Wake Up		140.00
			Women's Big Book Study	104.65	104.65
HALF MOON BAY			Women who wear shoes		247.90
3rd & 11th Step Prayer	252.36	518.80			
Coastside Big Book		112.20	PORTOLA VALLEY		
Friday Nite Group		122.22	Ladera Mon Nite Group		590.56
HMB Happy Hour Group		28.00	Portola Valley 11th Step	200.00	340.00
HMB Thurs Womens BB	281.30	678.32			
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*	180.00	660.00			
Tues Womens 12th Step	120.00	120.00			

REDWOOD CITY	APRIL	YTD	SAN MATEO	APRIL	YTD
A Vision for You		55.00	10 am Sunday Serenity	150.21	280.79
Broken Elevator Thurs.	190.42	215.62	Eye Opener		253.95
Complete Abandon Group		130.00	Fireside Group		121.80
Mon. Nite Fireside Chat		244.81	Joy of Living	40.00	80.00
Mon. Noon Mtg.		70.00	Lunch Bunch	157.50	438.30
Newcomers Q & A	60.00	60.00	Mid Peninsula Women	176.12	232.22
The Sewer Group		181.00	Monday Night Men's 6:30	100.00	100.00
Vision for You	575.00	860.00	Morning Serenity (All)	354.00	710.00
Wed. Woodside Meeting	252.40	569.29	San Mateo Forum	79.80	79.80
Woodside Grp Sat Sequoia	48.60	104.40	Slainte Group	298.10	298.10
			Sunday Sundowners	56.00	56.00
			Tues New Beginners	310.00	310.00
SAN BRUNO					
12 Study Grp (Thurs)	22.35	103.82			
Big Book Study Fri (5pm)	44.25	109.73	SOUTH S.F.		
Come as You Are	405.30	752.40	New Beginnings		47.48
Daily Reflections Women		21.18	South City Womens		70.00
Early Enders	43.50	93.59			
Experience, Strength, Hope	21.00	126.66	WESTBAY ALANO		
Grupo Serenidad	20.00	80.00	Colma Eye Opener	164.50	451.50
Living Sober/ HH (Tues)	38.40	168.60	Grapevine (Mon)	240.00	240.00
Millbrae Group		72.00	Living Sober (Thur)	120.00	120.00
Simply speaking (Sun)	33.14	33.14	Men's no BS		168.70
Spkr/Disc - Happy Hour(Mon)	34.68	170.37	Mustard Seed		60.00
Tools of Recovery (Tue 6:30p)		49.52	Smart Feet BB		47.40
			Tues 7am Big Book	180.00	180.00
			Women's Happy Hour		425.00
SAN CARLOS					
Gifts of Grace Fri Women	122.64	230.04			
In Step with Bill	21.00	184.80			
S.C. Awareness Group	181.88	290.18			
San Carlos Beginners	21.45	159.75			
San Carlos Men's Grp. (Mon)	365.00	654.00			
SCPF- all meetings	250.00	750.00			
Sober Sundays	153.28	193.48			
We Have Recovered Group		201.73			
Womens Read & Reflect.		37.80			
Misc.					
unknown	83.00	83.00			
The Irregulars (Final)		386.58			
SAN MATEO ETC.					
Alkathon - Belmont		2,500.00			
Women's Home Grp (travelir	229.60	413.00			

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