

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

August 2019

SMC Fellowship News

Service Opportunities

There are always many opportunities to be of service in our San Mateo County Fellowship. If you are interested in finding a new commitment outside of group level, please check out the Service Commitment page on the Central Office website, www.aa-san-mateo.org/service-opportunities.

Here you will find all currently available positions, including volunteer spots at Central Office, H & I openings, and help needed for the Central Office Anniversary Party on October 5th.

Annual Central Office Anniversary Party

Saturday, October 5th will be the 57th Annual Central Office Anniversary Party. This event is the primary fundraiser for our Central Office and is imperative in keeping the office open. Funds are raised through direct individual and group donations, as well as proceeds from the raffle and silent auction. Raffle tickets are currently being sold for \$10 each, with first prize being a trip to the Big Island Bash in Hawaii.

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 ...	6
Book of the Month ...	7
Did you know...? ...	8
Puzzle...	8
Central Office Delegates Meeting Minutes ...	9
Central Office Financial Report ...	10
Group Contributions ...	11

In addition to the raffle and auction, a delicious dinner will be served followed by a speaker meeting.

The party is from 5-10pm at the American Legion Hall in Redwood City. If you are interested in volunteering to help at the event or with planning, please contact Becky N. at RNASSARRE@YMAIL.COM. For info on donating to the silent auction, contact Lori C. at CANCILLA.LORI@GMAIL.COM.

Monthly Service Committee Meetings

TELESERVICE

September 8, 7:00 pm

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

BRIDGING THE GAP

August 5th, 7:30 pm

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

PI/CPC

August 6th, 6:45 pm

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

DELEGATES TO CENTRAL OFFICE

August 6th, 7:30 pm

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

GENERAL SERVICE

August 20th , 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)

August 4th & 18th , 12:15 pm

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

H&I (Hospitals & Institutions)

August 27th , 7:15 orientation, 8:00 pm business meeting

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

Central Office will be closed
Monday, September 2nd for
Labor Day.

Conferences and Special Events

- AUG 25** **SAN CARLOS PENINSULA FELLOWSHIP ANNUAL SUMMER POTLUCK & BBQ:** 11-4pm. Red Morton Park in Redwood City. Lunch beginning at noon, speaker meeting at 1pm. Live music all day!
- SEP 2** **WEST BAY ALANO CLUB LABOR DAY CELEBRATION:** WBAC, 216 Mosswood, SSF. Speaker meeting 1:30pm, BBQ at 2:30pm. 50/50 raffle, \$10 suggested donation.
- OCT 5** **57th ANNUAL CENTRAL OFFICE ANNIVERSARY PARTY:** 5-10pm, American Legion Hall, Redwood City. Dinner, Speaker Meeting, Raffle, Silent Auction and tons of fun and fellowship!
- OCT 11-13** **72nd ANNUAL NCCAA FALL CONFERENCE:** San Ramon Marriott. See flyer for information and registration.

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

August 4, 2019 **Mike McP.** *Wake up on 3rd. St.*

August 11, 2019 **Mary F.** *St. Sinbars*

August 18, 2019 **Marcus L.** *Mo. Men's Stag*

August 25, 2019 **Abby L.** *Gold Mine*

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



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.

Frank S	Burlingame	30 yrs
Jeff M	San Mateo	16 Yrs
Mary K	San Carlos	40 Yrs
Rich H	Burlingame	35 yrs

Defects, What Defects?

Amends Without Thinking

Years of hatred melt away as a son forgives his alcoholic father.

I didn't think that I could ever find a way to forgive my father for what he had done to me. Even my sponsor didn't see a solution, except to learn to let it go and, in time, find peace in spite of the memories.

My father died four years before I came to AA. He was living in a \$25-a-week room and pumping gas for a few dollars, just barely enough to live on. He had two degrees from an Ivy League college and had slid all the way down to rock bottom. His tolerance for booze had also declined to where he could only force down one ounce every few hours. His right arm was paralyzed and almost all of his teeth were gone. He had a distended belly and a beard that hid the pallor of his skin. The last time I saw him was three months before he died and I remember drinking enough to stay numb just so I could tolerate his presence. I think I was seeing a picture of my own future. My brother, sister and I grew up on a farm on the eastern shore of Maryland. We actually had two farms, a 300-plus-acre farm that was a working farm and a smaller 50-acre farm where we lived. Farm life wasn't easy, and we had lots of chores to do. Even with all the work, there was still time to explore the fields, woods, marshes and river. I spent a lot of time creating my own fantasy world. The farm was a great place for a kid living in a dream world. I would run away and hide in one of my secret places, just to get away from the violence that could erupt in our house.

My father was a hardworking person. He would leave every morning before sunup to go to our other farm and wouldn't return until supper. He would come home, pour himself a stiff one and set it on the piano. He would also have his newspaper and ashtray there as well. He would play "Joshua Fit the Battle of Jericho" with one hand and drink, smoke and turn the pages of the newspaper with the

other. I remember being very impressed that he could do all that, and secretly I wanted to be like him. Every once in a while something would make him angry and he would come after me. I would try to escape to one of my hiding places, but I didn't always make it.

His method of teaching table manners was to kick your shins with his steel-toed work boot or hit your knuckles with the broad side of the carving knife. I learned much later that there is a period between not enough booze and too much booze where a person can become overwhelmed with anger. My father was angry most of the time, and his anger would usually rain down on the nearest person. Of the three kids, I was his favorite target. Most of the time the punishment was just a quick strike, but there were times when it was more severe.

One summer morning, when I was 10 or 11, my brother, sister and I were arguing over something when a rock arrived at my feet. I was reaching down for the rock, but before I could pick it up, a big hand grabbed my wrist and dragged me behind the garage. My father stripped off my shorts and spread me out against the wall. He then took off his leather belt, doubled it, and hit my backside hard. I began to cry. The next thing he said, which were the last words that I heard that day, was: "Men don't cry," and he continued the beating until I passed out. The next thing I remember was waking up in my own bed, covered with bloody cotton batting that had been soaked in witch hazel. My lower back and butt felt like they were on fire. I managed to get dressed and went down stairs to find my family at the dinner table. I sat down in my seat and even though the pain was killing me, I wasn't about to let anyone know that I was in agony. No one said anything then or since about that day. That beating left me with some welts under the skin that were constant reminders and fueled my hatred. That wasn't the last violence I experienced, but it was the one that started the hatred that lasted well past my father's death and into the first few years of my

recovery. When he died, I felt cheated because I hadn't killed him myself.

In late summer of 1978, alcohol brought me to my knees and almost cost me my life. I had become the same as the person I hated the most. He was 61 when he died, and I was dying in my late 30s. Fortunately for me, I accepted the help that AA offered and have been sober ever since. My father turned it down because there was too much God in it for him. I was introduced to the Twelve Steps within the first couple of weeks and did what was suggested. By following a few simple suggestions, I have been spared the final agony of active alcoholism that several other members of my family have experienced.

When I reached the Eighth Step, I discussed the list with my sponsor. He first asked whom I had left off, and we added two names. Then he reviewed the names on my list with me and discussed whether they should or shouldn't be there. When we got to my father's name, we discussed the reasons for and against and admittedly there were not a lot of reasons to put him on the list. But there was something nagging me inside. I wasn't going to experience peace unless I did something. Neither one of us knew what to do, but we decided to leave his name on the list. We left it up to God to direct me. All I asked was that I remain willing to do as directed.

A year or two later I was in the back of our church guiding the junior ushers in their jobs when a member of the vestry approached me and asked if I would like to make a donation to the organ fund. I said yes, wrote out a check and handed it to her. Before she turned away, she asked if I would like to make the donation in anyone's name. Without any thought at all, I said, "Yes, please accept it in my father's name." Before alcohol had become part of my father's life, he had sung in an all-boys choir. He sang lead soprano even through his voice change, and his favorite instrument was the organ. I continued working with the kids and didn't think anything about what had just transpired.

It wasn't until a week later, while leading a meeting on the Ninth Step, when I suddenly realized what had happened. I had forgiven my father for all the things he had done to me and made amends to him just as I had prayed for. I had done it without thinking.

I was unable to continue with the lead and had to pass it off to someone else. After the meeting I went home to absorb what had just happened. I stayed up quite late that night reflecting on all the past miseries that both my father and I had experienced. All those terrible events just seemed to melt away. They weren't that important anymore. All the hatred disappeared. I could see quite clearly what had happened to both of us. Active alcoholism had robbed from us any chance of a healthy relationship. It robbed us from ourselves.

As the bad memories were peeled away, one pleasant memory was revealed. On a hot summer evening when I was about 7 years old, my father and I were rolling around on the ground laughing and having a wonderful time together, because there were 13 English setter puppies crawling all over both of us. I can still hear and feel it today. It is the one happy memory I have left of my father and me together, and I wouldn't trade it for anything.

As the emotions began to subside I reached down my back to feel the welts, and they were gone as well. I no longer had the physical scars from the terrible past. Whether they left as a result of actions taken by me, or as a result of time healing old wounds, I'll never know. All I know is that as a result of becoming willing, I no longer carry the scars of hatred.

In the years following this experience, I have on occasion felt my father's presence and have even pointed out things as though he were there with me. I have come to believe that he is traveling this road with me. Sobriety was something that he couldn't experience while he was alive, but he is experiencing it now. Neither one of us is alone or angry any more.

A.A. Around the World **A Not-so-Secret Society**

I would like to describe my experiences of starting AA meetings in an Islamic country. After seven years of recovery in London where there are hundreds of meetings every week, I and my wife (whom I met in AA and who has eleven years' sobriety) moved to Dubai in the Persian Gulf. We discovered that AA wasn't listed in the telephone directory or anywhere else.

Eventually we found a handful of fellow AAs and four meetings a week. Two meetings were in a private clinic and two were held in the psychiatric ward of the state hospital. There had been a fifth meeting in one of the country's two Christian churches, but for no apparent reason the priest had begun to make it difficult for proper meetings to be held. The hospital would only permit meetings to take place if a psychologist, who was frequently disruptive, attended meetings. If an in-patient actually attended these open meetings, an armed guard also had to be present.

Not surprisingly, morale was very low. Without being specific about how official Islamic disapproval inhibited AA, I will say that many members who'd been here for a number of years believed that to survive, AA had to be a secret society. Anonymity, they asserted, had become a question of basic survival. But such extreme anonymity had also sounded the death knell of our Fifth Tradition and Twelfth Step.

I voiced my concern about this to another member, and he and I set about finding some new meeting venues. It was a humiliating experience. No one would cooperate. Even the other church would have nothing to do with Alcoholics Anonymous. An additional problem was that, unlike in the West where there is a sense of neighborhood manifested in community centers and halls attached to places of worship, here there were only massive resort-style hotel complexes.

I was at a complete loss, and so I had to turn it over. A week went by and the phone rang. It was Mike, a serviceman off one of the many U.S. Navy ships that put in here. After days of trying, he had eventually found one of our well-hidden meetings where I had given him my number. He now had a Twelfth Step prospect, a barman in a hotel downtown. Together, we met the barman, but he wasn't interested.

Back at my apartment I shared our problem with meeting venues with Mike. I told him that I intuitively felt that as all social and most commercial activity centers around the hotels, they were the logical place to hold meetings. However, I had never heard of an AA meeting being held in a hotel before and after the frosty reception we'd received at the other more obvious venues, I wasn't keen to lead with my chin again.

Just a year sober, Mike immediately asked me where it was that our Higher Power had chosen to directly intervene in the lives of our co-founders to create Alcoholics Anonymous? In a hotel, of course! He rang the top people in all the big hotels asking them if they were willing to help visiting U.S. servicemen. They were all happy to meet him. So we went in to see six of them; we introduced Alcoholics Anonymous and told them of our need. Four were delighted to help and we took two of them up on their kind offer.

We started two new meetings immediately and they were an instant success. Next we needed to advertise them. We went to see the U.S.O., the American forces organization, which offered to set up a twenty-four-hour information line for us. U.S.O. would overcome any official objections to AA that might exist by applying for the line in their name. We agreed to pay them a year in advance for the line rental.

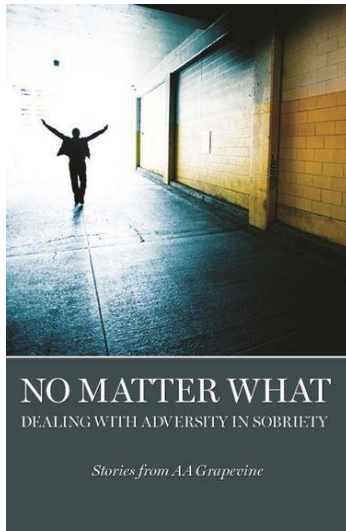
With the line set up, we went around to the English-language newspapers and magazines and requested a daily or monthly listing. We explained who we were and why we needed it. Three out of four agreed with no discussion.

Already our meetings have grown in size and spirit. Newcomers can find us, and visiting business people and U.S. service people have swelled our meetings still further. We now have a meeting every day of the week, enabling new people to do ninety meetings in ninety days if they wish.

And above all I haven't found it necessary to take that first drink.

Hamish, Dubai, United Arab Emirates
Grapevine, January 1996

BOOK OF THE MONTH



NO MATTER WHAT: Dealing with adversity in sobriety.

All recovering alcoholics have had to deal with adversity throughout sobriety...a serious illness, an ugly divorce, the death of a child, the loss of a house to fire or to the bank. Despite the fear, pain or self-pity we are in when these tragedies strike, drinking is not an option. The stories in this book show how AA members use the tools of the program and embrace the Fellowship to deal with tough issues.

No Matter What is available for purchase at a **special price of only \$10** through the month of August at our Central Office.

SUGGESTED MEETING CONTRIBUTIONS

60% to your own Central Office

San Mateo Central Office
2215 S. El Camino Real, Suite 204
San Mateo, CA 94403-1898

IMPORTANT: Make check payable to: San Mateo County Fellowship

30% to the General Service Office (GSO)

General Service Office
P.O Box 459
Grand Central Station
New York, NY 10163

IMPORTANT: Make check payable to: "General Fund"

5% to your Area Committee: California Northern Coastal Area

P. O. Box 884222
San Francisco, CA 94188-4222

5% to your District:

District 5 - San Mateo County
P.O. Box 6332
San Mateo, CA 94403

IMPORTANT: Make check payable to: AA District of San Mateo

H&I - send contributions to:

Northern California Hospitals & Institutions
Committee

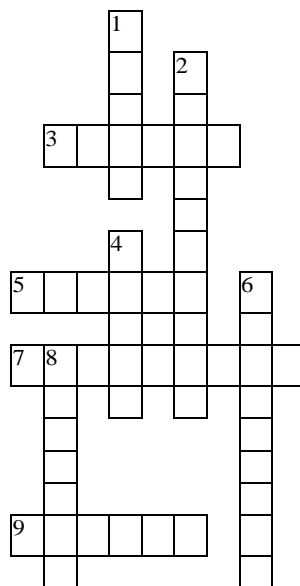
P.O. Box 192490
San Francisco, CA 94119-2490

Note: NEVER SEND CASH!

Did you know...?

The 2020 International Convention of Alcoholics Anonymous will be held July 2–5, 2020 in Detroit, Michigan with the theme “Love and Tolerance is our Code.” A.A. members and guests from around the world will celebrate A.A.’s 85th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Ford Field Stadium. Other meetings, scheduled or informal, will take place throughout the weekend in the COBO Center in downtown Detroit. Registration forms will be mailed in August 2019 to all G.S.R.s, central offices, intergroups and international G.S.O.s. Online registration will be available September 9, 2019, on aa.org.

Step & Tradition Eight



Answers to last month's puzzle:

1. EXPENSES
2. SELF-SUPPORTING
3. TREASURER
4. CONTRIBUTIONS
5. IDEAL
6. PERSPECTIVE
7. VALUES
8. SHORTCOMINGS
9. HUMILITY
10. CHARACTER

Across

- 3 "...and become willing to make _____ to them all."
 5 "next, we make a vigorous attempt to repair the _____ we have done;"
 7 "It is the beginning of the end of _____ from our fellows and from God."
 9 "Made a list of all persons we had _____"

Down

- 1 "_____ and spirituality do not mix."
 2 "We should avoid extreme _____, both of ourselves and of others involved."
 4 "we take a look backward and try to discover where we have been at _____;"
 6 "We cannot declare AA such a closed corporation that we keep our _____ and experience top secret."
 8 "...our service centers may employ _____ workers."

The **San Mateo County Fellowship of Alcoholics Anonymous**
Delegates Committee Meeting Minutes July 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. Ted B. read the Twelve Traditions; Jeff C. read the Responsibility Statement. **Minutes:** The June 2019 minutes were reviewed and approved.

New Delegates: Jeff C., Pacifica Newcomer Oldtimer; Brent K., San Mateo Forum Group.

A.A. Birthdays: Jeff C. 5 yrs; Mike W., 12 yrs; Julie M., 20 yrs; Rob 8 yrs;

Financial Report: The June 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. Join us for Unity Day July 21, 2019 at Beresford Recreation Center, 2720 Alameda de las Pulgas, San Mateo. CNCA requests that a pamphlet entitled "Experience, Strength & Hope: AA for the Transgender Alcoholic" be produced. CNCA also looks to establish an Accessibilities subcommittee and Technology committee. Request that the Trustees Literature Committee add to its agenda to consider publishing a 5th edition of the Big Book, with updated stories to more broadly reflect our current fellowship. 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): No report. For info, call Dan S. (805) 712-1417 or email swanglerdan@gmail.com at to begin an amazing part of recovery. [Note: Lori C is the coordinator for a Friday women's meeting and is looking for speakers and secretaries. If you are available to help, email Lori C. cancilla.lori@gmail.com or call (650) 787-2570]

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): Brent M., new chair, reported. Working on getting into Foster City/San Mateo high schools and OHS and DUI schools. On July 17th, we will participate at Women's Fair at SFO and at Unity Day July 21st. The PI/CPC committee meets on the first Tuesday of the month at St. Andrews Lutheran Church in San Mateo please call Please call Brent M. at 650-918-2136 for more information

CENTRAL OFFICE COMMITTEE REPORTS

Advisory Committee: No report.

Alcathons: No report.

Teleservice: No report. The next business meeting will be on September 8, 2019 at 7:00pm at Central Office.

Central Office: Don C. reported. New phones have been received and are a great improvement over the old. There are 3 open volunteer shifts at Central Office: Tuesdays 8:30-12:30; Tuesdays 12:30-4; Fridays 8:30-12:30. Requirements are 1 year sobriety with good working knowledge of the steps and traditions and computer literacy. Raffle tickets for the Central Office Party are currently being sold for \$10 each.

May 2019 Central Office Activity

Twelfth Step Calls: 2 Office Visits: 66
 Phone Calls for Info: 89 Website Visits: 7575

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

Faithful Fiver Contributions Year to Date:

Faithful Fiver contributions for the year were \$2420

Anniversary Party: Becky N. reported. The Central Office Party is scheduled for October 5, 2019 at the American League Hall in Redwood City. The next planning meeting will be Wednesday, 7/31 at 6pm at Central Office. Help will be needed with food, silent auction, decorations. Cash donations are appreciated. If you want to help, email Becky N. at rnassarre@ymail.com or call (415) 706-3460. If you want to help with the silent auction or wish to make a donation, email Lori C. cancilla.lori@gmail.com or call (650) 787-2570

Sunshine Club: Karen A 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. 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: The Unity and Service Conference in Concord is July 19-21st. Pre-registration is required!

Meeting Adjourned: 7:55 pm

Delegates Present: 33 **Delegates Collection:** \$67

Next Meeting: August 6, 2019, 7:30 p.m.

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

	JUL	Total YTD		JUL	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	297.00	593.00	Accounting Services	57.00	1,367.00
Book sales	1,907.82	10,928.34	Books Purchased	1,243.85	8,998.17
Central Office Annual Party	150.00	150.00	Chips	156.65	1,318.70
Chip sales	270.59	1,511.84	Central Office Annual Party Exp	0.00	1,136.25
Delegates Collection	67.00	426.00	Central Office Insurance	152.09	934.25
Faithful Fivers	325.00	2,745.00	Employee Insurance	126.00	2,401.50
Group Contributions	13,272.64	58,956.44	Miscellaneous	0.00	0.00
High Sobriety Subscriptions	20.00	68.00	Office Equipment Lease & Maint	366.88	2,310.02
In Memoriam	0.00	0.00	Office supplies	141.10	2,156.36
Individual Contributions	100.00	3,200.00	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	9,894.00
Printing	11.00	2,206.51	Salaries	4,138.44	29,613.86
Sales Tax on Books & Chips	228.68	1,239.33	Sales Tax on books	437.00	1,241.00
Tax Refund	0.00	113.51	Taxes (Payroll)	1,647.10	11,950.70
Total Income	16,649.73	82,137.97	Telephone & Tech	284.05	2,070.99
Less Expenses	10,382.16	77,878.08	Telephone Advertising	80.00	700.00
Net Income (loss)	6,267.57	4,259.89	Teleservice	140.00	1,120.00
Starting Balance		26,101.75	Travel Expenses	0.00	225.97
Plus Net Income/Loss		6,267.57	Web Services	0.00	0.00
Ending Balance		32,369.32	Total Operating Expenses	10,382.16	77,878.08
TOTAL PRUDENT RESERVE		49,848.45	Net Income (loss)	6,267.57	4,259.89
TOTAL CASH POSITION		82,217.77	2019 Year-to-Date Summary		
			Year-to-Date Income		82,137.97
			Year-to-Date Expenses		77,878.08
			Year-to-Date Net Inc/(Deficit)		4,259.89

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: _____