

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

September 2019

SMC Fellowship News

Anniversary Party Silent Auction

Our Central Office Anniversary Party is rapidly approaching (October 5th). In addition to being fun, this party serves as the main fundraiser for our Central Office. Without the money raised, Central Office could not exist. A big part of this fundraising is our Silent Auction. For the silent auction to be successful, we need contributions of baskets and other items to be auctioned off, such as gift cards. Not sure where to start? Try googling "gift baskets" for different theme ideas. If you, or one of your meetings, would like to donate an auction item, please contact Lori C. at Cancilla.lori@gmail.com.

Meeting Location Changes

The following meetings have recently changed their locations:

Bunker Young People, Thursdays at 7:30pm, now meets at Congregational Church, 225 Tilton Avenue in San Mateo.

Thumpers, Tuesdays at 7:30pm, now meets at Messiah Church, 1835 Valota Road in Redwood City.

Table of Contents

• • •

Monthly Service Meetings ...	2
Conferences and Events ...	2
Birthdays and Faithful Fivers ...	3
9 th Step Ride...	4
A.A. Around the World ...	6
Did you know...?	6
Book of the Month ...	7
Puzzle...	7
Holiday Alcathons...	8
Central Office Delegates Meeting	
Minutes ...	9
Central Office Financial Report ...	10
Group Contributions ...	11

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 **September 2nd, 7:30 pm**
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (1st Monday of month)

PI/CPC **September 3rd, 6:45 pm**
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (1st Tuesday of month)

DELEGATES TO CENTRAL OFFICE **September 3rd, 7:30 pm**
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (first Tuesday of each month, except January)

GENERAL SERVICE **September 17th, 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) **September 1st & 15th, 12:15 pm**
San Carlos Peninsula Fellowship, 1133 Eaton Avenue, San Carlos (first & third Sundays of each month)

H&I (Hospitals & Institutions) **Septemner 24th , 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

- 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.**
- SEP 7** **STUDY THE TEXT 41st ANNIVERSARY BBQ: 10am-2pm; Leo J Ryan Park, 650 Shell Blvd., Foster City. Lunch provided, please bring dessert. Speaker at 12:30.**
- SEP 21** **KEEP IT SIMPLE GROUP 16th ANNUAL SUPER FUN INDIAN SUMMER CELEBRATION: 11-5pm; Potluck; Speaker meeting at 2pm.**
- SEP 26** **OYSTER POINT SERENITY ON THE BAY BBQ: 4:15-9PM; Oyster Point Yacht Club; 911 Marina Blvd., SSF.**
- 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**

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

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

Sept. 1st **George A.** Exp. Str. & Hope S. Bruno

Sept. 8th **Jay** Pacifica

Sept. 15th **Tim** In Step With Bill

Sept. 22nd **Irene** Come As You Are

Sept. 29th **Sharon** Day at a Time

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!



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



Kathleen Mc. Burlingame 36 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.

9TH STEP RIDE

A biker calculates the price of peace

In early sobriety an old-timer whom I admired once said to me, "Scotty, one day you're gonna have to do these Steps for real!"

That day came at five years of sobriety. At that time I seemed to be getting sicker. It wasn't really that my habits had changed. It was that my head had, and I couldn't stand the way I was anymore. It's been said that while many people make it to five years of sobriety, the numbers drop off significantly after that. This statistic made me nervous. I tried more meetings, but that didn't seem to work. Something had to give.

So I got in touch with a guy I knew from a men's Step study. I went to him and said, "Okay, what do I do now?" He responded by handing me a Big Book before sending me off with much reading and writing to do. So I did what he said and then returned for a new assignment. It was like taking a class in college, then doing the homework. The end result was that I rather quickly became somebody I really liked, somebody really cool.

Eventually, though, my involvement in AA beyond meeting attendance tapered off and I began to rest on my laurels. By six-and-a-half years of sobriety, I was again in emotional pain.

It was summertime and I was about to embark on one of my cross-country, multiple-month motorcycle rides. The open highway, a good running bike, a sunny day, no time limits, and a few bucks to spare--my personal idea of nirvana. I could hardly wait!

And so the day came when I hit the road with extra clothes stuffed into the saddlebags, a tent and sleeping bag strapped behind. But

inside, I still hurt. The pain, it seemed, was following.

I headed for a place I'd been to many times before, a place I knew I'd be happy: Serenity Run, a small, sober motorcycle rally located in Colorado. The rally was good and the friendship even better, but the pain persisted.

But there was good news on the horizon, for after the Serenity Run, I would move on to the Sturgis Rally in South Dakota. This was one I'd attended many times before, and always had a good time. The event went great. I saw old friends, picked up a few concerts, did my fair share of dancing, and attended many AA meetings. But it was not enough, for the pain was not diminished and again my fun was mostly feigned.

My next plan was to ride out and visit an old girlfriend who lived in Minnesota. That would fix it for sure! But it only made things worse. And so I rode on.

Eventually I found myself holed up in a cheap hotel in Billings, Montana. The weather had turned cold now and, knowing no one in that fair city, isolation mounted into ever-deepening despair. Desperation. It thickened.

For some reason, the Ninth Step came to mind. I'd done some Ninth Step amends before, but had carefully avoided any that had to do with money. Being the self-centered tightwad I am, I'd determined that those were the amends I didn't have to make. But my growing desperation soon spawned a new willingness and with it a decision was made. First: I'd ride south and into warmer weather again (motorcycle riders will understand the wisdom of this decision). Second, I'd return to my little hometown in the mountains of southern California--the place I'd done most of my drinking--and give some money to the landlord I'd run out on over six-and-a-half years before. His name was on my list of

amends and I owed him \$500. I figured I'd offer him \$250 as a start. The idea already made me mad. But it didn't really matter, I reasoned, since I wasn't having too much fun anyway.

The further south I went, the warmer it got, and I sat shirtless as the big Harley made its way across the open desert. In a state of semi-insanity by now, I started talking out loud to God about the forthcoming errand. "You know, Big Guy," I said, "I'm not going up there to do this thing because I'm such a nice guy, or even 'cause I'm such a spiritual human being. Truth is, I'm going up here to buy 250 bucks worth of serenity!" At that point I laughed like a drunken hyena. With all other avenues exhausted, desperation was driving me to actual Step work.

Upon arrival, I parked the bike in a space in front of the small office of my former landlord. In a moment, his van pulled into the slot beside my own and he stepped out of the car. "Arthur," I said. "Remember me?" He squinted. "No."

Being a low-bottom drunk, I guessed my appearance must have changed some in the intervening six-and-a-half years, so I reminded him. "Oh . . . yeah," he mumbled, as recognition dawned. Arthur did not look happy to see me. But he'd always been a nice guy. And even through it all, I'd liked him.

"Can I come in and talk for a moment?"

Once seated in the little office, I quickly ran through my pitch. I'd been studying the Ninth Step instructions contained in the little Big Book carried aboard my bike. As instructed there, I spoke briefly of my alcoholism, then emphasized my wish to set right any wrongs I'd done him in the past. "I can offer you \$250 now, then pay the rest when possible. Will that be all right?" It was.

When the time came to go, I reached for his hand, but the man surprised me with a big bear hug instead.

So I left Arthur and was soon on the way home to San Diego. As the road opened up ahead of me, my thoughts wandered off to romance and a girl I knew back home who might be able to help fix my problem. Then it hit me: it was a beautiful day, I was doing something I truly loved . . . and I felt just fine. The pain was gone, replaced by contentment and happiness! I was shocked. An AA talk I'd heard came to mind. "It's amazing," the speaker had said of the Ninth Step, "how for a little money we often sell out our happiness." It was true. Why making this amend had worked when all else had failed, I knew not--and still don't. It just did. And that was good enough.

Within a few months, I'd finished my financial obligation to Arthur. I've run into him on occasion in the years since and we are friends. It took longer to pay the others, but I eventually attended to those, too.

Although sobriety is not always easy, its payoff has often far surpassed whatever dreams I thought I had. We all have the opportunity to go out and take our shot at this life. We become mothers and fathers. Sons and daughters. Families. We buy houses. Attend school. Change, or gain, careers. Become business owners. Get married. Get divorced. Take vacations to Hawaii. Outfit boats and sail around the world. Coach Little League. Travel by motorcycle. The list of things to do and love in this world is endless.

The disease took my shot at life away. AA gave it back.

Scotty K., Lake Arrowhead, California
Grapevine, September 2008

A.A. Around the World

Carrying the Message in Hindi A letter from an Intergroup Manager in New Delhi to his online AA group

Please allow me to share my good feelings with all of you. It's the joy of service. Yesterday, a daily newspaper came out with an article in Hindi about Alcoholics Anonymous. It had our helpline number and my personal mobile number, which was included by mistake by the journalist who had interviewed me for the article. The whole day, I was busy receiving calls from alcoholics and their families. I received approximately one hundred calls and, to me, it was really a new experience. Today, I have received approximately ten calls. Yesterday, we had six newcomers at our meeting because of these calls, and we are expecting lots more to come. For us in New Delhi, it's a great start. Promilla, an AA member who was answering our helpline, remarked that she also had received more than one hundred calls. That's big number for us, as we have a total of approximately 300 recovering members in Delhi. May God help us in our new endeavor.

The other good news is that tomorrow, I shall be going to Alope's place with other members of my online group, Lamplighters, and Pramod and three Lampers will be going to Dharamshala for AA work. We have received a call from Todd, a recovering alcoholic who is trying to start a group there. Language seems to be a barrier. So, we are carrying with us Hindi Big Books and other literature in Hindi. It's a ten-hour drive from Delhi. Dharamshala is a small hill town in HP, famous for the Dalai Lama of Tibet. Oh yeah, one more thing—after yesterday's meeting when I shared with my friends that I was going to Dharamshala to carry the message, members donated twelve Big Books as contributions to be given free to the new group in Dharamshala. I was really touched that the alcoholics were contributing to others' recovery.

PSatya B., New Delhi, India
Grapevine, January, 2004

Did you know...?

Enter the Grapevine Annual Photo Contest

Each year, Grapevine holds a competition for photographers to be featured in our Wall Calendar. We'd love to see your most striking photographs that reflect the joy of living, serenity, and other sobriety themes. Contributors of selected photos will receive a complimentary copy of the new Wall Calendar in which their photo appears and a Grapevine Pocket Planner.

You may enter as many photos as you wish. **Entries for the 2021 Wall Calendar must be received by December 1, 2019.**

Digital files must be high-resolution—300 dpi minimum.

Photos may be considered for magazine illustrations.

Please include your contact information.

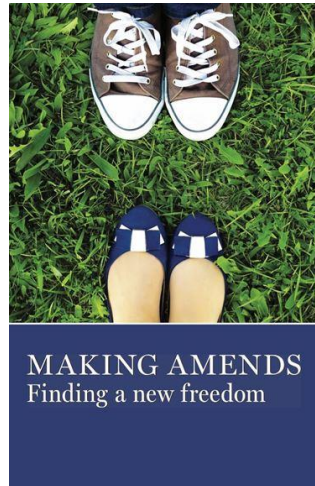
**To enter go to
www.aagrapevine.org/photocontest**



BOOK OF THE MONTH

MAKING AMENDS. Finding a new freedom.

Making Amends features 55 candid, firsthand stories from AA Grapevine magazine of members' experiences with Step Nine of the AA program. The book includes chapters on making amends to parents, children, family members, exes, financial institutions, friends and coworkers. These powerful stories illustrate how practicing Step Nine can help us, as AA's co-founder Bill W. wrote, "know a new freedom and a new happiness."



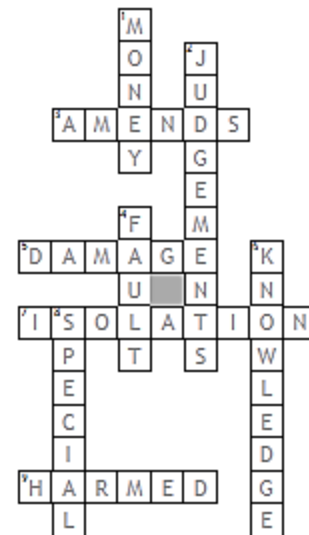
MAKING AMENDS is available for purchase at a **special price of only \$10** through the month of September at our Central Office.

Step & Tradition Nine

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

AUTHORITY	GOVERN	COMMITTEES	ORGANIZED
DISCLOSURE	OBLIGATIONS	JUDGEMENT	RESTITUTION
PRUDENCE	COURAGE	TIMING	AMENDS

Step & Tradition Eight



HOLIDAY ALCATHONS

It still feels like summer here in the Bay Area, but our holiday Alcathons will be here before we know it. For those who may not know, our San Mateo County Fellowship is extremely fortunate to have round the clock meetings available over Thanksgiving, Christmas and New Year. Meetings begin at noon the day before the holiday and continue until 1pm the day after the holiday. In addition to speaker meetings on every even hour, there is lots of food and fellowship. The holidays can be a very difficult time for recovering alcoholics for many reasons. And for some, the alcathons are just a fun part of their holiday celebrations.

As you can imagine, a lot of planning and hard work goes into our alcathons.

First, we must assign meetings to fill in all the available time slots. (there are 150 slots total). If your group is interested in hosting a meeting, please complete the form found in this month's High Sobriety or on aa-san-mateo.org and return it no later than October 19, at 7pm, which is when the drawing for time slots will occur at 5th & O'Neil in Belmont. Please keep in mind that it is possible to receive a time slot in the wee hours, dinnertime, etc. and be sure your group is aware of that.

Other important tasks include setup and cleanup for the alcathons. If you would like to help, please show up on the following dates:

Tues. Nov. 16, 7pm Thanksgiving Alcathon Setup

Fri. Nov.29, 1pm Thanksgiving Alcathon ends. Clean up & Christmas decorating / Tree Trimming

Mon. Dec 23, 7pm Setup for Christmas Alcathon

Thurs. Dec 26, 1pm Christmas ends and clean-up.

Mon., Dec 30, 7pm New Year's AA Alcathon Set-up

Thurs., Jan 02, 1pm Alcathon ends and clean-up

Help is especially appreciated Friday, November 29th, for decorating the room for Christmas and trimming the trees. This is a fun way to be of service!

Lastly, help is needed during the alcathons, mostly in the kitchen and with food service, and in general, helping to make sure everything runs smoothly.

Checks to Central Office

Just a reminder, 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

**San Mateo County Fellowship of Alcoholics Anonymous
Delegates Committee Meeting Minutes
August 6, 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. Frank S. read the Twelve Traditions; Ted B. read the Responsibility Statement.

Minutes: The July 2019 minutes were reviewed and approved.

New Delegates: Megan B., Bunker Young People Group., Lynn C. Mid-Peninsula Women's Group., Genaro D., Nada Podemos Solos.

A.A. Birthdays: Becky N. 24 years; Megan B. 8 years; Mike R. 25 years; Vince F. 15 years; Walter M. 26 years

Financial Report: The July 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. CNCA requests that a pamphlet entitled "Experience, Strength and Hope: AA for the Transgender Alcoholic" be produced. The CNCA also looks to establish an Accessibilities subcommittee and Technology committee. Requests that the Trustee 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, as well as updates or additions to Appendices III and V. 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 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. reported. This was the 8th meeting of the panel there were 5 members in attendance at the meeting held on the 1st Tues. of the month at 6:45pm. We have generated a "What Do You Know About AA's PI-CPC" which includes an e-mail contact for PI-CPC, dist05.picpc@gmail.com. We presented 2X's this month: the PACT meeting for new parolees in RWC and the 7/21 Women's Day Event" at SFO (hosted by United Airlines). This was our 2nd year at the event. Judy

C & Sarah B staffed our table and it was reported to be awesome. We had 3 new committee members sign up at Unity Day, that's a success!! In Aug., we have the parolee meeting on the 3rd Thurs. scheduled.

September is Recovery Month and we will be staffing a table. The events are the National Day of Prayer on Sept 5th., Health Fair on Sept. 17th and Recovery Happens Picnic Sept 24th. The committee has purchased several single pamphlet holders (holds a pamphlet and a meeting schedule) and a six-pamphlet holder; these will be distributed to medical clinics. We have distributed a package of 6 pamphlets to Dr Glatts office in Burlingame and Donna S. has agreed to replenish these. We are looking for volunteers to expand our literature distribution.

CENTRAL OFFICE COMMITTEE REPORTS

Advisory Committee: No report.

Alcathons: Becky reported. The holiday decorating and tree trimming will take place at the end of the Thanksgiving Holiday Alcathon on Friday, November 29, 2019. The Alcathon drawing will take place on Saturday, October 19, 2019.

Tues.	Nov. 16	7pm	Thanksgiving Alcathon Setup
Wed.	Nov. 27	12pm	Thanksgiving Alcathon starts
Fri.	Nov.29	1pm	Thanksgiving Alcathon ends. Clean up and Christmas decorating / Tree Trimming
Mon.	Dec 23	7pm	Setup for Christmas Alcathon
Tues.	Dec 24	12pm	Christmas AA Alcathon Starts
Thurs.	Dec 26	1pm	Christmas ends and clean-up.
Mon.,	Dec 30	7pm	New Year's AA Alcathon Set-up
Tues.,	Dec 31	12pm	New Year's Alcathon starts
Thurs.,	Jan 02	1pm	Alcathon ends and clean-up

Teleservice: Jenn P. reported. Our next business meeting will be on September 8th at 7pm at central office. We are in need of Spanish speaking volunteers as there has been a rise in the number of Spanish speaking callers. We are creating a list of Spanish speakers who can assist with these calls. Please contact Eden (information chair) at (650) 868-1116 or Jenn (chair) at (650) 461-0320 if you or someone you know can help.

Central Office: Don C. reported. Please check the group contribution page in the High Sobriety to see if your group has been contributing. If your meeting is not listed it means, there have been no contributions from that group. Quickbooks and I are coming along. I hope to be having everything run in Quickbooks starting Jan. 2020.

July 2019 Central Office Activity

Twelfth Step Calls: 1 Office Visits: 82

Phone Calls for Information: 102 Website Visits: 7575

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

Anniversary Party: Becky N. reported. The Central Office Party is scheduled for October 5, 2019 at the American Legion Hall in Redwood City. The menu is set. The speaker is chosen. Volunteers are needed for the silent auction, kitchen prep., set up, decorations, parking and clean up. Volunteers are needed PLEASE. If you want to help, email Becky N. at massarre@gmail.com or call (415) 706-3460. If you or your group wants to donate a basket to the silent auction, 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:** none.

Meeting Adjourned: 8:30 pm **Delegates Present:** 25

Delegates Collection: \$55.00 Next Meeting: September 3, 2019, 7:30 p.m.

SAN MATEO COUNTY FELLOWSHIP INCOME STATEMENT AUGUST 2019

	<u>AUG</u>	<u>Total YTD</u>		<u>AUG</u>	<u>Total YTD</u>
Income			Operating Expenses		
Birthday Club Contributions	72.00	665.00	Accounting Services	57.00	1,424.00
Book sales	1,266.98	12,195.32	Books Purchased	449.50	9,447.67
Central Office Annual Party	125.00	275.00	Chips	150.40	1,469.10
Chip sales	223.76	1,735.60	Central Office Annual Party Exp	310.44	1,446.69
Delegates Collection	55.00	481.00	Central Office Insurance	151.72	1,085.97
Faithful Fivers	280.00	3,025.00	Employee Insurance	126.00	2,527.50
Group Contributions	6,356.53	65,312.97	Miscellaneous	0.00	0.00
High Sobriety Subscriptions	16.00	84.00	Office Equipment Lease & Maint	312.18	2,622.20
In Memoriam	0.00	0.00	Office supplies	268.87	2,425.23
Individual Contributions	260.00	3,460.00	Outside Services	0.00	0.00
Interest Income	0.00	0.00	Postage	489.75	929.06
Other	0.00	0.00	Rent	1,412.00	11,306.00
Printing	72.00	2,278.51	Salaries	4,394.22	34,008.08
Sales Tax on Books & Chips	156.49	1,395.82	Sales Tax on books	0.00	1,241.00
Tax Refund		113.51	Taxes (Payroll)	1,676.22	13,626.92
			Telephone & Tech	220.14	2,291.13
Total Income	8,883.76	91,021.73	Telephone Advertising	80.00	780.00
			Teleservice	140.00	1,260.00
Less Expenses	10,238.44	88,116.52	Travel Expenses	0.00	225.97
			Web Services	0.00	0.00
Net Income (loss)	(1,354.68)	2,905.21			
Starting Balance		32,237.75			
Plus Net Income/Loss		-1,354.68			
Ending Balance		30,883.07	Total Operating Expenses	10,238.44	88,116.52
TOTAL PRUDENT RESERVE		49,863.61	Net Income (loss)	(1,354.68)	2,905.21
TOTAL CASH POSITION		80,746.68	2019 Year-to-Date Summary		
			Year-to-Date Income		91,021.73
			Year-to-Date Expenses		88,116.52
			Year-to-Date Net Inc/(Deficit)		2,905.21

SAN MATEO COUNTY FELLOWSHIP 2019 GROUP CONTRIBUTIONS

	AUG	YTD	LA HONDA	AUG	YTD	REDWOOD CITY	AUG	YTD	SAN MATEO	AUG	YTD
BELMONT											
Belmont Tues. Noon Group	202.29	917.83	La Honda Group (Thurs)		486.50	A Vision for You		55.00	10 am Sunday Serenity		487.19
Day At a Time		343.06				Broken Elevator Thurs.	54.61	270.23	Bunker Young People		487.06
Forum (unlisted)			MENLO PARK			Complete Abandon Group		334.34	Eye Opener		422.43
One Line at a Time	10.00	661.40	Atherton AA		928.00	Foundation Stone Group		345.10	Fireside Group		224.70
Singleness of Purpose		140.00	Atherton Grp Wed Noon		262.00	Mon. Nite Fireside Chat		439.81	Joy of Living		80.00
			Cottonmouth		797.70	Mon. Noon Mtg.		224.32	Lunch Bunch		597.90
BRISBANE			Fri. Noon Women's		1,128.36	Newcomers Q & A		315.00	Mid Peninsula Women		321.34
Brisbane Breakfast		917.53	Men's R4D Big Book	198.00	434.52	Sun. Nite Sharing		180.00	Monday Night Men's 6:30		250.00
			Menlo Park Men's Group		570.01	The Sewer Group	206.00	445.00	Morning Serenity (All)		1,071.00
BURLINGAME			Mon. 12:10 PM Happy Hour		805.00	Thumpers	193.80	472.80	San Mateo Forum		79.80
Any Length		1,709.40	Sat Morning Sandhill		3,242.40	Vision for You	390.00	1,250.00	San Mateo Group # 1	485.04	
Back to the World Group	23.00	142.00	Sat Sunshine Grp MP 7:30		282.10	Wed. Woodside Meeting		1,037.85	Sainte Group	298.10	
Burlingame Men's Grp		495.20	Tues Noon Book Worm		278.62	Woodside Grp Sat Sequoia	44.40	190.80	Sunday Sundowners	91.00	
Burlingame Noon Men's Grp		335.05	Women's 12- Step Thu Noon		288.38				Tues New Beginners	310.00	
Burlingame Read a Passage	87.00	128.00				SAN BRUNO					
Ham & Eggers		1,313.17	MILLBRAE			12 Study Grp (Thurs)	47.40	244.67	SOUTH S.F.		
Hillsborough Men's Group		560.00	12 Step Study (Tues Noon)		518.56	Big Book Study Fri (5pm)	30.00	260.04	Fri Night Acceptance Grp		120.00
Just For Today		466.00				Come as You Are		1,112.10	Keep it Simple		54.00
Rap Group	218.40	357.12	MOSS BEACH			Daily Reflections Women	16.80	75.18	Midway S.S.F. Grp		420.00
Senior Focus Group		414.00	Serenity by the Sea	160.30	328.31	Early Enders	149.03	242.62	New Beginnings		143.48
Sharing Choices		161.67				Experience, Strength, Hope	53.77	303.43	South City Womens	70.00	
Step thru Big Book		275.00	PACIFICA			Grupo Serenidad		140.00	Watch your Step		230.00
Sun. Nite Speaker/Discussion		177.82	12 @ 6 Group		75.00	Living Sober/HH (Tues)	63.75	360.61			
Tuesday Nite Group		15.00	12 Noon Disc. (Mon)	100.00	400.00	Millbrae Group		179.40	WESTBAY ALANO		
Twelve Steps Study (Mon)		409.50	B.Y.O.B. Group		808.86	Simply speaking (Sun)		33.14	Brown Baggers		84.00
			Daily Reflections		345.40	Spkr/Disc - Happy Hour(Mon)	53.05	379.59	Colma Eye Opener	178.50	810.60
FOSTER CITY			Fri Discussion Noon		420.00	Tools of Recovery (Tue 6:30p)		49.52	Daily Reflect. (Mon)		120.00
BB 103 North	70.00	142.60	Grapevine Recovery		140.00				Early Birds Daily Reflection (Weds)		206.00
FC Men's Sharing Group	197.37	289.11	Happy Hour (Living Sober)		271.00	SAN CARLOS			Grapevine (Mon)		240.00
Friday Noon Big Book	44.10	388.86	Pacifica Discussion (Weds)		350.49	Gifts of Grace Fri Women		230.04	Living Sober (Thur)		120.00
Living Sober Groups (all)		612.49	Pacifica Men's Group		219.60	In Step with Bill		185.79	Men's no BS		357.70
Study theText Group	111.03	563.19	Pacifica Women's Mtg		161.70	S.C. Awareness Group	90.36	380.54	Mustard Seed		150.00
The Old & the New	69.65	658.27	Page 133 Group	192.79	192.79	San Carlos Beginners		322.80	Noon 12 x 12		42.00
			Pedro Valley Pacifica		749.50	San Carlos Men's Grp. (Mon)	247.00	1,261.00	Smart Feet BB		102.00
HALF MOON BAY			Serenity in Pacifica		173.53	SCPF- all meetings	250.00	1,750.00	Tues 7am Big Book		180.00
3rd & 11th Step Prayer	88.64	779.04	Sun. Afternoon Step		295.00	Sequoia Recovery Grp		210.00	Weds High Noon		100.00
Coastside Big Book		208.20	Tues Noon Disc. Grp	180.00	380.00	Sober Sundays		397.71	West Bay All Groups		88.20
Coastside Talkers	127.20	127.20	Wake Up Wake Up	120.00	575.00	We Have Recovered Group		219.84	Women's Happy Hour	1	569.83
Friday Nite Group		461.20	Women's Big Book Study	100.69	205.34	Women's Read & Reflect.	91.00	220.22			
HMB Happy Hour Group		148.00	Women who wear shoes	157.05	404.95						
HMB Thurs Womens BB	151.76	830.08				MISC.					
HMB Tues Night Group		514.42	PORTOLA VALLEY			unknown					
Sat Night Step		70.02	Chips Ahoy		60.00	The Irregulars (Final)	136.92	219.92			
Sat. Morning Eye-Opener		802.62	Ladera Mon Nite Group		590.56			386.58			
Stone Pine 7AM Meet.M-F	186.00	1,387.00	Portola Valley 11th Step	235.00	575.00	SAN MATEO ETC.					
Stone Pine Noon Meet. M-F*	330.00	1,550.00				Alkathon - Belmont		2,500.00			
Tues Womens 12th Step		210.00				Women's Home Grp (traveling)		634.38			

**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: _____