

# HIGH SOBRIETY

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

Monthly newsletter of the  
SAN MATEO COUNTY FELLOWSHIP  
OF AA

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*November 2019*

## SMC Fellowship News

### The Alkathons are Coming!!!

This year seems to have flown by and the Holiday Alkathons at Church of the Good Shepherd (more commonly known as "Fifth & O'Neill) begin this month.

For anyone who doesn't know what an alkathon is, they are round the clock meetings available in one spot over the major holidays, (Thanksgiving, Christmas, and New Years). These are times that are often difficult for us in sobriety. There are parties where people may be drinking. We are either away from our families, or perhaps too close to them. Or maybe the holidays are not a difficult time for you, however you enjoy spending them with your AA family. Regardless of the reason, the alkathons are a safe, sober place for all of us to go, beginning at noon the day before the holiday, and ending at 1pm the day after the holiday. Meetings begin on the even hours. There is also food available, and of course, lots of festive fellowship.

The schedules for this year's alkathons can be found on page . If your group is on the schedule, your contact person should have received a letter by email with all the information. If you did not receive the letter, email [aa.alkathon@gmail.com](mailto:aa.alkathon@gmail.com) or go to the [aa-sanmateo.org](http://aa-sanmateo.org) website.

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### Thanksgiving Alkathon Schedule

Tuesday, Nov. 26<sup>th</sup> 7pm: Decorating and set up.

Wednesday, Nov. 27<sup>th</sup> noon: Alkathon begins, first meeting.

Friday, Nov. 29<sup>th</sup> 1pm: Alkathon ends; cleanup, followed by Holiday Decorating and Tree Trimming.

## Monthly Service Committee Meetings

### **TELESERVICE December 8th, 7:00 pm**

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

### **BRIDGING THE GAP November 4th, 7:30 pm**

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

### **PI/CPC November 5th, 6:45 pm**

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

### **DELEGATES TO CENTRAL OFFICE November 5th, 7:30 pm**

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

### **GENERAL SERVICE November 19th, 6:30 pm orientation, 7:00 concept study, 7:30 pm business meeting**

St. Andrew's Church, 15<sup>th</sup> Avenue and El Camino, San Mateo (third Tuesday of each month)

### **PENNYPA (Peninsula Young People in AA) November 3<sup>rd</sup> & 17<sup>th</sup>, 12:15 pm**

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

### **H&I (Hospitals & Institutions) November 26th, 7:15 orientation, 8:00 pm business meeting**

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

## Conferences and Special Events

- NOV 2 TRUSTED SERVANTS WORKSHOP: 1pm-3pm; West Bay Alano Club, 216 Mosswood Ave., SSF. Learn the ins and outs of being a group secretary, treasurer, or literature person. Handouts provided.**
- NOV 3 BRISBANE BREAKFAST BUNCH 52<sup>ND</sup> ANNIVERSARY: Community Center (under library), 250 Visitacion Avenue, Brisbane. 10am potluck; 11am speaker meeting.**
- NOV 27-29 THANKSGIVING ALKATHON: Church of the Good Shepherd, 1300 5th Ave Belmont. 24/7 meetings beginning at noon on the 27<sup>th</sup> and ending at 1pm on the 29<sup>th</sup>. Clean-up and Christmas decorating to begin immediately following the last meeting.**
- NOV 27-28 WEST BAY ALANO CLUB THANKSGIVING ALCATHON & FEAST: West Bay Alano Club, 216 Mosswood Way, South San Francisco. Wednesday, noon-9:30pm; Thursday, 6am-9:30pm; Thanksgiving Day Feast served 1:30pm-4pm on Thursday.**
- DEC 24-26 CHRISTMAS ALKATHON: Church of the Good Shepherd, 1300 5th Ave Belmont. 24/7 meetings beginning at noon on the 24<sup>th</sup> and ending at 1pm on the 26<sup>th</sup>.**
- DEC 31-JAN 2 NEW YEAR ALKATHON: Church of the Good Shepherd, 1300 5th Ave Belmont. 24/7 meetings beginning at noon on the 31<sup>ST</sup> and ending at 1pm on the 2<sup>ND</sup>.**

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

### **Brisbane Breakfast Bunch, Sundays at 11am 250 Visitacion Avenue, Brisbane**

11/3 - Anniversary Party - Jeffrey N. - Marin County  
11/10 - Brent M. - Foster City Men's Sharing Group  
11/17 - Don C. - The Forum Group - San Mateo  
11/24 - Bill B. - Brisbane Breakfast Bunch - SF

## What does *our* Central Office do?

The San Mateo County Fellowship's Central Office belongs to the A.A. groups of San Mateo County. We help carry A.A.'s message in the following ways (and more):

- ❖ Maintain a 24/7 telephone line which responds to inquiries from still-suffering alcoholics seeking help, A.A. members in need of information, and from members of the professional community and the general public. After office hours, this line is staffed by Teleservice volunteers.
- ❖ Maintain a Twelfth Step volunteer list.
- ❖ Maintain and publish group meeting schedules; in print, on our website, and in the Meeting Guide App.
- ❖ We stock a large selection books and pamphlets for sale (many are available in Spanish).
- ❖ We offer sobriety chips for sale, for both individuals and groups.
- ❖ We work closely with local A.A. service committees: Bridging the Gap, Hospitals and Institutions, Public Information/Cooperation with the Professional Community, as well as with San Mateo County General Service District 5 and the Northern California Council of Alcoholics Anonymous
- ❖ We support and participate in many local A.A. events such as Unity Day and the holiday Alkathons.
- ❖ We maintain our web site, [aa-san-mateo.org](http://aa-san-mateo.org), with up-to-date meeting listings, a schedule of A.A. events, the *High Sobriety* newsletter, and links to other A.A. web sites,
- ❖ We maintain a library of A.A. speaker CDs which are available for rent for a nominal fee.
- ❖ We publish the newsletter, *High Sobriety*, sent at no charge to all registered San Mateo County A.A. groups and available by subscription to all A.A. members. Faithful Fivers receive a free copy as well.

Who pays for our Central Office? We, the members of A.A., do. Our Seventh Tradition states that we are self-supporting through our own contributions. Central Office also receives donations from individual alcoholics (such as through our Faithful Fivers program). Other sources include our annual anniversary party and income from the sale of A.A. literature.

Central Office is open M-F from 8:30 am to 4:30 pm (open Wednesdays until 6:00 pm).

## Become a Faithful Fiver

Pledge \$5 per month (or more) to support your Central Office. You can pay monthly, quarterly, or annually. Your personal contributions make our vital services possible.

Call (650) 577-1310 Monday-Friday between 8:30 and 4:30, or stop by Central Office to enroll. All Fivers receive a copy of *High Sobriety*!



**five**



**V**



## Does your Group have a Central Office Delegate?

All groups should! As a delegate, you attend a monthly meeting to learn about everything currently going on in our fellowship. You then report these things back to your group. You are also your group's voice in some of the decisions made in the fellowship. Only about 10% of our groups currently have a Central Office Delegate. Volunteer to be your group's now!



## Birthday Club



Shirley Y	San Mateo	44 years
Allen S	RWC	44 years
Marcy M	San Mateo	4 years

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.

## A Sacred Safari

**His mind was a jungle. Would meditation really be able to tame it?**

The stress of learning to meditate really shocked me. Maybe it was a control issue. Prayer seemed easier, probably because I felt in control over how I prayed or what I prayed for. Meditation, however, was like a sacred safari into myself, where I was never quite sure what to expect once I dared to venture into my inner, deeper spiritual jungle. That may be too melodramatic, but the discouraging reality was that for many years the meditation suggested in the Eleventh Step was a divine mind-maze to me.

My quest began with my sponsor's suggestion that meditation might help a newcomer like me to manage my unmanageable mind. He kept it simple, explaining, "Prayer is talking to God, and meditation is listening to God." Easiest thing in the world, I thought. So after a quick self-centered prayer, I began listening for God's voice. Unfortunately, years of drinking had drowned it out and replaced it with my own wild imagination. Thoughts of justifiable vengeance, grandiose accomplishments, and delusions of universal adoration flooded my ego-driven meditations in those first few years. Eventually, to avoid temptations born of frustration, I gave up. But I didn't drink, so I was free to try again a few years later.

By the time I'd been sober a decade, my conscious contact had slipped into a coma, so I decided to give this "meditation thing" another shot. This time, I tried "T.M.," transcendental meditation, a technique I recalled from the blurred memories of my hippie period, when I was drinking and knew everything. I innocently envisioned the joy of having T.M. clear my mind of all thoughts and taking me to a higher, spiritual plane on the way to cosmic serenity. Unfortunately, while my spirit was meditating, my brain was hesitating. The bees were a constant distraction: the ought-to-bees, could-bees, should-bees and wannabees were merciless. Another problem with T.M. was my search for a mantra, a one-syllable word that helps the mind to focus on nothing. I realized I was having a mantra meltdown when the only word that echoed in my consciousness was "beer." Shortly thereafter, I gave up again.

A few years later, still sober but shaken by life on life's terms, I reached back to my religious heritage and pulled out my beads. With a few AA adjustments, I found them quite comforting. The repetition and structure of the prayers helped me stay focused until my arch-enemy, boredom, led me astray into the hunt for the perfect way. One particularly frenzied day, while I was praying desperately in the shower, the beads broke and I watched them and my efforts slide right

down the drain. It was then that I realized I might want to reread Step Eleven in the "Twelve and Twelve" to see what I'd missed.

A decade later, I finally hit upon a system that comfortably blended the simplicity of the program with the complexity of my personality to create a manageable mode of meditation. It's called RAP. RAP may sound incongruous for a middle-aged, white suburbanite until you know that for me RAP stands for "reflect and ponder." Each day after I pray, with God as my guide, I gently allow myself to reflect on any experience that floats into my mind. No longer weighed down with guilt, I can allow a feeling of guilt to float in and float out and feel blessed by its visit. When I'm not reflecting, I ponder the good "yets" that could happen if I don't get drunk today. The awareness that they are possibilities and not guarantees keep my meditations honest, hopeful, sober, and sane.

One reflection revealed how often I had craved spiritual complexity over the years, a kind of spiritual self-importance born of alcoholic insecurity. I'm grateful that the program, the love of the people in the meetings, and the grace of God have taught me that most complicated ideas are authored by us humans. God may share profound revelations, but he usually uses little words. Simplicity is harder for some than for others. I think meditation is that way, too. But for those willing to persevere, I believe God is willing to wait till we embrace him within the silence.

Rick P., Vernon, CT  
Grapevine, April 2004

## A.A. Around the World

### My Name is Carl

I AM A FINN who has lived in Sweden for the last ten years. I am also a recovered alcoholic who nowadays enjoys every minute of this happy and wonderful life under the ever-shining sun of sobriety. And I am grateful to the God I came to know through AA for this serenity and peace of mind.

I began my intake of alcohol in my very early youth. Between my early teens and twenties, I was a periodic drinker. I drank mainly to get up the courage to fetch a girl for a weekend dance. I was too shy to do it sober.

In my teens, I noticed I had no manners when drinking. I became aggressive and often had fistfights with my neighbors. Once, I hit a German soldier and was shot in the back by his comrades. When I woke up, I was in the

hospital. My legs were paralyzed. The doctor said to me, "It's a wonder you're still alive!"

I decided never to take a drink again. All I wanted was to get up and walk. When I left the hospital, I was not completely recovered (I never will be), but I was able to walk, slowly. I soon forgot my promise to stay sober, and things started to get worse. From seventeen to twenty-one, my spells of dryness became a little longer, because of army service in World War II. First, we fought Russians and then, at the very end of the war, Germans. When peace came, we had to pay a high price for our independence. Our country was poverty-stricken; the war had brought much misery.

At that time, I lived only for drinking and drank only to live. I no longer had control over alcohol. Saturday night ran into Sunday and very soon ran on through the week. I became an entirely different person, off in my own little world. I was totally unable to drink normally. I had such a compulsion to drink that there were not many sober hours. I was sick and shaky in the mornings, afraid of meeting people, scared of noisy traffic. I had to take that first drink every morning, and it set up the reaction which commanded me to drink until I passed into coma.

At twenty-one, I had been taken into custody over a hundred times for drunkenness in public places. The recovery hours, in a cold police cell without any medical aid, were torture that often brought me close to insanity, and when they kicked me out, my only consolation was a bottle. Sometimes I was back in that cold cell after only a few hours.

At last, I was sent to prison, because of my violent habits when drinking. But not even in prison was I sober all the time. A drink of some sort could be obtained, but there was punishment if I was caught. I spent many weeks in an isolated cell on bread and water--no smoking, no reading, and no bedclothes. But this punishment never stopped me.

When I came out of prison, I was able to keep my sobriety for two months with the help of AA. Then I married a young girl, a fellow student, and on our wedding day I began to drink with the guests. A week later, I again tried my wings on the AA program.

I bought a lot in Helsinki and began building a house. For a year and a half, I had only a few slips. I thought I was succeeding quite well and got an inspiration to start a new large building for shops. You can guess how it all ended!

Now I realize my dreams were flying too high, and my drinking flew as high as my dreams. I made life

miserable for my wife, for my friends who had helped me before, and for myself. Our marriage lasted four years and ended in divorce. I was alone again in the world. Thank God, we had no children.

After a year or so, I married another girl, very pretty and charming. As part of adjusting myself to living a married life again, I decided not to drink any more, even though she liked to drink now and then. I founded a large business, and in the beginning it succeeded. But a brandy shop was situated too near. Early in the morning, I would count the seconds until that brandy shop opened, so I could get bottles of beer and brandy for the day. Things went on like this. I found that I couldn't put on the brakes. It all ended in complete bankruptcy, mental and financial.

Fear and self-pity moved in with me. I was bitter and resentful. My violent drinking habits scared my pregnant wife. She called for the police, instead of AA, and I was locked up in a cell again for a long, long time. I had no place in a free society, because my wife, friends, and others had been constantly in fear of me. Now my mind was as gloomy as the gray walls of my cell.

After release, I fled from my native country to some of the faraway places of the world, but the burning desire for alcohol followed me everywhere. Some ten years ago, police escorted me from Aden to Sweden. I had done something dreadful in my blackout drinking. My hands were bloody. (Please do not close me from your friendship. I need all of you in AA, for I still have a long way to go on our program.)

As I write this, I no longer have my second wife. I have not seen her and my son for ten years. I still love her, but I know there is no chance she will ever return to me. I treated her too badly. I don't even know where she and my son are living now. I know only that her new husband is an old AA friend of mine and that they have more children. I hope they are happy.

To me now, my awful past is only a great warning mark on the road of this happy sobriety I have today. Looking back, I wonder how I could have lived such a hard and stupid life, on the verge of insanity, especially when I had within reach this new way of life, which is so wonderful.

Often, very often, I asked myself for what reason I began to drink excessively. I couldn't have inherited this illness, as I came from a non-drinking family. My four brothers never had troubles with alcohol. One is a sea captain; one is a rancher; one is a clerk for the city consul; one is a prosperous farmer. I was supposed to

be the most intelligent of us all, but my brothers succeeded in their careers, and I didn't. Sometimes, I think it was that bullet in my back that caused conflicts in my brain, but I have to admit I had an addiction to alcohol even before I was shot. In success I drank; in failure I drank.

During my first year of AA I learned a lot, but I don't think I started to live AA or to apply much of what I learned. I was bypassing many of the Twelve Steps and was not keen on studying any of them thoroughly.

Then, about ten years ago, I knew I couldn't afford to bypass them anymore. I realized I was being given my very last chance for recovery. I devoted myself entirely to the AA program. I began to trust more in the God I had come to know through AA. Except for bad memories which surface now and then, an almost complete serenity occupies my mind.

Thanks to God, I'll soon have ten candles burning on my AA birthday cake. For ten years I have really lived. I didn't live before.

C.J.G., Stockholm, Sweden

Grapevine, June 1970



**WEST BAY ALANO CLUB**  
216 MOSSWOOD WAY - SOUTH SAN FRANCISCO

**Wednesday, Nov. 27 - 12PM - 9:30PM**

**Thursday, Nov. 28 - 6AM - 9:30PM**

(AA MEETINGS START EVERY EVEN HOUR)

THANKSGIVING FEAST SERVED  
**THANKSGIVING DAY**  
THURSDAY, NOV. 28  
1:30PM - 4PM  
ALL ARE WELCOME !

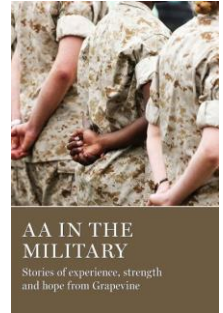
If your group would like to host one of the Alcathon meetings, a sign-up sheet will be posted at the WBAC. For more information, please email Kim M., [mcmaster@stanford.edu](mailto:mcmaster@stanford.edu)

## BOOK OF THE MONTH

### AA In The Military

In recognition of Veterans Day, our Book of the Month for November is AA In The Military.

AA in the Military is a collection of stories, previously published in Grapevine, by members of Alcoholics Anonymous who have served in the military. The book begins with letters from the troops during World War II, when Grapevine first became a vital tool in keeping soldiers sober and connected to AA. The chapters that follow are filled with stories of experience, strength and hope—by both men and women—who served their country on land, sea and air. These personal accounts illustrate the challenges alcoholics in uniform encounter, often under difficult circumstances, far from loved ones.



The book concludes with a powerful selection of stories by our sober veteran members, titled "Coming Home."

AA In The Military is available for purchase at a **special price of only \$10** through the month of November at our Central Office.





# 2019 Holiday Alkathon Schedules

Church of the Good Shepherd, 5<sup>th</sup> & O'Neill, Belmont

## THANKSGIVING ALKATHON

Wednesday, 11/27/2019

Time	Meeting	City	Day	Time
12:00 PM	THE OLD & THE NEW	FOSTER CITY	WED	NOON
2:00 PM	TUESDAY NITE GROUP	BURLINGAME	TUE	8:00 PM
4:00 PM	FREEDOM GROUP	REDWOOD CITY	TUE	8:00 PM
6:00 PM	ONE LINE AT A TIME	BELMONT	WED	6:00 PM
8:00 PM	WEDNESDAY WOODSIDE MEETING	REDWOOD CITY	WED	7:30 PM
10:00 PM	WE HAVE RECOVERED	SAN CARLOS	THU	8:00 PM

Thursday 11/28/2019 THANKSGIVING DAY

Time	Meeting	City	Day	Time
12:00 AM	SUNDAY SPIRITUALITY	ATHERTON	SUN	9:00 AM
2:00 AM	FOSTER CITY MEN'S SHARING GROUP	FOSTER CITY	SUN	7:00 PM
4:00 AM	NEWCOMERS Q & A	REDWOOD CITY	WED	8:00 PM
6:00 AM	NOON WEEKLY MEETINGS(STONE PINE)	HALF MOON BAY	M-F	NOON
8:00 AM	12 @ 6 GROUP	PACIFICA	MON	6:00 PM
10:00 AM	SAN MATEO GROUP #1	SAN MATEO	TUE	8:00 PM
12:00 PM	EYE OPENER	SAN MATEO	SAT	10:00 AM
2:00 PM	FRIDAY NOON BOOK STUDY	FOSTER CITY	FRI	NOON
4:00 PM	SUN NIGHT SHARING GROUP	REDWOOD CITY	SUN	8:00 PM
6:00 PM	SATURDAY MORNING SANDHILL	MENLO PARK	SAT	9:00 AM
8:00 PM	DAY AT A TIME	BELMONT	THU	7:30 PM
10:00 PM	FIRESIDE GROUP	SAN MATEO	FRI	7:30 PM

Friday 11/29/2019

Time		City	Day	Time
12:00 AM	FOSTER CITY LIVING SOBER	FOSTER CITY	M-FRI	5:30 PM
2:00 AM	CRACK OF DAWN	S.C.FELLOWSHIP	SUN-TUE	7:00 AM
4:00 AM	GROWING STRONGER	SAN CARLOS	SAT	7:30 PM
6:00 AM	HAM & EGGERS	BURLINGAME	SUN	9:30 AM
8:00 AM	MORNING SERENITY GROUPS	SAN MATEO	DAILY	7:00 AM
10:00 AM	DON'T DRINK & GO TO MEETINGS	REDWOOD CITY	FRI	7:30 PM
12:00 PM	SINGLENES OF PURPOSE	BELMONT	FRI	NOON

## CHRISTMAS ALKATHON

Tuesday, 12/24/2019 CHRISTMAS EVE

Time	Meeting	City	Day	Time
12:00 PM	BELMONT NOON GROUP	BELMONT	TUE	NOON
2:00 PM	SUNDAY SPIRITUALITY	ATHERTON	SUN	9:00 AM
4:00 PM	COTTONMOUTH MEETING	MENLO PARK	FRI	6:00 PM
6:00 PM	BURLINGAME MEN'S GROUP	BURLINGAME	THU	8:00 PM
8:00 PM	THE FORUM GROUP	BELMONT	TUE	7:30 PM
10:00 PM	KEEP IT SIMPLE GROUP	SSF	MON	7:30 PM

Wednesday, 12/25/2019 CHRISTMAS DAY

Time	Meeting	City	Day	Time
12:00 AM	ALKIE GULCH	BELMONT	MON	7:00 PM
2:00 AM	THUMPERS (BIG BOOK STUDY)	REDWOOD CITY	TUE	7:30 PM
4:00 AM	SAN CARLOS AWARENESS GROUP	SAN CARLOS	WED	7:30 PM
6:00 AM	STUDY THE TEXT GROUP	FOSTER CITY	MON	7:30 PM
8:00 AM	COASTSIDE DAILY REFLECTIONS	HALF MOON BAY	M-F	7:00 AM
10:00 AM	NEWCOMERS & OLDTIMERS	PACIFICA	MON	7:30 PM
12:00 PM	3RD & 11TH STEP	HALF MOON BAY	SUN	9:00 AM
2:00 PM	EYE OPENER	SAN MATEO	SAT	10:00 AM
4:00 PM	FOSTER CITY LIVING SOBER	FOSTER CITY	M-F	5:30 PM
6:00 PM	ONE LINE AT A TIME	BELMONT	WED	6:00 PM
8:00 PM	WEDNESDAY WOODSIDE MEETING	REDWOOD CITY	WED	7:30 PM
10:00 PM	TUESDAY NITE GROUP	BURLINGAME	TUE	8:00 PM

Thursday, 12/26/2019

Time	Meeting	City	Day	Time
12:00 AM	SATURDAY MORNING SANDHILL	MENLO PARK	SAT	9:00 AM
2:00 AM	WE HAVE RECOVERED GROUP	SAN CARLOS	THU	8:00 PM
4:00 AM	SAN MATEO GROUP #1	SAN MATEO	TUE	8:00 PM
6:00 AM	THE OLD & THE NEW	FOSTER CITY	WED	NOON
8:00 AM	NEWCOMERS Q & A	REDWOOD CITY	WED	8:00 PM
10:00 AM	DAILY NOON GROUPS/STONE PINE	HALF MOON BAY	M-F	NOON
12:00 PM	DON'T DRINK & GO TO MEETINGS	REDWOOD CITY	FRI	7:30 PM

## NEW YEARS ALKATHON

Tuesday 12/31/2019 NEW YEARS EVE

Time	Meeting	City	Day	Time
12:00 PM	BELMONT NOON GROUP	BELMONT	TUE	NOON
2:00 PM	MID-PENINSULA WOMEN'S GROUP	SAN MATEO	MON	7:30 PM
4:00 PM	SEQUOIA RECOVERY GROUP	SAN CARLOS	MON	7:00 PM
6:00 PM	HERE & NOW	RWC/WOODSIDE	SUN	7:00 PM
8:00 PM	THE FORUM GROUP	BELMONT	TUE	7:30 PM
10:00 PM	12 @ 6 GROUP	PACIFICA	MON	6:00 PM

Wednesday 01/01/2020 NEW YEARS DAY

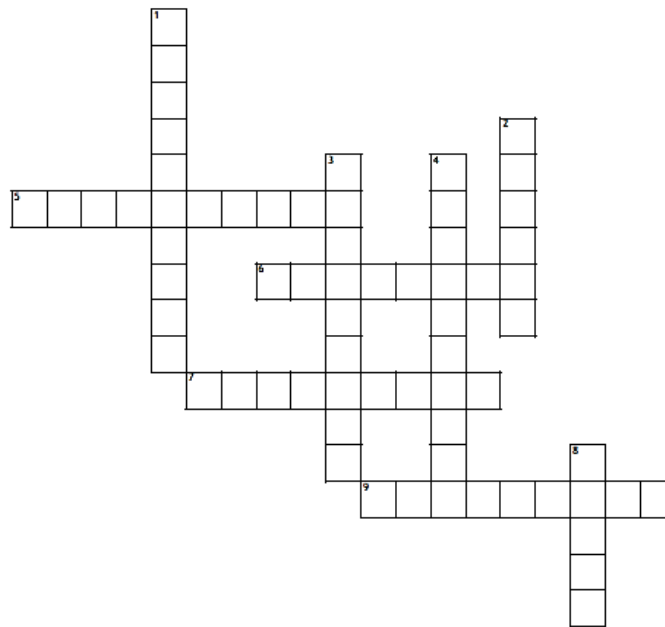
Time		City	Day	Time
12:00 AM	BROKEN ELEVATOR "WE TAKE THE STEPS"	REDWOOD CITY	THU	NOON
2:00 AM	SOBER SUNDAYS	SAN CARLOS	SUN	5:00 PM
4:00 AM	AS BILL SEES IT	SAN MATEO	THU	7:00 PM
6:00 AM	WOODSIDE GROUP	REDWOOD CITY	SAT	7:30 PM
8:00 AM	SAN CARLOS BEGINNERS	SAN CARLOS	MON	7:00 PM
10:00 AM	WOMEN'S HOME GROUP	MID PENINSULA	THU	10:00 AM
12:00 PM	BACK TO THE WORLD	BURLINGAME	THU	8:00 PM
2:00 PM	FOUNDERS MEETING			
4:00 PM	FIRESIDE GROUP	SAN MATEO	FRI	7:30 PM
6:00 PM	ONE LINE AT A TIME	BELMONT	WED	6:00 PM
8:00 PM	CRACK OF DAWN	SC FELLOWSHIPS	SUN-TUE	7:00 AM
10:00 PM	GROWING STRONGER	SAN CARLOS	SAT	7:30 PM

Thursday 01/02/2020

Time	Meeting	City	Day	Time
12:00 AM	SUN NIGHT SHARING GROUP	REDWOOD CITY	SUN	8:00 PM
2:00 AM	FRIDAY NOON BOOK STUDY	FOSTER CITY	FRI	NOON
4:00 AM	MORNING SERENITY GROUPS	SAN MATEO	DAILY	7:00 AM
6:00 AM	HAM & EGGERS	BURLINGAME	SUN	9:30 AM
8:00 AM	F.C. MEN'S SHARING GROUP	FOSTER CITY	SUN	7:00 PM
10:00 AM	DAY AT A TIME	BELMONT	THU	7:30 PM
12:00 PM	FOSTER CITY WOMEN'S MEETING	FOSTER CITY	SAT	10:00 AM



## Step & Tradition Eleven



### Across

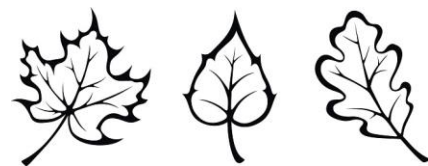
5. Our public relations policy is based on \_\_\_\_\_ rather than promotion.
6. Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food, or \_\_\_\_\_.
7. In the beginning, the press could not understand our refusal of all personal \_\_\_\_\_.
9. Prayer and meditation are our principal means of \_\_\_\_\_ contact with God.

### Down

1. Sought through prayer and \_\_\_\_\_ ...
2. Many of us had strong logic, too, which "\_\_\_\_\_ " there was no God whatever.
3. We must always maintain personal \_\_\_\_\_ ...
4. \_\_\_\_\_ is something which can always be further developed.
8. ...praying only for His will for us and the \_\_\_\_\_ to carry that out.

*"Cultivate the habit  
of being grateful for  
every good thing that  
comes to you, and to give  
thanks continuously.  
And because all things  
have contributed to  
your advancement, you  
should include all things  
in your gratitude."*

—RALPH WALDO EMERSON



### Step & Tradition Ten Solution

1. Promptly
2. Searching
3. Motives
4. Disturbances
5. Admission
6. Issues
7. Inventory
8. Controversy
9. Opinion
10. Public



**San Mateo County Fellowship of Alcoholics Anonymous  
Delegates Committee Meeting Minutes  
October 1, 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; Brent M. read the Responsibility Statement.

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

**New Delegates:** None

**A.A. Birthdays:** Pat K, 30 years; Laura W. 12 years; Julia F. 9 years

**Financial Report:** The September 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:** No report. 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](mailto: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](mailto: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](http://www.penypaa.org).

**PI/CPC (Public Information/Cooperation with the Professional Community):** Brent M. reported. At the last meeting we discussed how we plan to reach out to the elderly and to what extent we'd like to involve H&I. At the 9/28 Area meeting, the Marin County members gave an excellent overview of how they conduct their High School presentations. This was good timing, as we will be presenting at El Camino HS in the very near future. Last month, we attended (3) events: the National Day of Prayer; Health Fair; and Recovery Happens Picnic Sept 24th. In Oct. we will attend and host tables at the following (3) events: the Veterans Stand down in Foster City (10/3-10/4); Indigenous Peoples Day (10/5) in EPA; and the CSM Health Fair. We will bring (2) speaker meetings to the Veteran Stand down. We still need some help [dist05.picpc@gmail.com](mailto:dist05.picpc@gmail.com). The committee meets on the 1st Tuesday of the month, at St. Andrew's Lutheran Church, at 6:45pm.

#### **CENTRAL OFFICE COMMITTEE REPORTS**

**Advisory Committee:** Becky reported. Book Prices: Tax and credit card service fee has increased and there was discussion on recommending an increase to cover these fees. The board passed a motion to keep the book prices at their current level and revisit an increase in June to see if there is an impact on revenue. The computer used by the office volunteers is obsolete. The board recommends purchasing a new computer not to exceed \$800.00. The delegates passed a motion to purchase the new computer not to exceed \$800.00. Jim Murry donated a computer to the Central Office.

**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 & Christmas decorating

**Teleservice:** Don C. report. Our next business meeting will be on December 1st at 7pm at central office. We have 30 backlines available. If you've had a Teleservice shift and would like to be more involved with Teleservice please reach out, as we will be looking for 7 new daily coordinators to start April 2020. 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. I just returned from the ICOAA Seminar in Mesa, Arizona. It was a very good seminar and I learned a lot. We were trying to get a deeper discount from AAWS for the books because book sales being down since AAWS opened the bookstore online. Not going to happen! Interesting fact I heard, Bill W. asked the fellowship in 1939 to throw a buck in the basket instead of 2 bits. That's when people started throwing a dollar in the basket. With inflation that dollar is now \$18.44.

#### **September 2019 Central Office Activity**

Twelfth Step Calls: 3      Office Visits: 65  
Phone Calls for Information: 118      Website Visits: 7135  
(Note: The above calls were answered during regular business hours)

**Anniversary Party:** Becky N. reported. The Central Office Party is on Oct. 5, 2019 at the American Legion Hall in Redwood City. We will have access to the hall at 10am. We need volunteers to help with the kitchen prep., set up, decorations, silent auction, parking and clean up. If you want to help, email Becky N. at [rnassarre@gmail.com](mailto:rnassarre@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](mailto:cancilla.lori@gmail.com) or call (650) 787-2570. Baskets should be wrapped in clear plastic and include a content list and estimated value.

**Trusted Servants Workshop:** Bob M. reported there are 3 Trusted Servants coming up: Sat. Oct. 19, 2019 1:15pm – 3:15pm San Carlos Peninsula Fellowship 1133 Eaton Avenue, San Carlos; Sat. Oct. 26, 2019 10am – 12pm at the Mariners Community Church, 100 Stone Pine Road, Half Moon Bay; Sat. Nov. 2, 2019 1pm – 3pm, West Bay Alano Club, 216 Mosswood Avenue., SSF.

**Sunshine Club:** Ed V. reported. The Sunshine Club is alive and well. Although requests for meetings are sporadic it is allowing for time to build up the group membership. We are always looking for energetic AA Members that are interested in participating and ready to be of service when needed. Please call Central Office, if you'd like a meeting brought to you. Please call Ed V., Coordinator at (650) 222-5582, for more information or e-mail [aa@aa-san-mateo-org](mailto:aa@aa-san-mateo-org).

**Old Business:** none. **New Business:** none.

**Meeting Adjourned:** 8:10 pm

**Delegates Present:** 21      **Delegates Collection:** \$47.00

**Next Meeting:** November 5, 2019, 7:30 p.m.

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

	OCT	Total YTD		OCT	Total YTD
<b>Income</b>			<b>Operating Expenses</b>		
Birthday Club Contributions	92.00	801.00	Accounting Services	57.00	1,538.00
Book sales	1,901.21	14,889.36	Books Purchased	4,102.34	14,724.51
Central Office Annual Party	9,388.91	9,788.91	Chips	144.60	1,747.25
Chip sales	307.25	2,220.46	Central Office Annual Party Exp	4,620.00	6,066.69
Delegates Collection	47.00	528.00	Central Office Insurance	150.33	1,387.64
Faithful Fivers	385.00	3,585.00	Employee Insurance	260.00	2,913.50
Group Contributions	15,381.74	83,874.03	Miscellaneous	0.00	0.00
High Sobriety Subscriptions	6.00	110.00	Office Equipment Lease & Maint	312.38	3,246.96
In Memoriam	0.00	1,000.00	Office supplies	27.74	2,907.83
Individual Contributions	3,100.00	6,560.00	Outside Services	0.00	0.00
Interest Income	0.00	0.00	Postage	56.30	985.36
Other	0.00	0.00	Rent	1,412.00	14,130.00
Printing	0.00	2,278.51	Salaries	4,614.38	42,851.06
Sales Tax on Books & Chips	231.83	1,729.51	Sales Tax on books	430.00	1,671.00
Tax Refund	0.00	113.51	Taxes (Payroll)	1,826.68	17,149.34
			Telephone & Tech	1,114.75	3,626.02
<b>Total Income</b>	30,840.94	127,478.29	Telephone Advertising	80.00	940.00
			Teleservice	151.00	1,562.00
<b>Less Expenses</b>	20,081.84	118,395.47	Travel Expenses	722.34	948.31
			Web Services	0.00	0.00
<b>Net Income (loss)</b>	10,759.10	9,082.82			
<b>Starting Balance</b>		26,198.90			
<b>Plus Net Income/Loss</b>		10,759.10			
<b>Ending Balance</b>		36,958.00	<b>Total Operating Expenses</b>	20,081.84	118,395.47
<b>TOTAL PRUDENT RESERVE</b>		49,893.49	<b>Net Income (loss)</b>	10,759.10	9,082.82
<b>TOTAL CASH POSITION</b>		86,851.49	<b>2019 Year-to-Date Summary</b>		
			Year-to-Date Income		127,478.29
			Year-to-Date Expenses		118,395.47
			Year-to-Date Net Inc/(Deficit)		9,082.82

ATHERTON	OCT	YTD	LA HONDA	OCT	YTD	REDWOOD CITY	OCT	YTD	SAN MATEO	OCT	YTD
Sunday Spirituality	1,245.00	1,245.00	La Honda Group (Thurs)	50.10	536.60	A Vision for You		55.00	10 am Sunday Serenity		487.19
BELMONT			MENLO PARK			Broken Elevator	Thurs.	270.23	Bunker Young People		770.23
	95.25	1,151.25	Atherton AA		928.00	Complete Abandon Group		546.08	Esoter Es AA		200.00
	273.85	616.91	Atherton Gp Wed Noon		262.00	Foundation Stone Group		345.10	Eye Opener		475.22
		475.00	Cottonmouth		1,387.65	Mon. Nite Fireside Chat		439.81	Fireside Group		299.10
	10.00	681.40	Fri. Noon Women's	589.95	1,308.44	Mon. Noon Mtg.	96.00	320.32	Joy of Living		80.00
BRISBANE			Menlo Park Men's Group	180.08	434.52	Newcomers Q & A		315.00	Lunch Bunch		771.30
		140.00	Menlo Park Men's Group	225.20	795.21	Sun. Nite Sharing		180.00	Mid Peninsula Women		505.45
			Mon. 12:10 PM Happy Hour	302.00	1,107.00	The Sewer Group		445.00	Monday Night Men's 6:30		250.00
	264.85	1,182.38	Sat Morning Sandhill	1,138.20	4,380.60	Thumpers		472.80	Morning Serenity (All)		1,071.00
			Sat Sunshine Gp MP 7:30		282.10	Vision for You	317.00	1,567.00	San Mateo Forum		79.80
BURLINGAME			Tues Noon Book Worm	129.60	408.22	Wed. Woodside Meeting	441.35	1,479.20	San Mateo Group # 1		485.04
			Women's 12- Step Thu Noon		288.38	Woodside Gp Sat Sequoia		190.80	Sainte Group		298.10
	547.80	2,257.20							Sunday Serenity		114.00
		142.00				SAN BRUNO			Sunday Sundowners		112.00
			MILLBRAE			12 Study Gp (Thurs)	70.99	315.66	Tues New Beginners		310.00
BURLINGAME	25.00	495.20	12 Step Study (Tues Noon)	178.77	697.33	Big Book Study Fri (5pm)	43.86	365.31			
	392.40	727.45				Come as You Are	332.81	1,444.91	SOUTH S.F.		
		128.00	MOSS BEACH			Daily Reflections Women	12.60	87.78	Fri Night Acceptance Gp		240.00
		1,313.17	Serenity by the Sea		328.31	Early Enders	40.47	283.09	Keep it Simple		54.00
		560.00				Experience, Strength, Hope		328.03	Midway S.S.F. Gp		420.00
BURLINGAME	364.00	364.00	12 @ 6 Group	64.00	75.00	Grupo Serenidad	41.85	446.62	New Beginnings		287.36
		357.12	12 Noon Disc. (Mon)		464.00	Living Sober/ HH (Tues)		273.35	Oyster Point Discussion		355.00
		414.00	B.Y.O.B. Group	156.00	928.86	Millbrae Group		70.64	South City Womens		210.00
		364.67	Daily Reflections		501.40	Simply speaking (Sun)	91.20	534.76	Watch your Step		230.00
	285.00	540.00	Fri Discussion Noon	45.00	420.00	Spkr/Disc - Happy Hour(Mon)			WESTBAY ALANO		
BURLINGAME	369.82	547.64	Grapevine Recovery	140.00	280.00	Tools of Recovery (Tue 6:30p)		49.52	Brown Beggars		84.00
		15.00	Happy Hour (Living Sober)		316.00				Colma Eye Opener		810.60
		409.50	New Corners & Old Timers		222.00	SAN CARLOS			Daily Reflect. (Mon)		120.00
			Pacifica Discussion (Wed)		592.49	Gifts of Grace Fri Women	78.60	308.64	Early Birds Daily Reflection (Wed)		206.00
			Pacifica Men's Group		219.60	In Step with Bill	72.00	257.79	Grapevine (Mon)		240.00
FOSTER CITY		142.60	Pacifica Women's Mtg	278.42	161.70	S.C. Awareness Group	156.00	536.54	Living Sober (Thur)		120.00
	289.11	Page 133 Group			471.21	San Carlos Beginners	90.60	413.40	Men's no BS		525.70
	56.70	528.86	Pedro Valley/Pacifica	195.84	749.50	San Carlos Men's Gp. (Mon)		1,496.00	Mustard Seed		150.00
	97.07	858.35	Serenity in Pacifica		369.37	SCPF- all meetings	500.00	2,250.00	Noon 12 x 12		42.00
		563.19	Sun. Afternoon Step		295.00	Sequoia Recovery Gp	210.00	420.00	Smart Feet BB		102.00
FOSTER CITY		810.35	Tues Noon Disc. Gp		380.00	Sober Sundays	152.12	549.83	Tues 7am Big Book		180.00
			Wake Up Wake Up	120.00	875.00	We Have Recovered Group	46.95	266.79	Weds High Noon		100.00
			Women's Big Book Study		205.34	Womens Read & Reflect	97.65	317.87	West Bay All Groups		88.20
			Women who wear shoes		404.95				West Bay All Groups		569.83
						Misc.			Women's Happy Hour		
HALF MOON BAY	133.20	958.44				unknown		615.42			
	62.73	270.93	PESADERO			The Irregulars (Final)	395.50	386.58			
		127.20	Grass Roots	1,292.20	1,292.20						
		461.20				SAN MATEO ETC.					
		148.00	PORTOLA VALLEY			Alkathon - Belmont		2,500.00			
HALF MOON BAY		830.08	Chips Ahoy	20.00	80.00	Women's Home Gp (traveling)	209.40	843.78			
		514.42	Ladera Mon Nite Group		1,187.72						
		70.02	Portola Valley 11th Step	170.00	745.00						
		802.62									
		224.50									
HALF MOON BAY	224.50	224.50	Sat. Morning Eye-Opener								
	119.00	1,614.00	Saturday Nite Spkr/Disc								
		1,614.00	Stone Pine 7AM Meet M-F								
	190.00	1,860.00									
		210.00	Stone Pine Noon Meet. M-F*								
		Tues Womens 12th Step									

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