

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

October 2019

SMC Fellowship News



It's Party Time!

Please join us

Saturday, October 5th at 5pm

for the 57th Annual San Mateo County
Fellowship Anniversary Party!



Silent Auction



Speaker



Raffle



Dinner

American Legion Hall
651 El Camino Real, Redwood City

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HOLIDAY ALCATHONS

Planning has begun for this year's alcathons. Group requests to participate must be received prior to the drawing being held Saturday, October 19th at 7pm at 5th & O'Neill.

Holiday decorating and tree trimming will take place at the end of the Thanksgiving Alcathon, Friday, November 29th at 1pm.

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 October 7th, 7:30 pm

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

PI/CPC October 1st, 6:45 pm

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

DELEGATES TO CENTRAL OFFICE October 1st, 7:30 pm

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

GENERAL SERVICE October 15th, 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) October 6th & 20th, 12:15 pm

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

H&I (Hospitals & Institutions) October 22nd, 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

- OCT 5** 57th ANNUAL SMC CENTRAL OFFICE ANNIVERSARY PARTY: 5-10pm; American Legion Hall, 651 El Camino Real, 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.
- OCT 19** TRUSTED SERVANTS WORKSHOP: 1:15-3:15pm; San Carlos Peninsula Fellowship, 1133 Eaton Ave., San Carlos. Learn the ins and outs of being a group secretary, treasurer, or literature person. Handouts provided.
- OCT 26** TRUSTED SERVANTS WORKSHOP: 10am-noon; Mariners Community Church, 100 Stone Pine Rd., Half Moon Bay. Learn the ins and outs of being a group secretary, treasurer, or literature person. Handouts provided.
- 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.

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

October 6, **Jim L.** Chapter 7, S.F.

October 13, **Murph J.** Tues. Prime Time Bgme.

October 20, **Julia J.** Monday Monday. S.F.

October 27, **Veronica S.** Pedro V., Pacifica

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

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



Ralph A	Pacifica	42 yrs
Phillip	SSF	17 yrs
Lynn P	San Bruno	6yrs

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.

Step Ten: Up Close and Personal

Spiritual, mental, emotional, and physical inventories

I don't like going to doctors. But this sponsor of mine has a rule: if it bleeds, swells, or hurts for more than twenty-four hours, call a doctor.

So, "Call your doctor," was his suggestion when, one day, I casually mentioned a dull pain around my right ear, an annoyance more than anything, although at times it throbbed a bit. And no, I didn't know why it was hurting, though I thought it might have had something to do with swimming a couple days earlier and, yes, it had been going on for a few days.

I've heard that some people do what their sponsors suggest at breakneck speed, but I'm not in that group. A week went by, and my sponsor said, "How's the pain? Have you called your doctor yet?" I answered the questions in order: "Still as it was, but not getting any worse" and, "No; I tried, but his phone was busy." Silence from him. Then: "Don't you think you need to do a little more work on your Tenth Step?"

Tenth Step? What did the Tenth Step have to do with it? Personal inventory. . .when wrong. . .admitted it. What did this have to do with an earache? "Just read the Step," he suggested. "You've heard the words at every meeting. But maybe you need to understand more of what they mean." So I did what was suggested. Not at breakneck speed, of course, but I did it.

"Continued to take personal inventory": "Continued" was easy enough, since it refers to an ongoing process I do frequently--sometimes daily or even minute-by-minute. "Inventory" was also easy. It was an echo of the Fourth Step, where I did an inventory of myself.

But then I noticed a difference. It was always there, so how did I miss it? In the Fourth Step, the inventory was "moral"; in the Tenth Step, it is "personal." Was the different wording significant?

Perhaps it was; perhaps more than I'd first noticed. Bill W. warned us against complacency or self-congratulation ("After Twenty-Five Years," Grapevine, March 1960) and reminded us that, unless we keep growing, we fall back. It seems to me that one of the major purposes of the last three Steps is to keep us from complacency, to keep us growing so that we don't fall back into our old, sick ways and perhaps even into active alcoholism. Of course, that growth needs to continue on the moral level and we need to "inventory" it. But my inventory, and growth, also need to include all that I am as a "person," and that includes my spiritual, mental, emotional, and physical dimensions, to say nothing of how I relate to other people. And so, taking a "personal" inventory means that I attend to all aspects

of myself, of my "person," including, but not only, the "moral" part of me.

"And when we were wrong, promptly admitted it." Over the years, how often had I heard that line and misunderstood it? At first, I thought that it meant to pay attention only to my faults or character defects. But that's not what the Step says; and, in fact, in the "Twelve and Twelve," Bill W. writes that we need to be aware not only of our limitations, defects, and shortcomings, but also of our strengths, talents, and successes. In short, we need to take a balanced approach to ourselves. Should my "personal inventory" reveal that I am off-balance in any aspect of myself, I should "promptly admit it."

"Admit it": This is not a mere acknowledgment that something about my person is off-balance, that some aspect of me needs correcting, but, once that's done, I must take action on restoring the balance. From first to last, AA is a of program of action. It is not particularly useful for me simply to admit that some aspect of myself needs correcting and then to do nothing about it. Admission that something is the matter is the doorway to growth; but there will be no growth unless I follow up the admission with action.

My meditation on the Tenth Step showed me some powerful ways of applying it to my life that I had not seen before. Since alcoholism is an illness that affects all aspects of me, recovery from alcoholism must then include all aspects of me. For me, working the Tenth Step properly means being attentive to my moral growth--as well as my spiritual life, my mental and physical health, my emotional well-being, and my relationships with others. Should I find anything "wrong" about any of these aspects of me, I need to correct it as soon as I can.

"How's the pain now?" my sponsor asked some weeks later. "Gone," I replied. "Ear infection. Good antibiotics. Good doctor." And, I thought, Great Tenth Step!

Jamie C., West Henrietta, NY
Grapevine, October 2007

A.A. Around the World

Not Alone in Zanzibar

With outreach, service and Fellowship, AA swells in Tanzania

I HAVE lived for five years in Zanzibar, Tanzania, as a loner, but that is no longer the case. Meetings were started in January 2009 by a local man who had gone to a rehab in Mombasa, Kenya, and learned about the Twelve Step program there. He came back to Zanzibar,

shared his new way of life with others and now there are two "sober houses" and daily meetings in Swahili, with more than 15 attending. I have become a part of the recovery community here in Zanzibar and I am grateful, as I know that I do not have to stay sober alone any longer.

Three of our newcomers from Zanzibar (two from Dar es Salaam, one from Arusha) and I went to Dodoma, Tanzania, to help with an alcoholism seminar. The seminar was facilitated by a (Dr. Bob yes, that is his name) who is in recovery and works with a faith-based organization that is trying to teach people about alcoholism. They are basing their information on the Twelve Step programs, and they have previously worked successfully in Russia and Romania.

I am not sure what I found to be the most exciting thing during our week in Dodoma. It was like a retreat for all of us, with lots of good work in between resting and sharing with each other. We had an AA meeting every night for six nights--the most consecutive meetings I've been to in many years. The energy was amazing--the three men from Zanzibar had never met other recovering alcoholics. Dr. Bob has been sober for 32 years and they were in awe. They told him that they had read some of the stories in the back of the Big Book, but they were honored to meet a real live person with a lot of time. They call people with a lot of sobriety "Watangulizi" which means "those who have preceded us." And it was wonderful for me to have someone with more time than me around--I was nearing 29 years of sobriety.

I have learned so much from all of the newcomers in Zanzibar. I have always said that newcomers have a wisdom that is unprecedented, and I love listening to how they integrate the Twelve Steps into their lives.

Watching friendships becoming established was magical for me during our time in Dodoma. I love being a member of Alcoholics Anonymous and it has been a great honor for me to be a witness to the birth of the program here in Zanzibar. Our first two days were at a theological college in Dodoma.

There were over 90 pastors and students who work in the villages, and they want so much to understand and help people who are afflicted with this horrible disease of alcoholism. They asked many questions of our team, and the men were thrilled to be able to share their experience, strength and hope.

Our last two days were spent working with members of the pastoral, medical and police communities. We told our stories again and our Dar member later facilitated a

group of staff from the mental hospital to come up with a plan for meetings in the hospital. A member from Zanzibar talked about how the program began with one man and has grown to more than 100 in less than two years. I spoke about the Traditions, which are the foundation of our program and necessary for the sustained growth of our Fellowship.

Here I am reading about guys staying at Dr. Bob's house (the first "sober house") and how meetings started in Akron and Cleveland. There were many parallels in Zanzibar.

Coincidentally, I brought along the book Dr. Bob and the Good Old-Timers, which I was reading for the first time. Now, I have never been one to know a lot about the Big Book in detail or the beginnings of AA. I have always been just another bozo on the bus who appreciated that there were many meetings for me to choose from in Connecticut, where I got sober. So here I am reading about guys staying at Dr. Bob's house (the first "sober house") and how meetings started in Akron and Cleveland. There were many parallels to what has been happening here in Zanzibar and the mainland. We have had some struggles understanding how to follow the Traditions, but everyone is so honest, willing and open to learn how to build this program so that it can have a strong foundation for the future.

The energy by the end of the six days was palpable. I know that the seed has been planted in Dodoma and that our ties to each other in Tanzania have become much stronger.

The two other members went back to Dar meetings with such energy and life that others in the meeting were giddy with excitement. Some of them are hoping to visit us in Zanzibar and meet the rest of our community. We are talking of having an AA conference for Tanzania in Zanzibar. We want to start small, and are just so excited to know each other and know that together we can stay sober.

I am grateful that I have stayed sober throughout my first years here in Africa as a loner. It's a great relief to be involved with the recovery community--my sobriety and my being a part of the Fellowship are the basis of my life. As long as I stay sober, anything in the world is possible.

We have started a Saturday morning English-speaking AA meeting, and you are welcome to visit us--Karibou Zanzibar!

Kathryn S., Zanzibar, Tanzania

Grapevine, September 2010

Life Without The Fall

She changed her thinking and changed her life

My sobriety date is February 14, 1977, which is five months before I joined Alcoholics Anonymous in Racine, Wisconsin. During that time, I proved to myself I was crazy even when I didn't drink. Until then, I blamed my crazy behavior on alcohol only.

I joined AA because I didn't want to drink anymore, but that was impossible for me without help. I didn't want to change, I just wanted things around me to change. The "God business" wasn't for me either. But I kept going to meetings.

I had two sons, a house to maintain, and tended bar for a living. In those days, few women in Racine belonged to AA. In my meeting, I was outnumbered by a group of guys who didn't make it easy for me. I did what they told me to do, not because I wanted to, but because I didn't feel I had any other options.

I either walked on water or at the bottom of the pit during those early years. I held onto two phrases that helped: "Don't take that first drink," and "Keep coming to meetings."

I'm manic depressive, but I don't think any of my fellow AAs knew what was wrong with me. I couldn't afford medical treatment. When I was depressed, they told me to snap out of it, or someone would say I wasn't working my program right. But I didn't mean "down in the dumps" when I said I was depressed. If asked why I felt that way, there was no reason. It just happened, and always after a high. The higher the up, the lower the down.

I know people in and out of AA who take medication for depression. I'm grateful I didn't. Without the pain, I would have cheated myself out of the gain. After a few years, I started to get better.

The women who came into AA after me made me work harder. Working with others helped me; it took my mind off me. I did service work in jails and prison groups. When I left the Racine county jail, I found it hard to feel sorry for myself. I read AA literature every day and found a Higher Power who is active in my life every day.

A woman named Barbara became my sponsor during my fifth year of sobriety. If I changed my

thinking, she said, I'd never have to worry about my behavior ever again. It was the hardest thing I've ever done.

When I started a sentence with "If only," Barbara would say, "Back up, rephrase, you're not facing reality." If I said, "I should," she would interrupt. "Stop! You either want to do it or you don't. 'Should' means you're trying to live up to someone else's expectations. You'll end up feeling guilty or resentful." "I have to ..." I'd say. "Wrong!" Barbara would reply. "You want to or you don't. 'Have to' makes work out of everything, and it's a lie. You only get well to the degree that you're honest with yourself."

The list went on. She was right. Changing my thinking changed my life.

By the time I was eight years sober, my periods of depression were gone. What I am now is real. No one can take that away.

Where am I today? I sold my business this January and retired. I'm still active in AA, but not as much as I was the first thirteen years. My two sons are both sober today. (I have no grandchildren.) At least for today, alcoholism has stopped in my immediate family.

There are things I miss--the top of the mountain.

And the things I don't? The fall.

Karen K., Soldiers Grove, LA
Grapevine, October 2006



Call for stories to update "A.A. for the Older Alcoholic"

The 2019 General Service Conference recommended that "the pamphlet 'A.A. for the Older Alcoholic – Never Too Late' be updated with a revised introduction; current and inclusive stories; reference to online A.A.; and an updated 'How Do I Find A.A.?' section." The trustees' Cooperation with the Professional Community/Treatment and Accessibilities Committee is seeking stories from a broad cross section of older A.A. members to make the pamphlet more representative of the Fellowship.

Typed manuscripts should be 500-800 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages. Please include your complete name, address and email/phone information; The anonymity of all authors will be observed, whether or not their story is selected for publication. Please email your sharing to: access@aa.org and put "A.A. for the Older Alcoholic" in the subject line of the message. Or, you may mail it to Access Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163. The deadline for submissions is December 15, 2019.

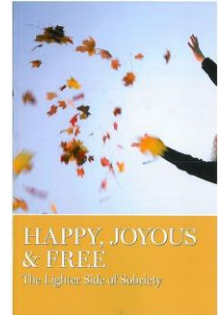


BOOK OF THE MONTH

Happy, Joyous, & Free: The Lighter Side of Sobriety

Happy, Joyous & Free is a collection of stories from the Grapevine that shows how, in recovery, AAs have learned to laugh.

Getting sober can be painful and amazing, but it also can be pretty darn amusing. This collection of stories from the Grapevine shows how, in recovery, AAs have learned to laugh. It's full of light and humorous stories about our early mistakes, navigating drinking events, funny things sponsors say, interesting Twelve-Step calls, holiday adventures and more. They remind us to not take ourselves so seriously and to always strive to be "happy, joyous and free."



Happy, Joyous & Free is available for purchase at a **special price of only \$10** through the month of October at our Central Office.

Reminder: Treasurer Registration

In an effort to have more groups registered with Central Office, the Delegates agreed to begin registering group treasurers rather than secretaries. Since a treasurer's term is two years, versus 6 months for a secretary, there will be less frequent need for changes. If you are a new Treasurer, please call or visit Central Office, or use the form on the website. Currently registered secretaries needn't change anything.

**San Mateo County Fellowship of Alcoholics Anonymous
Delegates Committee Meeting Minutes
September 3, 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. Harry Z. read the Twelve Traditions; Tatiana S. read the Responsibility Statement.

Minutes: The August 2019 minutes were reviewed and approved.

New Delegates: None

A.A. Birthdays: Helen G., 8 years; Harry Z., 29 years; Genado D., 21 years

Financial Report: The August 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. The CNCA has a new discussion topic. : "Reaching out to African American Alcoholics". Please let your treasurers when making a donation to please make checks payable to AA District of San Mateo. 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. Presentations in August were limited to the monthly PACT meeting with parolees in Redwood City. We attended a joint meeting of Area 6 (our area) and Area 7 (central CA) PI-CPC, Bridging the Gap (BTG) and H&I committees in Petaluma on the last Saturday in August. The message we received was that the service organizations, PI-CPC, BTG and H&I are almost always understaffed and that there is a lack of communication between the service organizations. District 05 PI-CPC committee discussed how we can inform AA members of AA service opportunities. The committee also reviewed the AA Guidelines on the use of e-mail when asking if AA can be of service. Planned September Events are: National Day of Prayer, Sept 5th 11:30am to 1:30pm, RWC County Center Plaza; Resource Fair, Sept 17th, 8:30am to 1:00pm, RWC County Center Plaza; Needs Staffing Help; PACT, Sept 19th 11:00am-12:00pm. RWC Parole Office; Recovery Happens Picnic, Sept 24th, 9:30am to 2pm, Central Park San Mateo The committee meets on the first Tuesday of the month, at St. Andrew's Lutheran Church, at 6:45pm.

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: No report. 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 tell treasurers to put their email on the slip sent with the receipt so he can start emailing receipts. Paper receipts will be available upon

request. We can only fit (4) flyers in each High Sobriety. The 1st (4) "paid" flyers will go in. The other flyers will be put out at the Central Office and at the Delegates Meeting.

August 2019 Central Office Activity

Twelfth Step Calls: 1 Office Visits: 79

Phone Calls for Information: 116 Website Visits: 7367

(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. 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@ymail.com or call (415) 706-3460. If you or your group wants to donate a basket to the silent auction, email Lori C. cancella.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.

Spanish Central Office: No report.

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

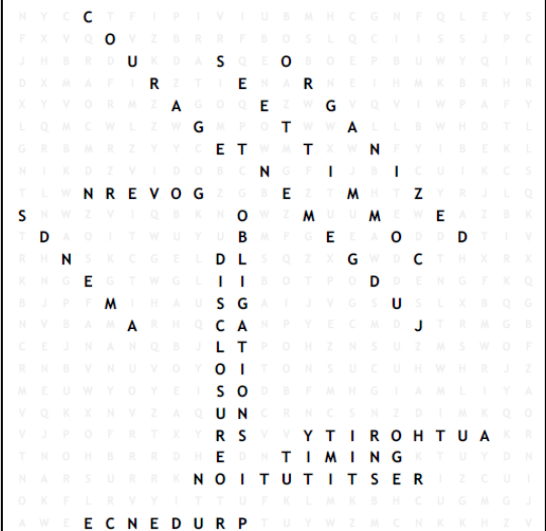
Delegates Present: 29 **Delegates Collection:** \$63.00

Next Meeting: October 1, 2019, 7:30 p.m.

Step & Tradition Ten

1. TMRLPYOP _____
2. ENSCAGRIH _____
3. MOSTEIV _____
4. RUETDACBISSN _____
5. MINSAISDO _____
6. SUSEIS _____
7. EVYNIROTN _____
8. CNREVORYOTS _____
9. OPOIINN _____
10. CLIPUB _____

Step & Tradition Nine



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

	SEPT	Total YTD		SEPT	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	44.00	709.00	Accounting Services	57.00	1,481.00
Book sales	792.83	12,988.15	Books Purchased	1,174.50	10,622.17
Central Office Annual Party	125.00	400.00	Chips	133.55	1,602.65
Chip sales	177.61	1,913.21	Central Office Annual Party Exp	0.00	1,446.69
Delegates Collection	0.00	481.00	Central Office Insurance	151.34	1,237.31
Faithful Fivers	175.00	3,200.00	Employee Insurance	126.00	2,653.50
Group Contributions	3,179.32	68,492.29	Miscellaneous	0.00	0.00
High Sobriety Subscriptions	20.00	104.00	Office Equipment Lease & Maint	312.38	2,934.58
In Memoriam	1,000.00	1,000.00	Office supplies	454.86	2,880.09
Individual Contributions	0.00	3,460.00	Outside Services	0.00	0.00
Interest Income	0.00	0.00	Postage	0.00	929.06
Other	0.00	0.00	Rent	1,412.00	12,718.00
Printing	0.00	2,278.51	Salaries	4,228.60	38,236.68
Sales Tax on Books & Chips	101.86	1,497.68	Sales Tax on books	0.00	1,241.00
Tax Refund	0.00	113.51	Taxes (Payroll)	1,695.74	15,322.66
	0.00		Telephone & Tech	220.14	2,511.27
Total Income	5,615.62	96,637.35	Telephone Advertising	80.00	860.00
			Teleservice	151.00	1,411.00
Less Expenses	10,197.11	98,313.63	Travel Expenses	0.00	225.97
			Web Services	0.00	0.00
Net Income (loss)	(4,581.49)	(1,676.28)			
Starting Balance		30,750.39			
Plus Net Income/Loss		-4,581.49			
Ending Balance		26,168.90	Total Operating Expenses	0.00	98,313.63
TOTAL PRUDENT RESERVE		49,878.80	Net Income (loss)	(4,581.49)	(1,676.28)
TOTAL CASH POSITION		76,047.70	2019 Year-to-Date Summary		
			Year-to-Date Income		96,637.35
			Year-to-Date Expenses		98,313.63
			Year-to-Date Net Inc/(Deficit)		(1,676.28)

SAN MATEO COUNTY FELLOWSHIP 2019 GROUP CONTRIBUTIONS

BELMONT	SEPT	YTD	LA HONDA	SEPT	YTD	REDWOOD CITY	SEPT	YTD	SAN MATEO	SEPT	YTD
Belmont Tues. Noon Group	138.17	1,056.00	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.		270.23	Bunker Young People		487.06
Forum (unlisted)		475.00	MENLO PARK			Complete Abandon Group		334.34	Eye Opener		422.43
One Line at a Time	10.00	671.40	Atherton AA		928.00	Foundation Stone Group		345.10	Fireside Group		224.70
Singleness of Purpose		140.00	Atherton Gp 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		434.52	Sun. Nite Sharing		180.00	Monday Night Men's 6:30		250.00
BURLINGAME			Menlo Park Men's Group		570.01	The Sewer Group		445.00	Morning Serenity (All)		1,071.00
Any Length		1,709.40	Mon. 12:10 PM Happy Hour		805.00	Thumpers		472.80	San Mateo Forum		79.80
Back to the World Group		142.00	Sat Morning Sandhill		3,242.40	Vision for You		1,250.00	San Mateo Group # 1		485.04
Burlingame Men's Gp		495.20	Tues Noon Book Worm		282.10	Wed. Woodside Meeting		1,037.85	Slainte Group		298.10
Burlingame Noon Men's Gp		335.05	Women's 12- Step Thu Noon		278.62	Woodside Gp Sat Sequoia		190.80	Sunday Sundowners	21.00	112.00
Burlingame Read a Passage		128.00			288.38				Tues New Beginners		310.00
Ham & Eggs		1,313.17	MILLBRAE			SAN BRUNO					
Hillsborough Men's Group		560.00	12 Step Study (Tues Noon)		518.56	12 Study Gp (Thurs)		244.67	SOUTH S.F.		
Just For Today		466.00				Big Book Study Fri (5pm)	61.41	321.45	Fri Night Acceptance Gp		120.00
Rap Group		357.12	MOSS BEACH			Come as You Are		1,112.10	Keep it Simple		54.00
Senior Focus Group	203.00	364.67	Serenity by the Sea		328.31	Daily Reflections Women		75.18	Midway S.S.F. Gp		420.00
Sharing Choices		275.00	PACIFICA			Early Enders		242.62	New Beginnings	143.88	287.36
Step thru Big Book		177.82	12 @ 6 Group		75.00	Experience, Strength, Hope		328.03	South City Womens		210.00
Sun. Nite Speaker/Discussion		15.00	12 Noon Disc. (Mon)		400.00	Grupo Serenidad		160.00	Watch your Step		230.00
Tuesday Nite Group		409.50	B.Y.O.B. Group	120.00	928.86	Living Sober/ HH (Tues)		404.77			
Twelve Steps Study (Mon)			Daily Reflections		345.40	Millbrae Group		273.35	WESTBAY ALANO		
			Fri Discussion Noon		420.00	Simply speaking (Sun)		37.50	Brown Baggers		84.00
FOSTER CITY			Grapevine Recovery		140.00	Spkr/Disc - Happy Hour (Mon)		443.56	Colma Eye Opener		810.60
BB 103 North		142.60	Happy Hour (Living Sober)		271.00	Tools of Recovery (Tue 6:30p)		49.52	Daily Reflect. (Mon)		120.00
FC Men's Sharing Group		289.11							Early Birds Daily Reflection (Weds)		206.00
Friday Noon Big Book	83.30	472.16	New Comers & Old Timers	222.00	222.00	SAN CARLOS		230.04	Grapevine (Mon)		240.00
Living Sober Groups (all)	148.79	761.28	Pacifica Discussion (Weds)	242.00	592.49	Gifts of Grace Fri Women		185.79	Living Sober (Thur)		120.00
Study the Text Group		563.19	Pacifica Men's Group		219.60	In Step with Bill		380.54	Men's no BS		525.70
The Old & the New	47.43	705.70	Pacifica Women's Mtg		161.70	S.C. Awareness Group		322.80	Mustard Seed	168.00	150.00
			Page 133 Group		192.79	San Carlos Beginners		1,750.00	Noon 12 x 12		42.00
HALF MOON BAY			Pedro Valley Pacifica		749.50	San Carlos Men's Gp. (Mon)	235.00	1,496.00	Smart Feet BB		102.00
3rd & 11th Step Prayer	46.20	825.24	Serenity in Pacifica		173.53	SCPF- all meetings		210.00	Tues 7am Big Book		180.00
Coastside Big Book		208.20	Sun. Afternoon Step		295.00	Sequoia Recovery Gp		397.71	Weds High Noon		100.00
Coastside Talkers		127.20	Tues Noon Disc. Gp		380.00	Sober Sundays		219.84	West Bay All Groups		88.20
Friday Nite Group		461.20	Wake Up Wake Up	180.00	755.00	We Have Recovered Group		220.22	Women's Happy Hour		569.83
HMB Happy Hour Group		148.00	Women's Big Book Study		205.34	Womens Read & Reflect.					
HMB Thurs Womens BB		830.08	Women who wear shoes		404.95						
HMB Tues Night Group		514.42				Misc.					
Sat Night Step		70.02	PORTOLA VALLEY			unknown		219.92			
Sat. Morning Eye-Opener		802.62	Chips Ahoy		60.00	The Irregulars (Final)		386.58			
Stone Pine 7AM Meet.M-F	108.00	1,495.00	Ladera Mon Nite Group	597.16	1,187.72	SAN MATEO ETC.					
Stone Pine Noon Meet. M-F*	120.00	1,670.00	Portola Valley 11th Step		575.00	Alkathon - Belmont		2,500.00			
Tues Womens 12th Step		210.00				Women's Home Gp (traveling)		634.38			

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