

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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December 2019

SMC Fellowship News

Holiday Alkathons

We still have two remaining Alkathons at Church of the Good Shepherd (more commonly known as "Fifth & O'Neill), Christmas and New Year.

If you are unsure what alkathons are, 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 7. 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 or go to the aa-sanmateo.org website.

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West Bay Alano Club in South San Francisco will also be holding their own alcathons over Christmas and New Year, with the following schedule:

Tues, Dec. 24, noon-9:30pm
Wed, Dec. 25, 6am-9:30pm, with feast from 1:30-4pm

Tues, Dec. 31, Noon-9:30pm
Wed, Jan 1, 6am-9:30pm, with feast from 1:30-4pm

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

December 2nd, 7:30 pm

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

PI/CPC

December 3rd, 6:45 pm

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

DELEGATES TO CENTRAL OFFICE

December 3rd, 7:30 pm

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

GENERAL SERVICE

December 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)

December 1st & 15th , 12:15 pm

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

H&I (Hospitals & Institutions)

December 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)

Central Office will be closed:

Tuesday, December 24th

Wednesday, December 25th

Wednesday, January 1st

Conferences and Special Events

DEC 13

55TH ANNUAL ANNIVERSARY AND HOLIDAY POTLUCK: Pedro Valley-Pacifica Speaker/Discussion Group, Holy Cross Lutheran Church, 1165 Seville Drive, Pacifica. 5:30 dinner, 7:30 meeting. Live music. Childcare provided during the meeting.

DEC 24-26

CHRISTMAS ALKATHON: Church of the Good Shepherd, 1300 5th Ave Belmont. 24/7 meetings on the even hours beginning at noon on the 24th and ending at 1pm on the 26th.

DEC 24-25

WESTBAY ALANO CLUB HOLIDAY ALCATHON: West Bay Alano Club, 216 Mosswood Way, South San Francisco. December 24th noon-9:30pm, December 25th 6am-9:30pm. Meetings begin on the even hours. Christmas Day Feast served 1:30-4pm. All are welcome.

DEC 31-JAN 2

NEW YEAR ALKATHON: Church of the Good Shepherd, 1300 5th Ave Belmont. 24/7 meetings on the even hours beginning at noon on the 31ST and ending at 1pm on the 2ND.

DEC 31-JAN 1

WESTBAY ALANO CLUB HOLIDAY ALCATHON: West Bay Alano Club, 216 Mosswood Way, South San Francisco. December 31st noon-9:30pm, January 1st 6am-9:30pm. Meetings begin on the even hours. New Years Day Feast served 1:30-4pm. All are welcome.

JAN 10-12

SOBRIETY BY THE BAY: Grace Cathedral, 1100 California Street, San Francisco. Register at SobrietyByTheBay.org.

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

Jan. 5	Mike S	Sonora
Jan. 12	Craig H	San Jose
Jan. 19	Nan	Mountain View
Jan. 26	Susan C	South San Francisco

**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*!



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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



Birgit R.

Burlingame

13 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.

Thumbing for the Holidays

Broke and lonely, a newcomer looking to do service hits the road and gets an unexpected surprise

It was a cold and snowy Christmas morning when I awoke in my friend's apartment. She had flown to California and asked me to house-sit for two weeks and feed her cat. I had been sober for barely two weeks. I was grateful because I had been "sofa surfing" since my car had been repossessed and was no longer available to provide sleeping accommodations.

Even if some of my friends with sofas had not grown tired of me, I didn't want to impose on any of them for too long. I had been attending meetings for a couple of months when someone suggested that I try coming to meetings sober.

So after a particularly disastrous drunk, I did just that. I began attending meetings sober at least once every day.

As the holidays loomed, many groups had parties and served food. I was unemployed and broke and so often these "eatin' meetin'" events were my only opportunity to eat.

Although I connected with several AA members I met at meetings, there were some people I just did not like. Jerry the Professor was one. (It seemed that more AAs had nicknames in those days.) Jerry was a dour, unfriendly fellow. I assumed that he didn't like me, so I avoided him. In fact, when he shared at a meeting, I would get up and go to the kitchen for a cup of coffee or to daydream about something else. I felt that nothing he had to say would be useful to me or help me stay sober.

So there I was in my friend's apartment on Christmas Day. She was not in AA. She was not an alcoholic. I knew there was alcohol in the place but she had put it away in deference to my budding sobriety. If I looked hard enough, I knew I would find it, though.

As my "poor me's" about the loss of my job, my home and my family set in, suddenly I remembered something I had heard at a meeting. It was actually something Jerry the Professor had told about his first sober Christmas and waking up alone. Somehow, he had gotten the idea that helping someone else might keep him sober. He had driven to the Salvation Army soup kitchen and volunteered his time, serving homeless people and driving meals to shut-ins. I couldn't remember when and where he had told this story but right then it was a godsend to me.

I didn't have a car anymore but that, and the fact that the nearest Salvation Army shelter was 40 miles away, didn't stop me. I bundled up and hit the road with my thumb out. The fact that it was Christmas probably inspired drivers to stop for me and I made into Hartford in three rides.

What if they don't need any help? I thought as I neared the soup kitchen. But my fear was unfounded. I was welcomed with open arms and put to work. I sliced turkeys and ladled gravy, waiting on tables set up for transients. I washed dishes, pots and pans. The day passed quickly.

When the last folks had been served and had left, we volunteers sat down to eat. Besides the Salvation Army folks, there were three lovely ladies who had worked as hard as I had all day. Now, shed of their aprons, I saw that they were tastefully dressed, their hair coiffed. They wore expensive jewelry. I felt dowdy in my worn jeans and faded sweatshirt, but they were friendly and asked me where I lived and so on. I burst into tears and confessed that I was just an alcoholic trying to stay sober and that was the only reason I had come in to help. All three of them laughed. "So are we, sweetie!" one woman said. "You're one of us," another said. "I might have known."

A feeling of gratitude like nothing I had felt before came over me. I was truly blessed. The ladies and I left together and went to a nearby meeting, after which they drove me back to my friend's apartment, which was way out of

their way. No way would they have me hitchhike in the dark, they said.

As I said my prayers before climbing into bed, I added, “God bless you, Jerry the Professor.”

Bonnie R., Ashe County, NC
Grapevine, December 2017

A.A. Around the World

A Pioneer in Paris

Now in his 90s, an old-timer in Europe recalls the early days of AA in France

For me, it all began in the mid 1960s. I was 37, a Spaniard living in Paris who for 20 years had been suffering an interminable progression of misadventures, disasters and disgraces. Finally, my lies, excuses and even my tears had all run out. I was very seriously considering suicide.

Quite unexpectedly, I learned of AA through an article by journalist Joseph Kessel, published in the French newspaper France-Soir. It seemed that a few “gringos” (as I called North Americans in those days, not without a certain disdain) were holding AA meetings at the American Church on Quai d’Orsay in Paris.

So despite myself, I went to a meeting there. As soon as I met these gringos and heard what they had to say, I knew I had found my people. Like me, they had been running away—not really knowing from what, or where to go. Like me, they were idealists who had failed in life, destroyed by drink.

My sponsor was Fuller P. His sponsor was Nick H., and Nick’s sponsor was Bill W. You could say I was sort of a great-grand sponsee of one of the original founders of AA. I have never forgotten the human warmth, care and kindness with which those gringos welcomed and helped me. They showed me a shared love through a simple and forgiving spirituality. They stressed the responsibility of passing the message on to other alcoholics in our wine-growing regions of Europe. Here, our culture and customs had given wine,

which was not even considered alcohol, an absurd importance that was treacherous for alcoholics.

Indeed, the Americans had been trying to get a French-speaking group going for more than 14 years, to little avail. A few months later, four of us who had arrived after reading the article in France-Soir opened the first French-speaking AA group in France. That was more than 57 years ago now. Slowly but surely, the obstacles fell away, allowing us to continue and grow.

In AA, we focus on living here and now, one day at a time, 24 hours—the time it takes earth to rotate once on its axis. The Steps, the Traditions, the Concepts and the Promises are each 12 in number, like the 12 months of the year.

With the help of the group and my sponsor, my values began to change. I began to understand that to be happy was simple—the difficult thing was to keep it simple. I began to understand that the more I gave in this world, the more I received. I learned that I needed to prepare myself every day by ironing out the wrinkles that had been in my soul since childhood.

From my very beginning, I had confused living with suffering, perhaps due to an innate hypersensitivity. I was emotionally immature, as my fears had blocked my emotional development. I was poorly armed for coping with life, and a defensive ego had grown within me. When I finally discovered alcohol, this ego grew even stronger and led me to lose sight of reality.

I was an active alcoholic during the 1940s and 1950s, when alcoholism was not yet considered a disease, but rather was believed to result from a lack of willpower. Alcoholics were often given electroshock therapy. No matter how strong the electric shocks, they never managed to transform the soul.

Over the years, I’ve met many members who, after a time, began to believe they could manage on their own and stopped going to meetings. Even if they don’t drink, it is sad to see them. They are like wilted flowers. I believe that once an alcoholic, always an alcoholic. If I don’t keep

coming back to meetings to share my experience and recharge my batteries, I will lose the joy of living.

I don't think AA came to exist in the world merely by coincidence just 82 years ago now. It seems to me that we are all still pioneers in this spiritual movement. There have been times I have feared that Alcoholics Anonymous might lose its course and flounder. But guided by a Higher Power and shared love our Fellowship has always overcome obstacles and progressed.

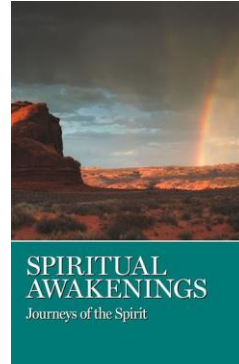
Thank you, dear gringos, who welcomed me to AA, for helping me to see that a spiritual awakening and new moral code could be the solution to all of my problems.

I'm now about to turn 94 years old. I enjoy good health, a marvelous family and a comfortable position, allowing me to regularly attend my AA meetings. I love sharing the best of myself, and reject the notion of becoming an old outdated dinosaur. They call me Manuel of Paris and I belong to Alcoholics Anonymous in body and soul.

Manuel of Paris, Barcelona, Spain
Grapevine, November 2017

BOOK OF THE MONTH

Spiritual Awakenings: Journeys of the Spirit



Our Twelfth Step says that having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. Therefore, what better Book of the Month for December than Spiritual Awakenings.

Read about the journeys of the spirit AAs have taken on the way from alcoholism to recovery: Their return to the abandoned faith of their youth. Their discovery of an entirely new Higher Power. Their integration of personal philosophies with the principles of the Steps and Traditions. And the practical ways they put their spiritual values into operation in their everyday lives. On the spiritual journey, we follow many paths.

Spiritual Awakenings is available for purchase at a **special price of only \$10** through the month of November at our Central Office.

Twelve Tips for a Sober, Joyous Holiday Season

Holiday parties without alcohol may still be a dreary prospect for new AAs. But many of us have enjoyed the happiest holidays of our lives sober. Here are some tips:

1. Line up extra AA activities--meetings, speaking, phone answering.
2. Entertain AA friends, especially newcomers.
3. Keep AA phone numbers with you at all times--and use them.
4. Find out about special holiday parties, meetings, or other events at groups in your area, and go. If you're shy, take a newer member.
5. Skip drinking occasions you're nervous about. Remember your drinking talent for making excuses? Put it to work for you in sobriety.
6. If you must attend a drinking party, and can't find a fellow AA to come with you, keep some candy handy.
7. You don't have to stay late. Plan for an "important date."
8. Go to church. Any church.
9. Don't sit around brooding. Catch up on reading, letters, walks.
10. Remember, one day at a time. Don't start now to worry about all those "holiday temptations."
11. If you can't give material gifts this year, you *can* give love.
12. "Having had a . . ." You already know the Twelfth Step!

Grapevine, December 1981

2019 Holiday Alkathon Schedules

Church of the Good Shepherd, 5th & O'Neill, Belmont

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	Meeting	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



"Self-justification is a universal destroyer of harmony and of love. It sets man against man, nation against nation. By it, every form of folly and violence can be made to look right, and even respectable. Of course it is not for us to condemn. We need only investigate ourselves."

AA Co-Founder, Bill W., June 1961

"Humility for Today," The Language of the Heart

Step & Tradition 12

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

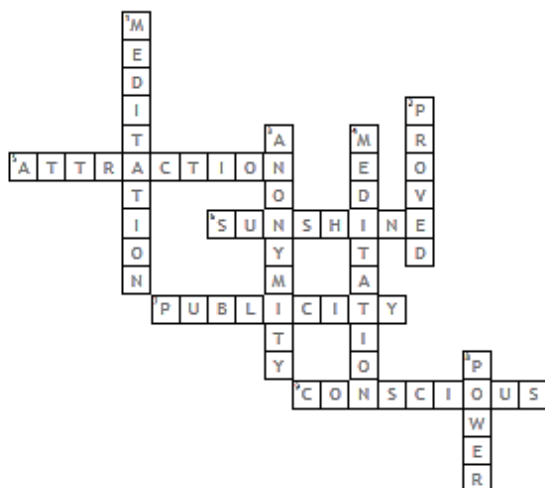
ATTITUDES
 PERSONALITIES
 PRACTICE

UNDERSTANDING
 PRINCIPLES
 MESSAGE

FOUNDATION
 ANONYMITY
 AWAKENING

HUMILITY
 SERVICE
 SPIRITUAL

Step & Tradition Eleven



**San Mateo County Fellowship of Alcoholics Anonymous
Delegates Committee Meeting Minutes
November 5, 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; Cathy C. read the Responsibility Statement.

Minutes: The October 2019 minutes were reviewed and approved.

New Delegates: Briana L., Foundation Stone; Jason L., Burlingame Men's meeting; Cathy C., Highlanders

A.A. Birthdays: Jackie W. 22 years; John R. 2 years

Financial Report: The October 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 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.ori@gmail.com or call (650) 787-2570]

PENYPAA (Peninsula Young People in A.A.): Kyle P. reported The Baywide Halloween Dance was a big success. After expenses, the group brought in about \$500. Our next event is on Nov 30th at 7pm. It will be a Marvel movie night and meeting at Friendship Hall at P90 in San Mateo. PENYPAA meets at San Carlos Peninsula Fellowship (1133 Eaton Ave), the 1st and 3rd Sundays of the month at 12:15 p.m. For more information please call Kyle P., at (650) 542 -6206 or visit www.penypaa.org.

PI/CPC (Public Information/Cooperation with the Professional Community): Brent M. reported. At the last meeting we discussed, "High School presentation review". We reviewed the recent presentations at El Camino HS and the questions the students provided. Last month's area meeting canceled due to fires. In Oct.

we attended (2): Health Fairs at Skyline and CSM. We presented at the monthly PACT meeting in Redwood City and three classes at El Camino HS. The HS students provided questions and thank yous. One memorable thank you said, "This helped me understand AA a little more. My parent is in AA and it has helped us all get through their alcoholism". What an AWESOME thank you notes. Upcoming events include informational Tables at a health fairs at Canada on Nov. 7th and Nov. 20th at Notre Dame in Belmont. The committee meets on the 1st Tuesday of the month, at St. Andrew's Lutheran Church, at 6:45pm.

CENTRAL OFFICE COMMITTEE REPORTS

Alcathons: No report. The holiday decorating and tree trimming will take place at the end of the Thanksgiving Holiday Alcathon on Friday, November 29, 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 / Tree Trimming

If your group wishes to make a donation to the A.A. Alcathon, please make checks payable to A.A. Alcathon. Contributions can be sent to A.A. Alcathon, P.O. Box 1352, Belmont, CA. 94002

Teleservice: No report. 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. October was a big month financially. We had the C/O Party and the end of the Quarter. The C/O Party went very well not quite as many people as we had hoped, but financially it was a success. We will not have the final numbers until we get the Hawaii trip done. Our new computer has arrived and is running Great and another big thanks to Jim M for donating the computer. We are running QuickBooks along with the old way we have been keeping books and Jan 1st we will be QB only! Please tell your treasurers to get me their email so I can send them receipts.

October 2019 Central Office Activity

Twelfth Step Calls: 4 Office Visits: 71

Phone Calls for Information: 131 Website Visits: 6869

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

Anniversary Party: Becky N. reported. The party was fun! Thank you to all who helped to make it the success it was! The silent auction was fun and the donations were wonderful. Thank you everyone who attended!

Sunshine Club: Karen A. reported. The Sunshine Club is 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.

Old Business: none. New Business: none.

Meeting Adjourned: 8:00 pm

Delegates Present: 31 Delegates Collection: \$60.00

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

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

	NOV	Total YTD		NOV	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	26.00	827.00	Accounting Services	57.00	1,595.00
Book sales	953.64	15,843.00	Books Purchased	0.00	14,724.51
Central Office Annual Party	1,630.07	11,418.98	Chips	79.45	1,826.70
Chip sales	149.55	2,370.01	Central Office Annual Party Exp	0.00	6,066.69
Delegates Collection	60.00	588.00	Central Office Insurance	101.57	1,489.21
Faithful Fivers	215.00	3,800.00	Employee Insurance	260.00	3,173.50
Group Contributions	4,839.80	88,713.83	Miscellaneous	0.00	0.00
High Sobriety Subscriptions	6.00	116.00	Office Equipment Lease & Maint	145.93	3,392.89
In Memoriam	0.00	1,000.00	Office supplies	490.97	3,398.80
Individual Contributions	100.00	6,660.00	Outside Services	0.00	0.00
Interest Income	0.00	0.00	Postage	54.00	1,039.36
Other	0.00	0.00	Rent	1,412.00	15,542.00
Printing	1,101.00	3,379.51	Salaries	4,515.10	47,366.16
Sales Tax on Books & Chips	115.81	1,845.32	Sales Tax on books	50.00	1,721.00
Tax Refund	0.00	113.51	Taxes (Payroll)	1,753.72	18,903.06
			Telephone & Tech	278.57	3,904.59
Total Income	9,196.87	136,675.16	Telephone Advertising	80.00	1,020.00
			Teleservice	151.00	1,713.00
Less Expenses	9,429.31	127,824.78	Travel Expenses	0.00	948.31
			Web Services	0.00	0.00
Net Income (loss)	(232.44)	8,850.38			
Starting Balance		36,958.00			
Plus Net Income/Loss		-232.44			
Ending Balance		36,725.56	Total Operating Expenses	9,429.31	127,824.78
			Net Income (loss)	-232.44	8,850.38
TOTAL PRUDENT RESERVE		49,908.69	2019 Year-to-Date Summary		
			Year-to-Date Income		136,675.16
TOTAL CASH POSITION		86,634.25	Year-to-Date Expenses		127,824.78
			Year-to-Date Net Inc/(Deficit)		8,850.38

SAN MATEO COUNTY FELLOWSHIP 2019 GROUP CONTRIBUTIONS

ATHERTON	NOV	YTD	LA HONDA	NOV	YTD	REDWOOD CITY	NOV	YTD	SAN MATEO	NOV	YTD
Sunday Spirituality		1,245.00	La Honda Group (Thurs)		536.60	A Vision for You		55.00	10 am Sunday Serenity		487.15
						Broken Elevator Thurs.		485.33	Bunker Young People		770.23
						Complete Abandon Group		546.08	Esto Es AA		200.00
BELMONT			MENLO PARK			Foundation Stone Group		345.10	Eye Opener		475.22
Belmont Tues. Noon Group	174.01	1,325.26	Atherton AA		928.00	Mon. Nite Fireside Chat		439.81	Fireside Group		299.10
Day At a Time	75.00	616.91	Atherton Grp Wed Noon		262.00	Mon. Noon Mtg.		376.40	Highlanders Grp.		472.00
Forum	10.00	550.00	Cottonmouth		1,387.65	Newcomers Q & A	56.08	515.00	Joy of Living	472.00	80.00
One Line at a Time		691.40	Fri. Noon Women's		1,308.44	Open Door Grp.	200.00	212.00	Lunch Bunch		771.30
Singleness of Purpose		140.00	Men's RAD Big Book		434.52	Sun. Nite Sharing	212.00	180.00	Mid Peninsula Women		505.45
			Menlo Park Men's Group		795.21	The Sewer Group	113.00	558.00	Monday Night Men's 6:30	150.00	400.00
BRISBANE			Mon. 12:10 PM Happy Hour		1,107.00	Thumpers		472.80	Morning Serenity (All)	407.00	1,478.00
Brisbane Breakfast	1,182.38		Sat Morning Sandhill		4,380.60	Vision for You		1,567.00	San Mateo Forum		79.80
			Sat Sunshine Grp MP 7:30		282.10	Wed. Woodside Meeting		1,479.20	San Mateo Group # 1		298.10
			Tues Noon Book Worm		408.22	Woodside Grp Sat Sequoia		190.80	Slainte Group		114.00
			Women's 12- Step Thu Noon		288.38				Sunday Serenity		112.00
BURLINGAME									Sunday Sundowners		310.00
Any Length	2,257.20	142.00	MILLBRAE			12 Study Grp (Thurs)		315.66	Tues New Beginners		
Back to the World Group		25.00	12 Step Study (Tues Noon)		697.33	Big Book Study Fri (5pm)		365.31			
Broad Highway Group	495.20	727.45				Come as You Are		1,444.91			
Burlingame Men's Grp	128.00		MOSS BEACH		328.31	Daily Reflections Women	6.60	94.38	SOUTH S.F.		240.00
Burlingame Noon Men's Grp	1,313.17		Serenity by the Sea			Early Enders		283.09	Fri Night Acceptance Grp		54.00
Burlingame Read a Passage	150.00	710.00				Experience, Strength, Hope	73.22	401.25	Keep it Simple	240.00	
Ham & Eggers			PACIFICA			Grupo Serenidad		160.00	Midway S.S.F. Grp		660.00
Hillsborough Men's Group			12 @ 6 Group		75.00	Living Sober/HH (Tues)	63.63	510.25	New Beginnings		287.36
Just For Today		466.00	12 Noon Disc. (Mon)		526.40	Millbrae Group		273.35	Oyster Point Discussion		355.00
Peninsula Prime Time		364.00	B.Y.O.B. Group	62.40	928.86	Simply speaking (Sun)		70.64	South City Womens		210.00
Senior Focus Group		357.12	12 Noon Disc. (Mon)			Spr/Disc - Happy Hour(Mon)		534.76	Watch your Step		230.00
Sharing Choices		414.00	Daily Reflections		501.40	Tools of Recovery (Tue 6:30p)		49.52			
Step thru Big Book		540.00	Fri Discussion Noon		420.00				WESTBAY ALANO		144.00
Step thru Big Book		547.64	Grapevine Recovery		280.00				Brown Baggers	60.00	
Sun. Nite Speaker/Discussion		15.00	Happy Hour (Living Sober)		316.00				Colma Eye Opener	158.20	968.80
Tuesday Nite Group		409.50	New Comers & Old Timers		222.00				Daily Reflect. (Mon)	60.00	180.00
Twelve Steps Study (Mon)			Pacifica Coastside	285.00					Early Birds Daily Reflection (Weds)		206.00
			Pacifica Discussion (Weds)						Grapevine (Mon)		240.00
FOSTER CITY			Pacifica Men's Group		592.49				Living Sober (Thur)		120.00
BB 103 North		142.60	Pacifica Women's Mtg		161.70				Men's no BS		525.70
FC Men's Sharing Group	60.20	289.11	Page 133 Group		471.21				Mustard Seed		150.00
Friday Noon Big Book		589.06	Pedro Valley Pacifica		749.50				Noon 12 x 12	48.00	90.00
Living Sober Groups (all)		858.35	Serenity in Pacifica		369.37				Smart Feet BB		102.00
Study theText Group	170.72	733.91	Sharp Park 3rd & 11th Step	378.00	378.00				Tues 7am Big Book		180.00
The Old & the New	99.40	909.75	Sun. Afternoon Step		295.00				Weds High Noon	210.00	310.00
			Tues Noon Disc. Grp		380.00				West Bay All Groups		88.20

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