

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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January 2020

SMC Fellowship News

Happy New Year!

Here we are in a new year. I heard someone say in a meeting last week that he is considering the year 2020 the year of seeing clearly and I really like that. 🤖

With the new year, many groups have commitments changing hands. As such, here are a few helpful reminders:

- You will find the Secretary Handbook on the Central Office Website. This useful document explains the ins and outs of being a secretary, treasurer and literature person.
- If you are a treasurer, please register your group with Central Office. This may be done by mail, email, or in person. The form can be found on the website. Registering is important as it helps us keep our schedules up to date and gives us a contact person in the event we have information to relay. You will also receive a free copy of High Sobriety for your group.

New for 2020, at the December meeting, the Central Office Delegates voted to change the *suggested* group contributions from 60% to SM Central Office and 30% to General Service in NY to 70% to SM Central Office

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and 20% to General Service in NY. Suggested contributions to District 5 and Northern California Coastal remain at 5%. As all groups are autonomous, these amounts are suggestions and should be changed only by group conscience.

I look forward to another year of High Sobriety. As always, if you have suggestions or something you would like to contribute, please send it to Central Office. Happy 2020 everyone!

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

Become a Faithful Fiver

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

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



Does your Group have a Central Office Delegate?

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



Birthday Club



Tatiana S.

San Bruno

9 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.

The Final Four Days

With his wife out of town, he settled into a binge. He didn't know it was his last

The day I entered the treatment facility, it was not to get sober. Drinking was not my problem, my wife was my problem. What I needed them to do was to fix my wife so she wouldn't kick me out of our 38-year marriage. It shows how little I knew of my disease in those first days and weeks of treatment, and also how glad I am that they had in-house AA meetings.

Exactly one week before that first day, my wife had left town to visit her mother as she had done numerous times before. And as usual, I had already planned for the four days she would be gone. Friday, Saturday, Sunday and Monday were mine to drink as much as I pleased without having to constantly hide it or the amount I drank.

She had left around six in the morning and by 8:00 a.m., I was drinking the last half of the pint of vodka I kept hidden behind the passenger seat of my jeep. This was just enough to keep me going until the ABC (Alcoholic Beverage Control) store opened at 10:00 a.m. where I purchased three half-gallons for the weekend. This would be enough to last through Monday leaving me a 24-hour window to sober up before my wife returned Tuesday afternoon.

In an unusual twist, I planned correctly the amount of liquor I needed for this binge. But upon awakening Tuesday morning and being an alcoholic in denial, I needed just a little to get me through until my wife's arrival at around 2:30 that afternoon. I knew if I bought just a half-pint that I could safely drink it before noon and be reasonably sober by the time she got home about four hours later. So I was at the ABC store when it opened and purchased just what I needed. The only problem was that by 11:00, I had not only finished that bottle, but had now decided I could use just a little more.

I always considered myself lucky because the ABC store was only a mile from my house and I could buy my drink easily whether leaving or coming home. This also made it easy for me to return that day, having already drunk the half-pint, to then buy a full pint and drive back home. Even though the half-pint was finally kicking in full force, I had already decided that it was fine to have just one more drink off the new bottle. I'd planned to save the rest for the next day, but by the time my wife pulled into the drive a little before 3:00 p.m. I had finished the pint too.

Needless to say I was more than a little tipsy. In fact, I was dead drunk. When I came to Wednesday morning my wife looked almost as bad as I felt. Her face was drawn from lack of sleep with tears streaming down her face. She was shaking from the anger and contempt and when she finally spoke, all she said was, "You need to leave, Joseph, I can't take this anymore."

This was the first time she had ever told me to leave. She had threatened me before but had never actually said those words. And for some reason (I now know it was my Higher Power looking after me) I believed her. I knew I needed to do something or I would be out on the streets. But to stop drinking, not on my life! What I needed was an easier, softer way that would allow me to return to my old ways as soon as possible and satisfy her at the same time.

After a call to my family physician that afternoon, I got into an out-patient program. I figured that all I needed to do was stay sober for three weeks and I would be home free.

With about three days sober, while doing out-patient, I found myself in an AA meeting. This was not in my plans at all but this was the beginning at the end of my drinking.

After 43 years of drinking, I don't remember much from that first meeting except it began with, "God, grant me the..." After the word God, I shut my ears. An hour later, the meeting closed with the Lord's Prayer. On the way home I needed a drink bad, but knew if I did I would be out of the house for sure, so white-knuckling it, I didn't.

That weekend, being Memorial Day Weekend, was the hardest of all because it was my first holiday sober since I don't know when. And to be honest I really don't know how I stayed sober except for the fear of being homeless. The treatment center I was attending was closed Monday for the holiday so it was Tuesday before my next day of treatment.

That Tuesday, they took us to another meeting. This time it was a speaker's meeting. I don't remember much about it or the person's story. All I could think of that night was that I had over two weeks left before I could start drinking again.

By the third AA meeting that following Friday, I began listening. I heard a guy about my age sharing how he had come into the program. And as he shared about his marital problems, a DUI and time spent in jail, he did so with a smile on his face and a laugh in his voice. He then talked about how his drinking finally got him here and what the fellowship had given him.

I thought the guy had to be on some kind of drug because there was no way he could be this happy and have such love in his heart being sober after all he had been through. But I did know this—whatever he had, I wanted it.

As I sat thinking on what I had seen and heard, I looked up at the wall to see the Twelve Steps. I read through them and when I came back to the First Step, I read it again.

Reading it, I realized that I was powerless over alcohol because when I bought that last pint I couldn't stop after the first swallow and save the rest for the next day as planned. I had to drink it until it was gone. And my life was certainly unmanageable because at the very least, my wife was ready to kick me out if I didn't stop drinking and I was in a substance abuse center being treated for alcoholism.

As the meeting drew to a close, the man who had shared also volunteered to pass out the chips. I waited until he had gone through them all before coming back around offering the white chip again to anyone "who just came out of a blackout

realizing they were in an AA meeting and wanted to walk with us one day at a time." I stood and walked up to that man, received my chip, a hug and a "Glad you're here," while accepting my alcoholism and the First Step.

That treatment center is now my home group because when I see the scared, angry looks of newcomers, it helps reminds me where I came from and without this program where I'd return. The man who gave me my white chip is now my sponsor. I am helping two sponsees work the 12 Steps and I haven't had a drink since May 25, 2011.

And the amazing thing about this is I owe it all to a program I didn't want to belong to in the first place. But mostly, I'm grateful for all those in the fellowship who loved me when I couldn't love myself and help show me a new way to live life sober, one day at a time.

Joe S., Winston Salem, NC
Grapevine, June, 2014

A.A. Around the World

New Beginnings in an Ancient Land

I started drinking seriously during the war of liberation of Israel in the late nineteen-forties. My unit was stationed next to one of the most popular bars in the city. We were forbidden to leave the base for many days at a time. The city was under siege, food was scarce, but the British had left the city well provided with alcohol. Here I was with time on my hands, little to eat, and lots of booze. I drank in a big way. It didn't take long for me to find myself in a situation where I was unable to function without a drink.

I was doing very well as a radio broadcaster, even becoming quite a success. In fact, alcohol gave me the extra boost I needed to do my job. I was unable to go on the air without taking a little something to help me. At first it was in moderate quantities, but soon it was measured in bottles instead of single

drinks. Then the idea of a glass as an intermediary between lips and bottle just vanished.

At this stage I still tried to keep up appearances. I used to fortify myself before going to places where too much drinking was not acceptable; at the event, usually part of my job, I drank little. However, I didn't always manage to stick to my good intentions. It wasn't too long before my alcohol arithmetic became hazy.

During this semi-hazy period I got attached to a woman who objected to my drinking. Her way of showing her dissatisfaction was by leaving me in a big and public way. This was humiliating and painful. Financially I was still solvent, but I was spending much more than I earned. I borrowed from family and friends. I begged for advance payment on my salary. I did every dirty trick to get money to support my drinking. Eventually my friends, colleagues, and family got weary of me.

However, I still managed to do a fairly good job and got a wonderful woman to marry me and have a daughter. In fact I did so well that I was sent to England. London was a drunkard's heaven. I had a small pocket flask, and I did systematic pub crawling. The bottle functioned as an energy resource to get me from one pub to the other in the cold English weather I wasn't accustomed to. That was an excellent excuse to drink as much as I wanted--to keep me warm. Many times I was unable to find my way home and I slept the night off in some sleazy hotel, in an unfamiliar neighborhood, from which it took me days to return to home and job. When the money ran out, I frequently found myself outside in the freezing cold.

When I returned to my homeland, I was already an accomplished drunk, a liar, a genius at sponging money, ready to do everything to buy the next drink, including bouncing and forging checks. When life became intolerable, I tried a geographic solution again. I still had my reputation, so I maneuvered for a job in Scandinavia, where I found even better reasons for drinking: it was even colder than England, a harsh and unwelcoming climate, a long winter, long dark days. Then I was off to study in New York, exchanging aquavit for

bourbon. I was having all sorts of health problems, some real, some imaginary, and some probably the result of heavy drinking. The doctor had no idea what to do with me.

How I managed to study and even graduate remains a mystery to me. After I graduated, I returned home via Lisbon. I was drinking heavily on the plane, mixing the alcohol with a good number of sleeping pills. Instead of getting home, I woke up in a Portuguese hospital, where nobody spoke any English. I found out later what had happened. At some stage I had asked the stewardess for another drink. I was very drunk and she refused and called the captain. At that time I weighed no more than 120 pounds, but I became violent. It took four strong men to overpower me and tie me down. They left me in a hospital during the stopover.

When I returned home, the bad times started with a vengeance. My drinking became totally uncontrollable. I lost family, money, job, home--I lost it all. I realized that I had a problem but thought there was nothing I could do about it. I became a regular patient in mental hospitals. I was fairly cooperative as long as I was hospitalized, but once I was discharged, I promptly began drinking again. I spent time in reasonably nice hospitals (I had nowhere to turn anyway) which provided food, shelter, and human company. I didn't have to worry about anything. It made drinking a bit complicated, but I managed. I was very good at faking it--most of the time. In those days, the doctors and nurses knew very little about alcoholism and were easily fooled. One psychologist told me that I was an alcoholic. And she knew from her studies and visits to North America that there was one thing that might help, and that was AA, but it didn't exist in Israel at that time.

I did not appreciate this simple diagnosis. I thought it was much more elegant to be diagnosed as suffering from "personality disorders" than just being a drunk. One day I booked myself into a cheap hotel with a few bottles and no food. I don't know how long I stayed there, probably about two weeks. I woke up in a hospital room with double pneumonia, losing thirty-five pounds. I understood

that I was committing suicide in a slow and shameful way--so why not do it cleanly, in one swift act? I tried and failed even that. Then I got a call from my psychologist. She told me that she had read in a newspaper that some people had founded AA in Israel. She gave me a telephone number, and since I was desperate, I called immediately. I was told that these people were sitting at somebody's flat, chatting over a cup of coffee, and I was welcome to come along. Something made me go right then.

There were three of them: a local English-speaking woman and two Canadian army officers attached to the United Nations. They gave me the Big Book and some pamphlets. What they were saying made no sense to me, in fact it seemed very silly, but one thing did come through: the men were senior army officers, they were smartly dressed, clean-shaven, and neat. They didn't look like drunks, yet once we started talking they convinced me that they had been exactly where I was. They understood what I was talking about. They were once lost drunks like me and somehow they had stopped drinking. That was the message I took away from that gathering--not the literature, not the pamphlets, but the belief that here were drunks like me who had stopped. If they could make it, why not me too? I wanted what they had, whatever it was.

I haven't had a drink from that evening on. I don't know why, I don't know how. One of the two Canadians, Bob, became my sponsor and I owe him my life. I decided to give it a chance. I decided the following: I will commit suicide on the fifteenth of the month if things don't work out. I just didn't specify which month! In the meantime I attended meetings. AA became my family, my home, my friends, my religion.

In the first few months, I didn't say much, but I listened. I listened to my sponsor, to some guests from abroad who were old-timers, and to newcomers. I learned mostly from the newcomers, with whom I could easily identify. It wasn't easy. I was in my late forties. I had to reconstruct a life out of the ruins. It took time and it was extremely difficult and complicated. I advanced three steps and retreated two. It is a road that nobody can travel alone. Finally I built up a new family and

made up with what was left of my old one. I started a new career and did well.

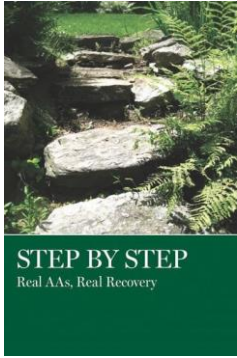
Whenever I start climbing the walls for some reason--usually because I'm unable to have things my way, like the behavior of my boss, my son's attitude, or even my country's politics--I have an instant cure. I close my eyes and visualize one of the many moments of past horror and humiliation: waking up in the street, begging a stranger for money, talking my way into buying a bottle on credit, or (worst of all) trying to convince a doctor to hospitalize me because I had nowhere to go. This and the Serenity Prayer always work instant magic.

When AA was first established in Israel, it was very intimate. We met in private homes. Meetings were held in English, and were therefore of limited value to those who were not bilingual. Eventually this changed. There was some internal bickering over the language issue. It was solved by a growing number of groups meeting both in Hebrew and in English.

The year 1995 was the climax of my AA life. I attended the International Convention in San Diego, together with some 80,000 other drunks, who looked happy and orderly and had a special aura about them. The friend in whose flat where I'd attended my first unofficial AA meeting twenty-three years before (and who has since left for greener pastures) proudly carried the flag of my country among the hundred flags from all over the globe. I went round in the convention, meeting people, talking to friends I'd just met, with one thought that would not let go: here I am with so many people from different countries, races, religions, professions, genders, and backgrounds, but they all--young and old, newcomers and old-timers--have been where I have been. And I had once thought I was all alone and nobody could share or understand what I'd experienced.

Moshe B., Tel Aviv, Israel
Grapevine, March 1999

BOOK OF THE MONTH



Step By Step

Real AAs, Real Recovery shows how AA members of all ages and all lifestyles from around the world; spiritual, religious and atheists; newcomers and old-timers have recovered and found a new way of life by working the Twelve Steps. Discover a variety

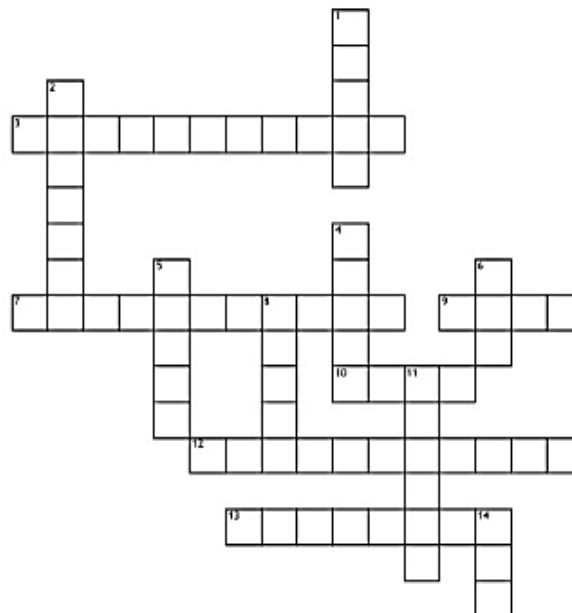
of experiences from AAs that have written about the Steps for the pages of Grapevine from the 40's to the present.

Step By Step is available for purchase at a *special price of only \$10* through the month of January at our Central Office.

December 2019 Solution

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

Those AA Sayings!



Across

- 3. _____ is the key.
- 7. Sobriety is a journey, not a _____.
- 9. It works if you _____ it.
- 10. _____ does it.
- 12. Expectations are _____ waiting to happen.
- 13. More will be _____.

Down

- 1. _____ things first.
- 2. Don't quit before the _____ happens.
- 4. You are not _____.
- 5. Do the next _____ thing.
- 6. Let go & let _____.
- 8. Life on life's _____.
- 11. Keep it _____.
- 14. One _____ at a time.

**San Mateo County Fellowship of Alcoholics Anonymous
Delegates Committee Meeting Minutes
December 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. John R. read the Twelve Traditions; Tom M. read the Responsibility Statement.

Minutes: The November 2019 minutes were reviewed and approved.

New Delegates: Helen R., PENNYPAA

A.A. Birthdays: Don C., 32 years.

Financial Report: The November 2019 financial report was reviewed and approved.

SERVICE COMMITTEE REPORTS

Bridging the Gap: Ted B. reported that they are seeking volunteers. 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.lori@gmail.com or call (650) 787-2570]

NCCAA (Northern California Council of A.A.): No report.

PENYPAA (Peninsula Young People in A.A.): Kyle P., reported SCCYPAA is hosting a Dance on Dec. 21st at San Jose's Alano West 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.penyypaa.org.

PI/CPC (Public Information/Cooperation with the Professional Community): Brent M. no report. 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. The Board met at the Fellowship office in San Mateo at 6pm on November 13.

Office Manager, Don C reported on his trip to the Office Manager meeting in Mesa, AZ. He was budgeted \$1200 and spent \$918.13 and returned the remainder to the Treasurer.

QuickBooks Update: The transition to QuickBooks is going well. Don is investigating the use of a credit card through QuickBooks vs. the Square. QuickBooks is being formatted for group donations and should be available in

Jan. Group receipts will be emailed but a paper receipt will be issued if required.

Suggested Meeting Contributions percentages: At this time the percentages are 60% for Central Office, 30% GSO, 5% for Area 6 and 5% District 5. Suggested donations are 70% for Central Office, 20% GSO, 5% for Area 6 and 5% District 5. It was moved that and seconded by the Advisory Board to recommend to the delegates that the change in suggested group donations to 70% Central Office, 20% GSO, 5% for Area 6 and 5% for District 5. The motion carried.

Don reported that the Central Office will no longer be open late on Wednesdays as very few people are taking advantage of the services. The San Mateo Fellowship telephone number will not be listed in the Yellow Pages.

Special Workers pay increase: The Advisory Board discussed the increase in our special workers pay by 2.1% for, \$0.54 for Don and \$0.42 for Steve per hour. It was moved and seconded by the Advisory Board to comment to the delegates the increase in our special workers salary of 2.1%. The motion passed, 7 yes and 0 No, 1 abstention.

Holidays: Don submitted to the board the list of holidays when the Central Office will be closed. It was moved and seconded by the Advisory Board to recommend to the delegates approval for the 2020 Central Office holidays. The motion was carried 7 yes, 0 no and 1 abstention. The holidays are: Jan 1 New Years; Jan 20 MLK; Feb 17 Presidents Day; May 25 Memorial Day; July 3 Independence Day; Sept 7 Labor Day; Nov 26 Thanksgiving; Nov 27 Black Friday; Dec 24 Christmas Eve; Dec 25 Christmas; and Jan 1 New Years Eve.

Alcathons: Becky reported that the Thanksgiving Alcathon went well. We need more help especially to clean up. If you'd like to volunteer, please call Gina C. at (650) 703-9595. 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. The elections will be next month, and it will be the 1st Tuesday due to it being the 7th. The Treasurer's Position will be available to anyone. Anyone that would like to be treasurer will need to submit their qualifications to Central Office before next month's elections. We will also be electing 2 Advisory committee members a Delegates Chair, Vice Chair, and the Delegates recording secretary. All the Alcathon (Alcathon) meetings in Belmont and West Bay Alano will be on the website and on Meeting Guide app. Alcathon contributions can be sent to A.A Alcathon, P.O. Box 1352, Belmont, CA. 94002. If your meeting is going to be closed during the holidays for whatever reason (we suggest being open if you can) let C/O know so we can put it on the website and meeting guide that it will be closed for whatever day. Going forth, Central Office will close on Wednesday evenings at 4:30pm.

December 2019 Central Office Activity

Twelfth Step Calls: 12 Office Visits: 65

Phone Calls for Information: 104 Website Visits: 7297

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

Trusted Servants Workshop: Bob M reported that there was an increase in attendance. Thank you to all who supported and Central Office.

Spanish Central Office: No report.

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: 27 **Delegates Collection:** \$36.00

Next Meeting: January 7, 2019, 7:30 p.m.

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

	<u>DEC</u>	<u>Total YTD</u>		<u>DEC</u>	<u>Total YTD</u>
Income			Operating Expenses		
Birthday Club Contributions	0.00	827.00	Accounting Services	937.00	2,532.00
Book sales	1,076.71	16,919.71	Books Purchased	634.47	15,358.98
Central Office Annual Party	0.00	11,418.98	Chips	149.50	1,976.20
Chip sales	329.19	2,699.20	Central Office Annual Party Exp	2,327.39	8,394.08
Delegates Collection	36.00	624.00	Central Office Insurance	0.00	1,489.21
Faithful Fivers	485.00	4,285.00	Employee Insurance	264.00	3,437.50
Group Contributions	6,668.32	95,382.15	Miscellaneous	0.00	0.00
High Sobriety Subscriptions	10.00	126.00	Office Equipment Lease & Maint	522.59	3,915.48
In Memoriam	0.00	1,000.00	Office supplies	34.02	3,432.82
Individual Contributions	0.00	6,660.00	Outside Services	0.00	0.00
Interest Income	0.00	0.00	Postage	0.00	1,039.36
Other	0.00	0.00	Rent	1,412.00	16,954.00
Printing	0.00	3,379.51	Salaries	4,067.74	51,433.90
Sales Tax on Books & Chips	147.59	1,992.91	Sales Tax on books	0.00	1,721.00
Tax Refund	0.00	113.51	Taxes (Payroll)	1,684.36	20,587.42
Total Income	8,752.81	145,427.97	Telephone & Tech	436.17	4,340.76
Less Expenses	12,620.24	140,445.02	Telephone Advertising	0.00	1,020.00
Net Income (loss)	(3,867.43)	4,982.95	Teleservice	151.00	1,864.00
Starting Balance		36,725.56	Travel Expenses	0.00	948.31
Plus Net Income/Loss		-3,867.43	Web Services	0.00	0.00
Ending Balance		32,858.13	Total Operating Expenses	12,620.24	140,445.02
TOTAL PRUDENT RESERVE		49,923.44	Net Income (loss)	-3,867.43	4,982.95
TOTAL CASH POSITION		82,781.57	2019 Year-to-Date Summary		
			Year-to-Date Income		145,427.97
			Year-to-Date Expenses		<u>140,445.02</u>
			Year-to-Date Net Inc/(Deficit)		4,982.95

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