

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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February 2020

SMC Fellowship News

Something to think about

Something I recently witnessed in a meeting has made me think about the subject of touching.

I am a hugger. Over my years in AA I have made a great many friends, male and female, who I am extremely comfortable hugging or being hugged by. That being said, there are some people in the rooms I am not particularly comfortable with touching me, even “innocently”.

Before anyone assumes I am implying men are “predators” and women are “victims”, let me share an experience I once had. I was arriving to a meeting one day and without even a thought, I hugged a female newcomer who I had seen a few times. Although she said nothing, it was quickly obvious to me that she was not comfortable with that level of touch and I felt awful. It was a very eye-opening experience for me. It had not occurred to me that hugging another woman could be wrong, but not everyone wants to be hugged, or even touched.

Now I’m certainly not suggesting that we shouldn’t hug or touch each other. Hugs from dear friends are part of what makes our fellowship so special, because we develop a kind of closeness with each other that most of us hadn’t had before. What I am suggesting however is that we try to be more aware. There are many reasons we might not express that a touch made us uncomfortable; we may not want to hurt someone’s feelings, or perhaps aren’t confident enough to stand up for ourselves yet. I myself have been guilty of both. But even without a verbal

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response, a person who does not wish to be touched will usually exhibit some sort of body language, whether it be recoiling or pulling back, stiffening up, or maybe a facial expression that shows fear or discomfort. We need to pay attention to these signs and act accordingly.

Part of carrying the message of AA is ensuring everyone feels comfortable in the rooms. We can all do our part by being cognizant, particularly around newcomers and those we don’t know, regarding physical touch.

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



Dennis M. SSF 10 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 Perfect Parent

Reflections on unconditional love – and forgiveness.

When I first came into the AA program, I believed in a vengeful, punishing, all-powerful God. I knew he could help me, but I was certain that he would not because I was such a horrible person. So, of course, I had turned my back on him long ago.

Around here we open and close our meetings with prayer, and I thought, "God--not him again!" My consequences required that I go to AA meetings or go to jail, so I kept coming back in spite of this reliance on God. After several months, I finally heard the first two words of the prayer we close with: "Our Father." I began to think about understanding a Higher Power as a parent.

My kids had done some pretty hurtful things while they were growing up, but I still love them. They had screamed (on more than one occasion) that they hated me. I still love them. If, as an imperfect parent, I could love and forgive my kids for those ugly scenes, was it possible that God could love and forgive me? After all, he was a perfect parent. Hmmmm. . . .

This was the beginning of my relationship with my Higher Power, whom I call the old HP. I began to see things a little differently. When they were babies, I taught my kids how to walk. I knew that they were going to fall and bump their heads, but I taught them anyway. Why? Because they would have a richer life by knowing how to walk. When they got older, I taught them how to ride bikes. I knew that they were going to fall and scrape their knees, but I taught them anyway. Why? Because I knew they would have a more independent life if they knew how to ride a bike. When time came for school, they were afraid and wanted to stay home the way they always had, but I made them go anyway. Why? Because I knew that education was necessary for fulfillment.

It occurred to me that my job as a parent wasn't to prevent difficulties, but to be there to comfort my children when the inevitable happened. The

lessons I taught them were all necessary and yes, sometimes painful. Often, my kids thought I was being mean instead of encouraging their growth. They would go to their room and slam the door in my face. I knew this was all a part of growing up, painful as it was.

I've come to understand that the old HP is the same way. His job is not to prevent my growth or to keep me from learning the lessons in life. His job is to comfort me when the inevitable happens. I still get mad and even slam the door in his face. But eventually I open the door and make up. Life goes on, both of us facing the world together. I do the footwork by staying sober and trying to do the next right thing and then leave the outcome to him.

Cal C., Fort Wayne, IN
Grapevine, April 2003

Introduction to Sanity

One night while I was sitting in a Second Step meeting I caught bits and pieces of what a woman named "Ann" was sharing with us. I had been in AA three long months and the inside of my head was still like a can of worms. I heard her say, "This is a list of stinking thinking that precedes the drinking. If I entertain any one of these thoughts for too long the rest will follow and I could pick up a drink. I use Step Two to rid my mind of these deadly thoughts."

Up to that point I believed I was surely *different*. I had been diagnosed by my psychiatrist as having an anxiety neurosis with schizophrenic reactions (I never mentioned my drinking to him), and I was impatiently waiting for somebody to address my unique form of insanity. Well, thank God my unique malady was described to me by Ann in seven short sentences:

1. "I'll show them!"
2. "I miss the fun."
3. "Is this all there is?"
4. "Next time will be different."

5. "I wasn't that bad."
6. "The world is passing me by."
7. "What's the use?"

After the meeting I asked Ann to give me a copy of her list of "stinking thinking." As soon as I got home I affixed it to the refrigerator door and referred to it many times during the following days. It is still the basic guide for my Second Step inventory.

As I progressed in my recovery in AA by trying to apply all of the principles in the Twelve suggested Steps I added a couple of thoughts that can be lethal for me. I also jotted some notes next to each line. My up-to-date list reads this way:

- 1) "I can handle it." (Playing God, omnipotence);
- 2) "Is this all there is?" (Lack of gratitude);
- 3) "I miss the fun." (Fantasy, illusion);
- 4) "I'll show them!" (Resentments);
- 5) "I wasn't that bad." (Arrogance, comparing);
- 5) "I'll never get that bad." (Omnipotence);
- 7) "Next time will be different." (Fantasy, illusion);
- 8) "The world is passing me by." (Despair, lack of trust);
- 10) "One can't hurt." (Fatal illusion).

That night some nine years ago I was introduced to sanity. Since then, a day at a time, I am being restored to sanity by my Higher Power through the Fellowship of AA.

R.J., Oxon Hill, Maryland
Grapevine, February 1987

A.A. Around the World

Lucky in Lima

In May 1999, I was in Lima, Peru for a trip. Several of the other travelers on my tour were drinking *pisco* (I'm told *pisco* is like white lightning sours) and acting funny. I needed a meeting. (I would have needed one even without the drinkers.) I had brought along my AA tapes, literature, and Grapevines, but I needed the real thing.

A taxi took me to the address I'd been given, which was 1050, and the street name. I had been told to look for a "little white house" in the middle of the block in which the Recuperation Group meets. But there was no 1050. There was a 1030 and a 1060 but no 1050! The taxi driver drove up on the sidewalk and we got out. There was a little white house in the middle of the block, but it had no circle and triangle hanging outside, and when I peeked in through an open gate, I saw a lush garden and trees which a gardener was watering with a hose. It looked a bit luxurious for AA!

The taxi driver said (I gathered as I didn't speak Spanish) that 1050 couldn't be on the other side of the street because it was an even number; even numbers were on this side. I felt desolate.

Then a man walked toward us and I buttonholed him. "Alcoholics Anonymous?" I begged, practically shaking him by the lapels. "Alcoholics Anonymous?" He looked bewildered and desperate to get away. He started walking on, then, as if a light bulb had gone on, turned back to softly inquire, "AA?"

"Yes!" I exclaimed, and he led me triumphantly to a small brass plaque next to the doorbell for the small white house. On the plaque was a circle and triangle perhaps three quarters of an inch tall. Bliss!

I happily dismissed the driver, who seemed as delighted as I was at the solution to my plight, and the man ushered me in through the gate--he was going there, too.

Grinning at each other, we walked through the garden and into a room where ten men and two women were sitting around a table listening to a man who was speaking in Spanish.

My escort sat at the table, while I took a place on a cushioned bench along the wall.

The speaker spoke dramatically and quite loudly. Heads wagged with the AA nod as people identified. And now came the laughter of recognition! Music to my ears!

I looked around. Familiar-looking GSO pamphlets were kept in a cabinet. Suddenly everything was right with the world!

I couldn't understand a thing the speaker was saying. After about ten minutes he finished and everyone clapped. Another man at the table

introduced himself by name, and I could tell that he added, "I am an alcoholic." He started talking. There was a stir and people turned to look at me because someone at the other end of the table was brandishing a guest book. The speaker glanced at me, got up and walked to the other end of the table and took the book, then walked back and sat down next to me. He whispered in English, asking me to sign the book, and informed me that there was an English-speaking meeting there that night.

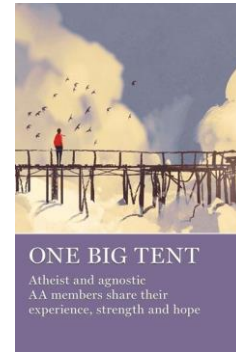
I was writing in the guest book when a young man gestured to me to follow him outside, which I did. He spoke good English and urged me to come back that night for the English-speaking meeting. I said I couldn't, but that even though I couldn't understand the speaker I'd just heard--he broke in, "You understand with your heart?" "Exactly," I said, crossing my hands on my chest, "I understood everything with the heart."

Back at the meeting, a very young man down at the other end of the table was speaking. Soon he finished and everyone stood up. They didn't hold hands, but recited something (the Serenity Prayer?) in unison, and the meeting was over. I talked a bit in the kitchen with the speaker, then with my original escort through the gate, and another man, who, it turned out, was going to Chicago for a wedding in October. One of them said he was sober "only" eleven years after I told him I was sober twenty-six years. We both agreed it was one day at a time.

When I asked them if they would get me a taxi to take me back to the hotel, one of the members offered to drive me there. He spoke no English, but we climbed into his pickup truck for a silent trip home, riding along contentedly.

Edith D., Manhattan, NY
Grapevine, April 2000

BOOK OF THE MONTH



One Big Tent

Atheists, agnostics, nonbelievers and secular alcoholics have been members of the AA Fellowship since its earliest days, making significant contributions to the development of the program, helping to swing the doors of AA ever-wider. But finding their path has not always been easy. *One Big Tent* is a collection of stories, originally published in Grapevine, which represent the shared experience of secular AA members who have struggled with alcoholism, yet ultimately found a common solution in AA. These members share how they found their place in AA, work the program, do service and sponsor others.

One Big Tent is available for purchase at a **special price of only \$10** through the month of February at our Central Office.



“Putting my ego aside to ask others for help still doesn’t come naturally, so I’ve made it a part of mt Tenth Step inventory, asking, ‘Have I failed to ask for help when I needed it today?’”

- Phoenix, AZ, “HELP”, AA Grapevine

Who's Who in AA History Name Scramble

1. VDRENEE RYHAR DKIOSFC

2. OOCRDT CLAR GNUJ

3. TRSEIS RAYM IATNIAG NGVAI

4. HRTU COKH

5. RTOCOD ETBRRO MIHST

6. LISO RBUAHMN ONLSIW

7. LLIB ISNOLW

8. NANE EPLYIR STMIH

9. ODCRTO ARYHR ITOUBTE

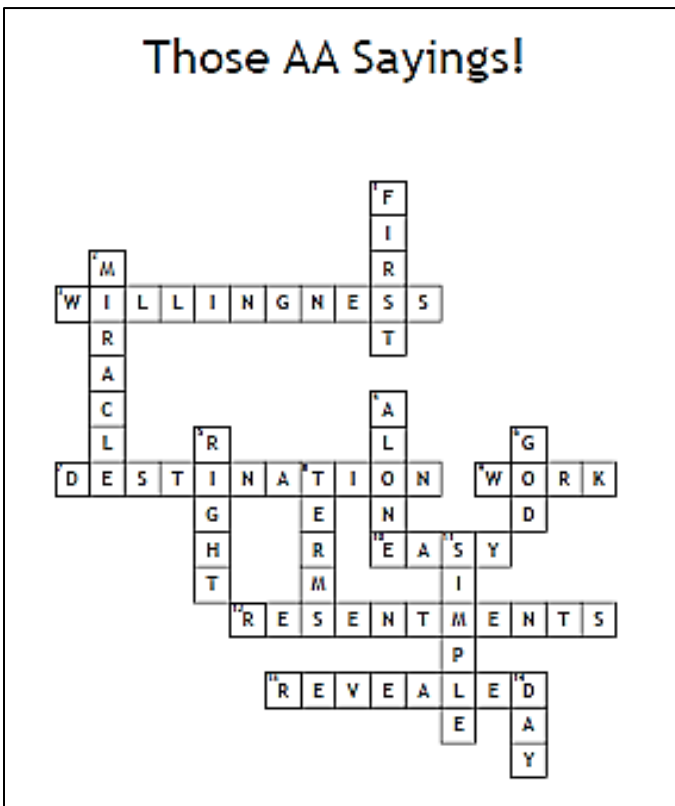
10. HOJN D RELFLERKOCE

11. BYBE AEHHCRTT

12. KCJA XAERND AEL

13. CODTRO MIAWLIL IWLKSORTH

Solution to January puzzle



The Secret of Serenity

IN attending meetings in various groups in our region, I am continually surprised at the number of members who are resentful because they have not acquired "serenity". They can't get peace of mind "no matter how they try."

It is my opinion and it has certainly been my experience that we don't "get" serenity by fighting for it or even by looking for it. In fact, we may even lose it by wanting it!

Why? Again, in my opinion, serenity or peace of mind is not a goal in itself. It is the result of a revolution in our thinking; a revolution, in our case, brought about by our efforts to apply the Twelve Steps of the AA program to our daily life.

I heard a real old timer the other night say that the Twelve Steps are really one step, divided into twelve pieces. Of course the First Step is essential to sobriety and without it the whole program collapses. But the core of the program is the Third Step. And the heart of the difficulty we have in applying it is our increasing desire to run the show in our own way. We lose our serenity in the hardship and anguish we suffer every day from the burden of our own selfishness and clumsiness and incompetence and pride. Discouraged by our own failures, we are hungry to be led and advised and directed by someone else. Who? The Third Step answers the question. *"Made a decision to turn our lives and will to the care of God, as we understand him."*

Our own will has become the source of so much misery and darkness, that we renounce our own will, our own ego and pride and desire and seek God's will for us. When we do this we find peace and serenity even in the midst of labor and conflict and trial. Serenity is impossible for the man who is dominated by all the confused and changing desires of his own will. And even if those desires reach out for the good things of life, for peace and recollection, or the pleasures of prayer, if they are no more than natural desires, they will make serenity difficult or even impossible.

It is unlikely then that we will have perfect serenity or peace of mind unless we are detached from even the desire for serenity. We may never be able to pray

perfectly unless we detach ourselves from the desire for the pleasures of prayer.

The secret of serenity then is detachment from our own will. That is worth repeating: The secret of serenity is detachment from our own will. If we attach importance to our own desires, we run the risk of losing what is essential to serenity--the acceptance of God's will, no matter what our feelings happen to be.

Detachment. If we think that the most important thing in life is serenity, we become all the more disturbed when we notice we do not have it. And because we cannot directly produce serenity in ourselves when we want it, our disturbance increases with the failure of our efforts. Finally, losing patience by refusing to accept this situation which we cannot control, we climb into the driver's seat and lose the one important reality--union with God's will, without which serenity is nearly impossible.

It is important then to revolutionize our thinking about the importance of the human will--our own human will in particular. I heard it expressed once as the laying down of our will alongside God's will so that the two become as one.

Just how we accomplish this is what makes the individual aspect of the AA program. For each of us comes into AA with a different temperament, a different background and various reactions to our past experiences.

One thing I think is important in setting goals for yourself. Do not become too disturbed at failure. We all have a lot of the old Nick in us and we are all far from perfect. If we expect to achieve perfection we shall certainly be disappointed. But peace of mind and serenity do come to us in proportion as we turn our lives and wills over to the care of God, as we understand him. But don't look for it and crave it. If you think serenity is a great and wonderful thing and that it makes you superior to other men, then you cannot desire it as it ought to be desired. It is necessary to be abased, not to be exalted. It is not helpful to be great in your own eyes but to be little. For it is in humility that you find the answer to all the great problems of life and the soul.

Anonymous
Grapevine, January 1952

**San Mateo County Fellowship of Alcoholics Anonymous
Delegates Committee Meeting Minutes
January 8, 2020
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. Faye J. read the Twelve Traditions; Mike W. read the Responsibility Statement.

Prior to the opening of the Delegate meeting an election for new officers for was held. Matt D. and Brent M. from GSR conducted the third concept election. election.

Officers for next year are: Michelle B. Chairperson, Mike B., Vice Chair, Advisory Committee Tatiana S. and Cathy C., Recording Secretary Becky N., Treasurer Gordon

After the election concluded the meeting was called to order by new Chairperson Michelle B.

Minutes: The December 2019 minutes were reviewed and approved.

New Delegates: Joan K. Sat 9am Sand Hill, John B. Eye Opener Sat 10am SMGH, Keith R. R4D, Fay Jennings 7am Eye Opener.

A.A. Birthdays: Camp Keil 9 months, and Andrea S. 33 years.

Financial Report: The December 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. Thank you to Matt D. and Brent M. for helping with our election. 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. The Spring Conference will be held in San Jose March 13, 14, and 15 at the Holiday Inn San Jose-Silicon Valley. More information on the website: <http://www.norcalaa.org>

PENYPAA (Peninsula Young People in A.A.): Camp Keil reported that PENYPAA will be holding a dance with the Santa Cruz

young people on Jan. 25 more information can be obtained at the PENYPAA visit www.penypaa.org. They are also having fellowship prior to the Thursday meeting and all are invited.

PI/CPC (Public Information/Cooperation with the Professional Community): Brent M. reported. He reported that the new panel is again looking at the bus plaques and will update.

CENTRAL OFFICE COMMITTEE REPORTS

Advisory Committee: No report.

Alkathon: Becky reported: The Alkathons are over and were a great success. The meetings were good and there was an abundance of food. Thank you to all who helped and who brought food to share.

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. QuickBooks is up and running. If we don't have the Group Treasurer's email, we won't send a receipt unless there is one requested. Please tell all your treasurers to make sure to get me their email addresses. 2019 was a goodyear for the Central Office. The office is running smooth. As I was doing the stats for December I went back and looked at the numbers from past years. This year we had an average of 2.5 12 Step calls 71 office visits and 111 phone calls per month. In 2015 (as far back as the records I could find) the average was 3 12 Step calls 93 office visits and 164 phone calls. There has been a drop each year in those numbers. This year we are going to focus on the internet and our website to make sure we have everything people need on the site. If anyone has any ideas (Alkathon meetings) on what we can put on our website we are open to hearing them.

October 2019 Central Office Activity

Twelfth Step Calls: 1 Office Visits: 56

Phone Calls for Information: 110 Website Visits: 7355

(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!

Trusted Servants Workshop: No report.

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: 9:00 pm

Delegates Present: 22 **Delegates Collection:** \$44.00

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

**SAN MATEO COUNTY FELLOWSHIP INCOME STATEMENT
JANUARY 2020**

	<u>JAN</u>	<u>Total YTD</u>		<u>JAN</u>	<u>Total YTD</u>
Income			Operating Expenses		
Birthday Club Contributions	20.00	20.00	Accounting Services	57.00	57.00
Book sales	1,368.67	1,368.67	Books Purchased	1,270.04	1,270.04
Central Office Annual Party	0.00	0.00	Chips	60.65	60.65
Chip sales	178.96	178.96	Central Office Annual Party Exp	500.00	500.00
Delegates Collection	44.00	44.00	Central Office Insurance	0.00	0.00
Faithful Fivers	465.00	465.00	Credit Card Charges	20.22	20.22
Group Contributions	13,333.86	13,333.86	Employee Insurance	264.00	264.00
High Sobriety Subscriptions	6.00	6.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	0.00	Office Equipment Lease & Maint	312.38	312.38
Individual Contributions	3,400.00	3,400.00	Office supplies	356.48	356.48
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other	0.00	0.00	Postage	500.00	500.00
Printing	0.00	0.00	Rent	1,412.00	1,412.00
Sales Tax on Books & Chips	162.46	162.46	Salaries	3,938.42	3,938.42
Tax Refund	0.00	0.00	Sales Tax on books	0.00	0.00
			Taxes (Payroll)	1,770.36	1,770.36
Total Income	18,978.95	18,978.95	Telephone & Tech	78.53	78.53
			Telephone Advertising	0.00	0.00
Less Expenses	10,691.08	10,691.08	Teleservice	151.00	151.00
			Travel Expenses	0.00	0.00
Net Income (loss)	8,287.87	8,287.87	Web Services		0.00
Starting Balance		32,858.13			
Plus Net Income/Loss		8,287.87	Total Operating Expenses	10,691.08	10,691.08
			Net Income (loss)	8,287.87	8,287.87
Ending Balance		41,146.00			
TOTAL PRUDENT RESERVE		49,938.66	2019 Year-to-Date Summary		
			Year-to-Date Income		18,978.95
			Year-to-Date Expenses		10,691.08
TOTAL CASH POSITION		91,084.66	Year-to-Date Net Inc/(Deficit)		8,287.87

SAN MATEO COUNTY FELLOWSHIP 2020 GROUP CONTRIBUTIONS

	JAN	YTD		JAN	YTD
ATHERTON			PORTOLA VALLEY		
Sunday Spirituality	700.00	700.00	Chips Ahoy	20.00	20.00
BELMONT			Portola Valley 11th Step	275.00	275.00
Belmont Tues. Noon Group	47.16	47.16	REDWOOD CITY		
Day At a Time	152.95	152.95	Complete Abandon Group	98.00	98.00
One Line at a Time	10.00	10.00	Mon. Nite Fireside Chat	232.20	232.20
BRISBANE			Wed. Woodside Meeting	236.96	236.96
Brisbane Breakfast	321.20	321.20	SAN BRUNO		
BURLINGAME			12 Study Grp (Thurs)	24.00	24.00
Any Length	545.40	545.40	Big Book Study Fri (5pm)	50.34	50.34
Burlingame Read a Passage	26.00	26.00	Come as You Are	325.56	325.56
Ham & Eggers	838.41	838.41	Daily Reflections Women	32.40	32.40
Just For Today	294.00	294.00	Experience, Strength, Hope	36.00	36.00
Rap Group	105.60	105.60	Grupo Serenidad	20.00	20.00
Sharing Choices	83.15	83.15	Living Sober/ HH (Tues)	63.60	63.60
Twelve Steps Study (Mon)	100.10	100.10	Spkr/Disc - Happy Hour(Mon)	88.54	88.54
FOSTER CITY			SAN CARLOS		
Friday Noon Big Book	21.70	21.70	Gifts of Grace Fri Women	198.60	198.60
The Old & the New	29.35	29.35	In Step with Bill	112.00	112.00
HALF MOON BAY			S.C. Awareness Group	101.00	101.00
3rd & 11th Step Prayer	144.63	144.63	San Carlos Beginners	150.00	150.00
HMB Happy Hour Group	187.00	187.00	San Carlos Men's Grp. (Mon)	225.00	225.00
Sat. Morning Eye-Opener	617.56	617.56	SCPF- all meetings	250.00	250.00
Stone Pine 7AM Meet.M-F	71.00	71.00	Sober Sundays	280.05	280.05
Stone Pine Noon Meet. M-F*	150.00	150.00	We Have Recovered Group	39.88	39.88
MENLO PARK			Womens Read & Reflect.	96.99	96.99
Fri. Noon Women's	416.56	416.56	SAN MATEO ETC.		
Men's R4D Big Book	276.12	276.12	Women's Home Grp (traveling)	248.00	248.00
Mon. 12:10 PM Happy Hour	260.40	260.40	SAN MATEO		
Sat Morning Sandhill	1,089.90	1,089.90	Eye Opener	55.31	55.31
Women's 12- Step Thu Noon	529.67	529.67	Joy of Living	30.00	30.00
MILLBRAE			Lunch Bunch	176.40	176.40
12 Step Study (Tues Noon)	140.08	140.08	Mid Peninsula Women	128.81	128.81
MOSS BEACH			Morning Serenity (All)	485.00	485.00
Men's Language of the Heart	642.00	642.00	Sunday Serenity	30.60	30.60
Serenity by the Sea	221.27	221.27	SOUTH S.F.		
PACIFICA			New Beginnings	78.52	78.52
12 Noon Disc. (Mon)	49.20	49.20	South City Womens	70.00	70.00
B.Y.O.B. Group	120.00	120.00	WESTBAY ALANO		
Pedro Valley Pacifica	225.06	225.06	Colma Eye Opener	117.43	117.43
Wake Up Wake Up	60.00	60.00	Early Birds Daily Reflection (Weds)	150.00	150.00
Women who wear shoes	110.20	110.20	Mustard Seed	84.00	84.00
			Smart Feet BB	138.00	138.00

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