

HIGH SOBRIETY

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

Monthly newsletter of the
SAN MATEO COUNTY FELLOWSHIP
OF AA

650-577-1310
aa-san-mateo.org
aasanmateo@gmail.com

April 2020

SMC Fellowship News

I hope this edition of High Sobriety finds everyone in our fellowship doing well and staying healthy and sane during this uncertain time. It is said we alcoholics do not like change and we are certainly being tested now. From what I have seen though, we have passed that test so far with flying colors! Within days of the shelter in place order there were dozens of local online meetings set up. Now there are hundreds. Not just here, but all over the world. It is pretty incredible to have visitors from other continents at our meetings, or to visit one somewhere else ourselves. I have also not made or received as many phone calls at any other time in my sobriety as I have these past few weeks, and this is not a bad thing. The technology of today allows us to stay in contact with each other in ways our founding members couldn't have even imagined.

I have kept all the usual features of High Sobriety here, while also including information from a variety of sources that I hope you find useful. Sadly, the International Conference in Detroit has been cancelled. The next conference will be held in Vancouver, B.C. in 2025.

Please stay safe everyone, and a special shoutout to those on the front lines of the pandemic, from first responders and medical professionals to grocery employees, restaurant workers, and delivery persons, you are all greatly appreciated.

-Editor

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Teleservice

Are you interested in a commitment you can do from home?

Teleservice, which allows the hand of AA to be available 24/7 in our county, currently has backline positions to fill. The function of a backline volunteer is to make sure the phone line is transferred to the correct person and to support the front line if a call runs long. Requirements are one year of sobriety, a working knowledge of the steps, and a working telephone. To be of service, please contact Eden C., Chair at (650) 868-1116 or Erin S., Information Chair at (408) 431-4365.

Monthly Service Committee Meetings

TELESERVICE **cxl'd until further notice**
San Mateo Central Office, 2215 S. El Camino Real, San Mateo (quarterly).

BRIDGING THE GAP **cxl'd until further notice**
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (1st Monday of month)

PI/CPC **cxl'd until further notice**
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (1st Tuesday of month)

DELEGATES TO CENTRAL OFFICE **cxl'd until further notice**
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (first Tuesday of month)

GENERAL SERVICE **April 21st via Zoom 7:30 pm business meeting**
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (third Tuesday of each month)

PENNYPAA (Peninsula Young People in AA) **cxl'd until further notice**
San Carlos Peninsula Fellowship, 1133 Eaton Avenue, San Carlos (first & third Sundays of each month)

H&I (Hospitals & Institutions) **cxl'd until further notice**
St. Andrew's Church, 15th Avenue and El Camino, San Mateo (fourth Tuesday of each month)

Conferences and Special Events

TRUSTED SERVANTS WORKSHOP: All Trusted Servants Workshops for Spring 2020 have been cancelled.

40TH ANNUAL N. CALIFORNIA WOMAN TO WOMAN CONFERENCE: Postponed until Sept. 18-20, 2020

INTERNATIONAL CONVENTION IN DETROIT, MI : Cancelled, please see page 7 for details.

RECENT UPDATES TO YOUR CENTRAL OFFICE WEBSITE

Your Central Office website, www.aa-san-mateo.org, is being constantly updated to bring you important information regarding our fellowship during the shelter in place order.

To find a list of online meetings in San Mateo County, there is a new menu heading at the top titled "Online Meetings". If you are looking at a mobile device, this can be found by pressing the icon with 3 horizontal lines in the upper right corner of the screen. ≡

There is also now a page, also accessible from the top menu, for managing online meeting participants and for best practices for a digital 7th Tradition, if your group chooses to do so.

**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

Become a Faithful Fiver

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

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



five



V



Does your Group have a Central Office Delegate?

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



Birthday Club



Fiora D	Menlo Park	1 yr
Dave C	San Bruno	34yrs
Wil H	San Mateo	36yrs
Brent K	San Mateo	29yrs

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.

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Cleaning House

My dictionary defines the word “moral” as “right and wrong in behavior,” and “teaching a conception of right behavior.”

I was always able to define everyone else’s wrong behavior. Not until I walked into the rooms of AA was I aware that I needed to define my own moral behavior. What a revelation! I continued to take everyone’s inventory, with the exception of mine. AA’s Fourth Step helped me. It taught me to realize that in all my dealings with people, I also had a part of every situation. Never did I realize that before. Even if someone else was 99% wrong, I, too, was responsible for my 1% in dealing with that situation. What an eye-opener. Until I found out this piece of information, I was usually playing the role of the victim, caretaker or controller. My thinking changed. The life I live now is so much easier. I have peace that I never experienced before coming to the rooms of AA. I am also grateful that I do not have to do this all alone. The help of my sponsor, the rooms of AA and God have given me much joy. And to know that I am not alone makes this cleaning house so much easier.

The Fourth Step gives me the availability and opportunity to see my part in each and every situation of my life. I have a map now to help me travel on “the road of happy destiny.” It’s a much smoother and easier way to live. The ability to see how my actions and behavior in each and every situation is played out is so helpful to me. And not until I understand what my part is, can I go forward. I have gratitude for Step Four because it allows me to no longer brood over situations that used to baffle me, to not drink over things and to not be the victim I was when I came into AA. God, my sponsor and the rooms of AA have given me a life that is certainly worth living.

Patricia B. | Tucson, Arizona
Grapevine, April 2012

A.A. Around the World

Letter from Spain

An AA from Gijón, on Spain's northern coast, shares his story with Grapevine readers

I grew up in a small town in the northern coast of Spain. Memories of my childhood mostly consist of the constant fights between my father and my mother. There were a lot of money issues because of my father's partying and gambling. I remember my father lying on the living room floor sleeping. Sometimes, he sent me to the bar to buy snuff or buy cokes for my brothers and sister and me. I remember when I was eight years old, we received a letter telling us to vacate our home within 15 days. My father had spent the rent money playing cards.

I started drinking when I was 14 years old at home with family. That was not unusual in Spain in the eighties. When I started drinking, it was an occasional activity and I really liked it. The occasional became the common within a couple of years. I started drinking in the morning. When I was 17, I went on a true binge that began at the school Christmas party. I still remember how sick and hungover I felt afterward.

Two months later, at Carnival, I got very drunk and blacked out. I had a bruise on my forehead next day.

I drank every day and frequently got drunk for the next seven years. I did odd jobs to afford my drinking. Eventually, my family forced me to visit a psychologist. This did not solve my drinking problem. I drank "moderately" for about six months until November. Then I got drunk at Halloween, at Constitution Day (December 6 in Spain), at Christmas, at New Year's Eve, and at the Epiphany.

On the Epiphany, January 7, I started drinking in the morning. I got drunk in record time. The

next day my sister told me that I was drinking more and more every day and that our family couldn't endure it anymore. I decided to go to Alcoholics Anonymous the next day.

I went to AA on a Monday afternoon. I had to wait five minutes for them to open the meeting. The man who opened it up gave me some pamphlets and told me the group timetable. I went into a large and cold room. Nobody really explained things to me.

People listened to the newcomers like me like they listened to the rain.

When the meeting ended three or four of us had coffee. It was not until several months later that I learned how things worked. Many newcomers did not continue going but I did.

I was doing some service in the group, reading the texts, making coffee, and helping the group out. I had been nine months in the group when I started to study again, and I visited a group in another town. I was welcomed there and felt that they listened to me, so I decided to stay in that group.

Several years passed and I stayed there, doing service and remaining sober. One Sunday afternoon, out of the blue I fancied a beer. I drank several. Shame prevented me from recognizing openly what has happened. About 10 years later, the same thing happened again only this time, I understood it to be a relapse.

Now, I have several years without a drink. I keep going to the weekly groups and I like to go to AA conventions.

Francisco P. | Gijón, Spain
Grapevine Online Exclusive



BOOK OF THE MONTH



One on One: AA Sponsorship in Action

In this collection, AA members write about their experience with sponsorship, including how to choose one, getting the courage to ask someone to be a sponsor, sharing their past and present with them, working with those having trouble staying sober, dealing with the loss of a beloved sponsor and more. From the early days of the program, this special one-on-one bond of sponsorship has been considered vital to getting sober, staying connected and living a full, happy life.

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



ATTEND A MEETING ONLINE. HERE'S HOW.

PREPARING TO USE ZOOM FOR ONLINE MEETINGS

1. You can use Zoom from a smartphone, a tablet or a computer. But first, you must download and install the Zoom app:
 - iPhone and iPad users should visit the Apple App Store to download and install the Zoom app on their device. Android users should visit the Google Play Store to download and install the app.
 - If you are using Zoom from a desktop or laptop computer, download the Zoom app by visiting <https://zoom.us>, then select **Resources** located at the top of the page, and select **Download Zoom Client**. Finally, click or tap the blue **Download** button under **Zoom Client for Meetings** and select **Run** when prompted.
2. Regardless of whether you are using a smartphone, tablet or computer the second step is to create a Zoom account:
 - Within the Zoom app select **Sign Up** and follow the prompts.
 - After you have entered your email address and name (and agreed to the terms), Zoom will send you an email. Open the email and click or tap the blue button that reads **Activate Account**.
 - At this point, you will be asked to select a password. Setting a password is the last step in creating your Zoom user account.
 - Finally, sign into your Zoom account.
- 3.

ATTEND A ZOOM ONLINE MEETING

1. To join a meeting, you must first locate a meeting. Find one by visiting <https://sites.google.com/view/bayareazoomaameetings> to see a list of the available Zoom meetings arranged by day of the week.
2. Locate an online meeting that meets on the day that you would like to attend. Online meetings are held the same day and time that its corresponding face-to-face meeting is regularly held.
3. Click or tap the **Join Zoom Meeting** link for the meeting that you would like to attend. Doing so will automatically launch the Zoom app that you previously installed. You will be in the Zoom meeting that you selected, and you will be able to see your fellow meeting attendees.

NOTE: Please keep in mind that people will be able to see your surroundings as well as hear what is going on around you. As a courtesy, please **mute** your Zoom app while you are not speaking.

Without 7th Tradition money coming in from meetings, contributions to our Central Office and General Service in New York are going to be gravely diminished. We need these vital services so please consider sending a donation if you are able. Thank you.

Checks payable to San Mateo County Fellowship can be sent to: 2215 S. El Camino Real, Ste. 204, San Mateo, CA 94403.

Donations to General Service in New York can be made online at www.aa.org by clicking "Make a Contribution", or contributions may also be sent by mail to: General Service Office, Box 459, Grand Central Station, New York, NY 10163.

Frequently Asked Questions About the Cancellation Process for the 2020 International Convention

Q: Will my registration be refunded?

A: Yes, registration fees will be refunded in full within 6 weeks. The \$5 cancellation fee will not be charged.

We ask for your patience and request that you not call the registration company directly until at least 6 weeks have passed to allow time for refunds to be processed.

Credit Cards: If you paid with a credit card, that card will be credited directly. If you no longer have the credit card used during registration, you will be refunded by check.

Checks/Money Orders: If you paid with a check or money order, a refund check will be processed and mailed to your address.

If you canceled your registration and were charged the \$5 cancellation fee, the charge will be refunded to you.

Q: Will my hotel reservation be canceled and deposit refunded?

A: Yes, your reservation will be canceled by the Housing Bureau and you will receive a confirmation of the cancellation. If the hotel has charged their deposit, you should receive a refund of the full deposit by April 30, 2020. If you do not receive your refund by April 30, 2020, please contact the hotel directly. Their phone number is listed on your hotel confirmation email. If you need additional support, please email 2020ichousing@sxsw.com or call 1-512-872-2159.

Q: I rented a scooter or wheelchair, will that reservation be canceled and refunded?

A: Yes, your reservation will be canceled and refunded within 8-10 weeks.

Q: Were all 2020 International Convention ancillary events slated to take place in Detroit canceled?

A: All events scheduled as part of the agenda of the International Convention have been canceled including the AI-Anon portion of the International Convention and the Thursday evening Party in the Plaza.

Q: What happens to the souvenir book I purchased?

A: If you purchased one or more souvenir books while registering, the credit will be added to your total refund.

Grapevine and La Viña are here to help

Due to the current changing health situation, many AA meetings across the U.S. and Canada are finding it safer to close. To help members during this time, we are giving everyone **free access** to all of our 2020 Grapevine and La Viña issues. (The audio to Grapevine's stories will be available as well, so people can listen to the stories if they like.) Please share with your fellows. We have also included a link to our Youtube channel with some original audio stories as well as other important information.

To enter, visit:

www.aagrapevine.org/we-are-here-to-help

MANAGING MEETING PARTICIPANTS

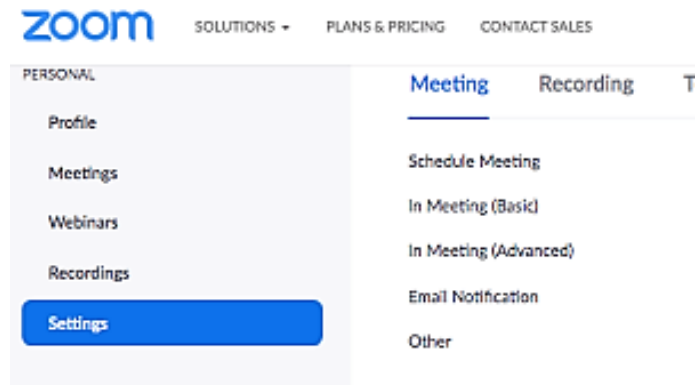
Just as in the physical rooms, meetings on Zoom feature resentments, ringing phones, and other disturbances. In fact, some SF/Marin groups, particularly women's meetings, are experiencing sexually predatory and violent behavior from meeting participants.

While this, too can happen in physical meeting rooms, the anonymity of the internet provides a shield for the predators. Fortunately, while not possible to maintain absolute security, there are a number of features available to handle the more disruptive participants.

Set Safe Meeting Default Settings

On the Zoom Settings page, turn off participant controls:

1. Sign into Zoom.us.
2. Click on the Settings link on the left.
3. On the right side of the page, **turn off:**
Autosaving chats, file transfer, screen sharing, virtual background, and remote control.



Identify a Meeting Secretary *AND* a Co-Host

For starters, elect a co-host whose role is to shoulder the weight of maintaining order during the online meeting by managing the participants. This allows the meeting secretary to focus on the meeting, while the co-host focuses on managing participants and the meeting controls. Co-hosts are assigned during a meeting and cannot start a meeting.

Assign a Co-Host

1. Sign into Zoom.us.
2. Click on the Settings link on the left of the screen.
3. Scroll down to the Co-host option on the Meeting tab and verify that the setting is enabled.
4. Turn on Co-Host. If a verification dialog displays, choose Turn On to verify the change.

[More instructions for setting up a co-host of a meeting in Zoom>](#)

(<https://support.zoom.us/hc/en-us/articles/206330935-Enabling-and-adding-a-co-host>)

Manage Disruptive Participants During a Meeting

The Meeting Participants window offers control over most aspects of your meeting and those attending. Zoom has a [10 minute long video](#) (<https://support.zoom.us/hc/en-us/articles/201363183-Managing-users>) that is recommended viewing for all meeting secretaries who host meetings and anyone who plans to co-host a meeting at any time.

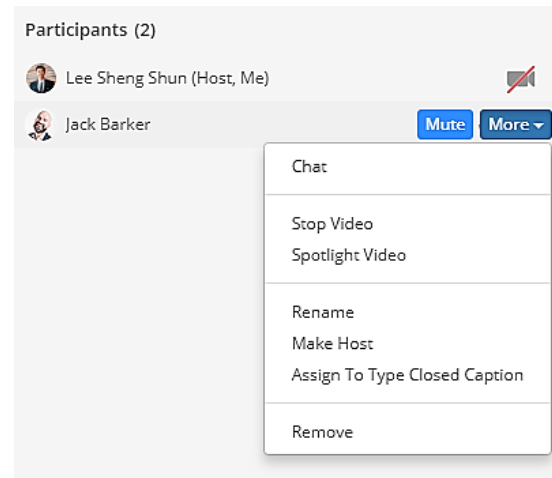
MANAGING MEETING PARTICIPANTS, cont.

Remove Participants

1. During the meeting, click **Manage** to display the participants list.



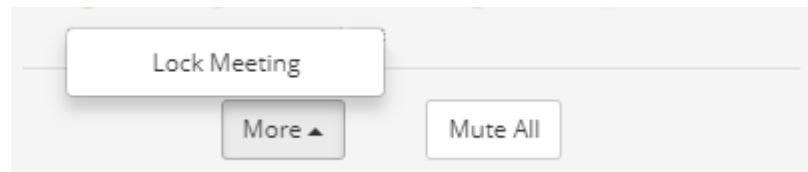
2. Hover over a participant and click **More** for these options:
3. Click Remove



Locking the Meeting to Prevent Re-Joining of Removed Participants

During the meeting, a host can see More and Mute All Controls at the bottom of the Participants list.

1. On the Participants List, click Lock Meeting to prevent other participants to join the meeting in progress.



Muting All Participants

During the meeting, a host can see More and Mute All Controls at the bottom of the Participants list.

1. On the Participants List, click Mute All to mute all meeting attendees.

Suggested Other Zoom Features

1. Consider enabling the [Waiting Room](#) for your meeting. You then play an active role choosing who to allow into the room through the participants list.
2. Consider disabling [Join Before Host](#) to keep users out before the host arrives. When "Join Before Host" is enabled anyone can enter at anytime.
3. Consider restricting [In-Meeting Chat](#) to reach only host only during the meeting. Many meetings open it up for fellowship after the meeting.

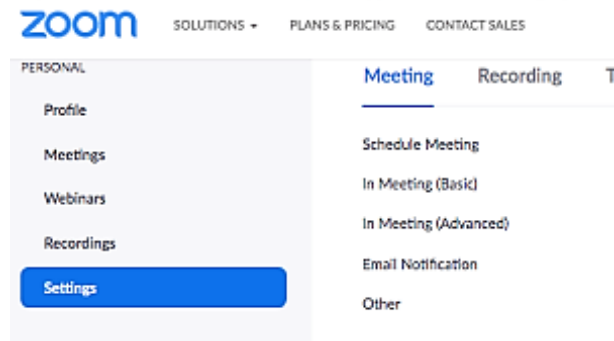
Other Suggestions for Setting Up Meetings to Keep Safe from Disruptive Attendees

- You can also take a group conscience regarding screen sharing, mute and unmute privileges, chat settings among participants and more.

MANAGING MEETING PARTICIPANTS, cont.

- Make sure your zoom meeting is set up for anonymity by [disabling these settings](#). Please note that most, if not all, of ***the settings below are not the Zoom default***:

1. Login to Zoom.us
2. Click on Settings.
3. Click on the Meeting subtab.
4. Scroll through the options in In Meeting (Basic) and In Meeting (Advanced) and change the following settings:
 - Require Encryption for Third Party Endpoints
 - Disable Auto saving chats
 - Disable File transfer
 - Disable Feedback to Zoom
 - Disable Screen sharing
 - Disable desktop/screen share for users
 - Disable Remote control
 - Disable Virtual background (*While fun, some trolls have been showing up to online meeting with violent and pornographic images as their background.*)
5. In the Zoom Settings section, under the Recording subtab:
 - Disable Local recording
 - Disable Cloud recording
 - Disable Automatic recording



- Hold a steering committee meeting using a private link sent to the meeting's phone list. Take a group conscious on how to secure the meetings and keep them safe.
- Ensure that all meeting secretaries have access to Host controls so they can take control of the meeting when the safety of the members are compromised.
- Train the host/secretary on how to kick out attendees who become disruptive.
- For closed meetings: Consider using a private Zoom meeting link for the meeting and send only to phone list members.
- Newcomers: Consider hosting newcomer meetings with public links, but enable the Waiting Room, so the host/secretary has to allow everyone in the meeting.
- CPIC Committees or H&I Reps – Consider reaching out to local rehab centers and let them know about new safety protocols.

FOR ZOOM MEETING HOSTS:

For those of you who were issued free, unrestricted, "Emergency User" accounts by zoombigbook@gmail.com, please note that the termination of these free accounts is May 30, 2020. Feel free to hold off on purchasing a paid account with an online meeting platform until the end of May – hopefully by then we might be back to our regular in-person meetings.

District 05 General Service Update

I hope you all are safe and healthy during this challenging time. In consideration of the current public health recommendations, there have been several changes to our usual General Service schedule and upcoming AA Events.

- The virtual Pre-Conference Assembly has been postponed to May 16 & 17 to allow for more time to gather group consciences and dive deeper into the Agenda Topics.
- The virtual General Service Conference (70th General Service Conference) has been rescheduled to take place in early June.
- 2020 International Convention in Detroit, MI has been canceled (See aa.org for more information).

Despite this unprecedented situation, I am inspired and encouraged by the response of San Mateo County groups. Many meetings have gone virtual, via the zoom platform, and managed to stay unified and fulfill our primary purpose of carrying the message to the alcoholic who still suffers. In General Service, we are moving forward with the 2020 Agenda Topics and gathering group consciences by utilizing phone lists and setting up virtual sharing sessions and business meetings. Please check San Mateo County Intergroup Website for most current San Mateo County General Service scheduling - for further updates and information, contact your General Service Representative, or feel free to contact me anytime at the information below.

Respectfully,

Matt D.

*District Committee Member Chair – District 05 – San Mateo County
California Northern Coastal Area of Alcoholics Anonymous*

mjdylina@gmail.com

(650) 740-3494

The Twelve Principles

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

Honesty	Hope	Faith
Courage	Integrity	Willingness
Humility	Brotherlylove	Justice
Perseverance	Spirituality	Service

And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

ALCOHOLICS ANONYMOUS WORD SEARCH

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

ACCEPTANCE
 ALCOHOLISM
 AMENDS
 ANONYMITY
 ATTITUDE
 BIRTHDAY
 CONCEPTS
 FAITH
 FELLOWSHIP
 GRATITUDE
 HUMILITY
 INVENTORY
 MEDITATION
 MEETINGS
 MESSAGE
 NEWCOMER

PRAYER
 PRINCIPLE
 PROMISES
 RECOVERY
 RESENTMENTS
 SERENITY
 SERVICE
 SHORTCOMINGS
 SOBRIETY
 SPIRITUALITY
 SPONSOR
 STEPS
 TRADITIONS
 UNITY
 WILLINGNESS

**San Mateo County Fellowship of Alcoholics Anonymous
Delegates Committee Meeting Minutes
March 3, 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.

Heather S. read the Twelve Traditions; and Brent M. read the Responsibility Statement.

Minutes: The February 2020 minutes were reviewed and approved.

New Delegates: Tim Conner, Halfmoon Bay 3rd & 11 Step

A.A. Birthdays: John, 6years

Financial Report: The February 2020 financial report was reviewed and approved.

SERVICE COMMITTEE REPORTS

Bridging the Gap: Ted B. reported. We are currently doing presentations every Saturday, 1:30 p.m., @ Palm Avenue Treatment Center & every 4th Friday, 7 p.m., @ 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 in San Mateo, at 7:30 p.m.

General Service: Sarah O. reported, new GSR Representative. 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. There is an upcoming Agenda Topics Assembly, in San Jose, April 4 & 5.

Grapevine: Visit the website: <http://www.aagrapevine.org/>

Hospitals & Institutions (H&I): Andrea S. reported that they are 75% full for their commitments. There are openings at Safe Harbor, the main jail, Mills Hospital for the Sunday night adult facility. The H & I Meeting is on the 4th Tuesday of the month at St. Andrew's Lutheran Church in San Mateo. Orientation for new volunteers is 7:15 p.m. and 8:00 p.m. is the meeting. There are currently openings every day of the week. There are lots of meetings that need women especially. Spanish speaking volunteers needed.

NCCAA (Northern California Council of A.A.): The Spring Conference will be held in San Jose on March 13, 14, and 15 at the Holiday Inn San Jose-Silicon Valley. This may be the last conference if there is not more support. We need more people to attend this event. Tickets are \$20 prepaid and \$25 at the door. More information on the website: <http://www.norcalaa.org>.

PENYPAA (Peninsula Young People in A.A.): There is fellowship at 6:00 pm prior to the Thursday meeting and all are invited to Philz Coffee on B Street in San Mateo. Also,

elections will be in March 2020.

PENYPAA: visit <http://www.penypaa.org>.

PI/CPC (Public Information/Cooperation with the Professional Community): Brent M. reported. There is a monthly parole meeting. On March 2nd, the El Camino High School event was very successful thanks to our new members. The committee is hosting an information table at CSM on March 25, 10 am to 2pm. We are still checking libraries to make sure they have big books on-hand. Also, CIP (Community Information Program) handbooks are helpful with community information. PI/CPC meets on the first Tuesday of the month, at St. Andrew's Lutheran Church in San Mateo, at 6:45 p.m.

CENTRAL OFFICE COMMITTEE REPORTS

Advisory Committee: The Central Office advisory committee met on February 12. Don informed the committee that a venue for the party has been secured at the State Room in So. San Francisco and the date is set for Labor Day weekend, Sunday, September 6, 2020.

The annual central office managers meeting is set for Des Moines, Iowa and the committee discussed sending our office manager Don to the meeting as has been the policy. The committee agreed to recommend to the delegates that Don be sent to the meeting Des Moines, Iowa. It was moved that Don be sent to annual Central Office managers meeting in Des Moines, Iowa. The motion was seconded and carried.

Alkathon: Becky reported that the Alkathon donated \$2500 to the Central Office. Thank you to everyone for making this event a success.

Teleservice: Eden reported there is currently one open front line shift and 33 open back lines. 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 all openings at Central Office are now filled. We have all the service committee opportunities on the website. Everything is going well at Central Office.

January 2020 Central Office Activity

Twelfth Step Calls: 2 Office Visits: 68

Phone Calls for Information: 99 Website Visits: 6315

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

Anniversary Party: Date set for Labor Day weekend, Sunday, September 6, 2020 at the State Room in South San Francisco

Trusted Servants Workshop: Bob M. reported. San Carlos Peninsula Fellowship, Saturday, April 18, 2020 at 1:15 pm; Mariners Community Church in Half Moon Bay, Saturday, April 25, 2020 at 10:00 am; West Bay Alano Club in South San Francisco, Saturday, May 2, 2020 at 1:00 pm.

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 ore-mail aa@aa-san-mateo-org.

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

Meeting Adjourned: 8:07 p.m. **Delegates Present:** 33

Collection: \$55.00 **Next Meeting:** 4/7/20, 7:30 p.m.

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

	MAR	Total YTD		MAR	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	122.00	172.00	Accounting Services	57.00	235.00
Book sales	1,560.58	4,388.61	Books Purchased	4,645.74	7,472.38
Central Office Annual Party	0.00	0.00	Chips	93.36	341.66
Chip sales	104.07	585.07	Central Office Annual Party Exp	0.00	500.00
Delegates Collection	55.00	172.00	Central Office Insurance	150.22	440.82
Faithful Fivers	420.00	1,130.00	Credit Card Charges	0.00	39.25
Group Contributions	4,506.17	27,271.67	Employee Insurance	260.00	788.00
High Sobriety Subscriptions	22.00	28.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	0.00	Office Equipment Lease & Maint	312.38	815.07
Individual Contributions	300.00	4,200.00	Office supplies	286.54	889.87
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other	0.00	0.00	Postage	0.00	554.75
Printing	61.10	71.50	Rent	1,452.00	4,316.00
Sales Tax on Books & Chips	174.75	522.11	Salaries	4,243.10	12,573.84
Tax Refund	107.02	107.02	Sales Tax on books	0.00	503.53
Total Income	7,432.69	38,647.98	Taxes (Payroll)	1,758.92	5,478.86
			Telephone & Tech	178.53	485.57
Less Expenses	13,588.79	35,887.60	Telephone Advertising	0.00	0.00
Net Income (loss)	(6,156.10)	2,760.38	Teleservice	151.00	453.00
			Travel Expenses	0.00	0.00
Starting Balance		41,146.00	Web Services		0.00
Plus Net Income/Loss		-6,156.10	Total Operating Expenses	13,588.79	35,887.60
Ending Balance		34,989.90	Net Income (loss)	(6,156.10)	2,760.38
TOTAL PRUDENT RESERVE		49,968.07	2019 Year-to-Date Summary		
			Year-to-Date Income		38,647.98
TOTAL CASH POSITION		84,957.97	Year-to-Date Expenses		35,887.60
			Year-to-Date Net Inc/(Deficit)		2,760.38

[illegible]

**2215 S. El Camino Real, Ste. 204
San Mateo, CA 94403-1898**

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