

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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March 2020

SMC Fellowship News

Save the Date!

Plans are underway for this year's Central Office Anniversary Party. The event will be held Sunday, September 6th at the State Room in South San Francisco. The party is the main fundraiser for our Central Office. Stay tuned for more information in the coming months.

NCCAA 73rd Annual Spring Conference

This year's conference is being held at the Holiday Inn San Jose-Silicon Valley and is the closest location for an NCCAA conference in the near future. The conference opens at 2:00pm Friday, March 13th and will close at noon Sunday, March 15th. In between there will be speaker meetings (including Al-Anon, marathon, and Spanish speaking), service panels, raffle, and dance, not to mention lots of fellowship. For information and to register please go to www.norcalaa.org

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Trusted Servants Workshops

We will once again offer 3 Trusted Servants Workshops this spring:

4/18/2020 1:15-3:15 – San Carlos Peninsula Fellowship

4/25/2020 10am-noon – Mariners Community Church, HMB

5/2/2020 1-3pm – West Bay Alano Club, SSF

See www.aa-san-mateo.org for more info.

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!



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Does your Group have a Central Office Delegate?

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



Birthday Club



Steve I.	Moss Beach	30 years
David P.	Menlo Park	50 years

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 Third Step - Turning It Over

It doesn't seem to work very well when there are reservations, conditions, or preconceived notions.

THE THIRD STEP says, "Made a decision to turn our will and our lives over to the care of God *as we understood Him*." A simple--not easy--procedure, I've been told, and one that would undoubtedly simplify my life, if I could ever take it.

Not that I've made a conscious decision to avoid this Step. On the contrary. I've frequently turned over my will and life, on the average of ten to twelve times each week.

Yet, in spite of my Third Steps, situations I've "turned over" reappear to race through the corridors of my mind and demand resolution. "I turned you over last week," I protest at such times. "How did you get back to torment me anew?"

The answer to this enigma lies, I've begun to suspect, in the way I turn things over--selectively, temporarily, or with conditions and preconceptions about outcomes.

Turning it over selectively: My first attempts at turning it over were confined to areas of my life in which I felt sure of myself. For example, if I'd held the same job for five years and felt certain it would be there tomorrow regardless of what I or anyone else did, I turned that over.

I did not turn over, for many months, any areas in which the outcome seemed dubious. If, for example, my job appeared in jeopardy, I handled that one myself.

Turning it over temporarily: When I reread the Third Step and discovered no delineation

between areas for God to manage and those left to me, I decided to try turning over everything--for two weeks. Implicit in this concession, of course, was the expectation of grabbing back any issue not resolved as I felt it should be after a fortnight.

Serenity and undisturbed sleep followed--until two weeks elapsed and I took back all the problems. Now they "needed to be resolved." Clearly, I still felt my Higher Power couldn't be trusted to bring about the best solution.

Turning it over conditionally: I was reminded that the Third Step gives me no authority to specify my Higher Power's timetable. The Third Step not only means turning over everything, I was admonished, but also means turning things over indefinitely.

So I decided to try again. As a sign of good intentions, I announced magnanimously at a meeting that I was turning over my job. "Let God decide if I should be in this job or some other one," I said.

All was fine until it appeared I should, indeed, be in some other job. "This is one area of my life I'll have to manage myself," I concluded.

Turning it over "until": After months of job-hunting, I accepted a new position. "This must have been what my Higher Power wanted for me," I said. "I'll accept this as His judgment."

Two weeks later, I received a letter about another opening. "That would have been better," I lamented. "I made a precipitous decision and should have waited."

If the issue had really been turned over to my Higher Power, how did I get back into the picture?

Turning it over with preconceptions: My last obstacle to turning it over--my tendency to prejudge a situation--dwarfs all other pitfalls. The moment I decide which outcome would

be best for me, my attempts to turn over a situation are doomed.

A corollary of this is that whenever I decide anything or person is indispensable to my happiness, stability, or lifestyle, I will be unable to let go of it.

If, in job-hunting, I decide what position I need, want, or could perform most productively, I've negated any chance of turning my will over to God.

When I decide where I should or shouldn't be in any area of my life, I've effectively blocked communication from my Higher Power. There is no longer hope that I'll be open-minded enough to hear.

Turning it over: Turning it over will work for me only if I apply it to all areas of my life all the time, and if I do so without imposing conditions or preconceptions.

I've learned this much through attending scores of AA meetings. Perhaps, with a few hundred more meetings, I'll acquire enough faith to practice it.

K.N., Grove City, Ohio
Grapevine, June 1977

A.A. Around the World

A Secret Prayer

How grateful I am that many years ago a man named Ian McE. was sitting in a psychiatric institution where he picked up a *Reader's Digest* and read about Alcoholics Anonymous. I'm even more grateful that he recognized his disease and wrote to the General Service Office in New York. Subsequently, he received a Big Book and stayed sober by twelfth-stepping New Zealand.

Nearly forty years later I turned to Alcoholics Anonymous for help. Well, it wasn't as simple or unemotional as that! In fact, I was kicking and screaming at times. I clearly remember deriding people's perceptions of a Higher Power. "It sounds like a cross between Santa Claus and the Tooth Fairy," I arrogantly proclaimed.

However, I began having little spiritual experiences of the "educational variety," and when I look back on my early sobriety, I wonder how life would be now if I hadn't had each one exactly when I had it. Each has been so necessary to move me a little further along my journey of sobriety and spiritual growth.

My first acknowledged spiritual experience came during my time in a treatment center (my denial was so strong it never entered my head to call AA). When all else had failed I tried to follow directions. I said a prayer to a God I didn't believe in but was secretly scared of. "Okay," I said, "if there's a God, help me." This was from the humbling position of on my knees, beside my psychiatric institution bed, door shut firmly with a chair jammed against it, and the curtain pulled in case someone was looking in. How often I've heard this story from others too. I felt such a fraud, but I was a desperate fraud and at that stage willing to go to any length.

Amazingly, things seemed to be clearer from that evening on, and then I did the few Steps I thought were needed for my recovery (already I had lost some willingness as my brainpower took over!).

However, many of the lessons I heard during those eight weeks adhered to some part of my brain and I believed "them" when they said treatment is for discovery and Alcoholics Anonymous is for recovery. Fear insured that I went to nearly daily meetings in my early year or two and, convinced that my life was unmanageable and that I was "sort of" an

alcoholic, I tried to do all the Steps as prescribed by the Big Book. My mind kept taking over, however, and I was sure AA was some type of quasi-religious outfit. I had a closed mind against religion. Fear continued to plague me, but I read everything I could, listened to all sorts of alkies and positive thinking tapes, and tried to pray. But mostly I just didn't drink, went to meetings, called my sponsor, and emptied ashtrays. Little by little (or rather day by day) I became sober.

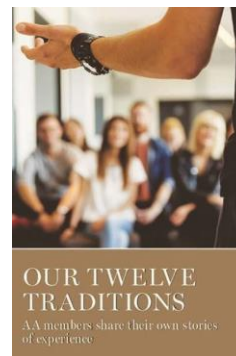
One day a big old sea lion gave me a lesson. Lying on a beach in the beautiful South Island of New Zealand, I was enjoying the sun and trying to meditate. I watched the huge kelp wash in and out with the current, I listened to the cry of the gulls and observed the sea lion also enjoying the sun. I was close enough to smell his strong fishy breath and to hear his contented grunts as he scratched himself or moved position. Suddenly from somewhere inside me a voice said, "You are just the same as the sea lion and the kelp--none is more important than the other--each is a vital part of this picture."

For me that was a big part of my spiritual growth, acceptance of how things are right at this moment--perfection, just as it needs to be for now. Whenever I'm at the beach I always recall that important little step along the way of spiritual growth.

And then of course there was a man in a detox center who. . .and another man I couldn't stand until. . . I could go on and on about all the very little steps I took to reach where I am today--sober since November 19, 1984--an amazing miracle just like all the other wonderful miracles around New Zealand and around the world, all "having had a spiritual awakening as the result of these Steps."

Heather H., Christchurch, New Zealand
Grapevine, October 1996

BOOK OF THE MONTH



Our Twelve Traditions

We hear the Twelve Traditions at practically every meeting but how do we realize how much they actually come into play in our groups as well as our own daily lives?

In this collection of stories from AA Grapevine, members write about their experiences with the core principles contained in AA's Twelve Traditions. Born of the trial-and-error experience of the Fellowship's earliest years, the Twelve Traditions provide the spiritual and practical underpinning for AA's ongoing adventure of living and working together. Seen through the eyes of individual members, the stories in this book offer groups, as well as members, workable solutions to difficult problems.

Our Twelve Traditions is available for purchase at a **special price of only \$10** through the month of March at our Central Office.



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 S 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 Q 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 U 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 Y 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 F Q C X Z L N R
 C E O X D G I V Z N 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 L E S I 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 J G 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 M 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



Solution to February Puzzle

1. **Reverend Harry Fosdick** – 1st clergyman to recognize AA, wrote favorable reviews for religious publications.
2. **Doctor Carl Jung**–founder of modern psychology, Bill Wilson considered him part of AA’s creation and the idea of a spiritual awakening.
3. **Sister Mary Ignatia Gavin** – called the “Angel of AA”, pioneered first alcoholism ward using AA philosophy in Akron in 1939.
4. **Ruth Hock** – Bill Wilson’s first secretary & office manager.
5. **Doctor Robert Smith** – one of our founders (aka Dr. Bob)
6. **Lois Burnham Wilson** – Bill Wilson’s wife
7. **Bill Wilson** – one of our two founders
8. **Anne Ripley Smith** – Dr. Bob’s wife
9. **Doctor Harry Tiebout** – First AA friend in the psychiatric profession, spoke at the 2nd International Convention in St. Louis in 1955.
10. **John D. Rockefeller** – Supporter of AA, helped to steer AA from the trap of professionalism when he was asked to donate \$50,000 and only gave \$5,000, led to our 7th tradition.
11. **Ebby Thatcher** – Bill Wilson’s sponsor. Came to Bill in 1934, sober, and told him of what he had learned in the Oxford Group, a forerunner to AA.
12. **Jack Alexander** – wrote a famous article about AA for the Saturday Evening Post in March 1941, which led to an overwhelming number of inquiries about AA and the Big Book.
13. **Doctor William Silkworth** – wrote “The Doctor’s Opinion” in the AA Big Book.

“There will be love and laughter, and a delicious sense of well-being down deep inside if you will abandon yourself to the business of recovery—not just recovery from the disease of active alcoholism, but deeper than that, recovery from a former self.”

- Neoga, Illinois, February 1974, “There Can Be Love and Laughter”, Spiritual Awakenings II

San Mateo County Fellowship of Alcoholics Anonymous
Delegates Committee Meeting Minutes
February 4, 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.

Frank S. read the Twelve Traditions; Colleen G. read the Responsibility Statement.

Minutes: The January 2020 minutes were reviewed and approved.

New Delegates:

Louise D., Any Lengths Group – Burlingame; Colleen G., Big Book

Study – San Bruno; Moe H., Sequoia Recovery Group – San Carlos;

Reynaldo M., Grupo 29 De Mayo – South San Francisco; Lori C.,

Don't Drink & Go to Meetings – Redwood City

A.A. Birthdays: Brent M., 8 years; Carol M., 16 years.

Financial Report: The January 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.

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

Hospitals & Institutions (H&I): Dan S. reported (805) 712-1417 or e-mail swanglerdan@gmail.com to begin an amazing part of recovery. 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, including 10 positions at the new jail in Redwood City. There are lots of meetings that need women especially.

NCCAA (Northern California Council of A.A.): Colleen G. reported. The Spring Conference will be held in San Jose on March 13, 14, and 15 at the Holiday Inn San Jose-Silicon Valley. 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.): Camp Keil reported. The Dance in Santa Cruz on January 25th went well. They are having fellowship at 6:00 pm prior to the Thursday meeting and all are invited to Philz Coffee on B Street in San Mateo. There will be an event at Pier 39 in San Francisco on February 22nd. ACYPAA is February 27th - March 1st in Sacramento / www.2020.acypaa.org. A new website has been created: www.fellowship.fun. Also, elections will be in March 2020. PENYPAA: visit www.penypaa.org.

PI/CPC (Public Information/Cooperation with the Professional Community): Brent M. reported. There is a monthly parole meeting. On March 2nd, we will be at El Camino High School. Will be 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

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. We have a couple of openings at Central Office: Monday 12:30 pm – 4:30 pm and Thursday 8:30 am – 12:30 pm. Requirements are 1 year of sobriety, working knowledge of the steps, and computer literate. 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: 86
Phone Calls for Information: 109 Website Visits: 7111
(Note: The above calls were answered during regular business hours)

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.

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: 8:15 p.m.

Delegates Present: 33 Delegates Collection: \$73.00

Next Meeting: March 3, 2020, 7:30 p.m.

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

	<u>FEB</u>	<u>Total YTD</u>		<u>FEB</u>	<u>Total YTD</u>
Income			Operating Expenses		
Birthday Club Contributions	30.00	50.00	Accounting Services	121.00	178.00
Book sales	1,459.36	2,828.03	Books Purchased	1,556.60	2,826.64
Central Office Annual Party	0.00	0.00	Chips	187.65	248.30
Chip sales	302.04	481.00	Central Office Annual Party Exp	0.00	500.00
Delegates Collection	73.00	117.00	Central Office Insurance	290.60	290.60
Faithful Fivers	245.00	710.00	Credit Card Charges	19.03	39.25
Group Contributions	9,431.64	22,765.50	Employee Insurance	264.00	528.00
High Sobriety Subscriptions	0.00	6.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	0.00	Office Equipment Lease & Maint	190.31	502.69
Individual Contributions	500.00	3,900.00	Office supplies	246.85	603.33
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other	0.00	0.00	Postage	54.75	554.75
Printing	10.40	10.40	Rent	1,452.00	2,864.00
Sales Tax on Books & Chips	184.90	347.36	Salaries	4,392.32	8,330.74
Tax Refund	0.00	0.00	Sales Tax on books	503.53	503.53
			Taxes (Payroll)	1,949.58	3,719.94
Total Income	12,236.34	31,215.29	Telephone & Tech	228.51	307.04
			Telephone Advertising	0.00	0.00
Less Expenses	11,607.73	22,298.81	Teleservice	151.00	302.00
			Travel Expenses	0.00	0.00
Net Income (loss)	628.61	8,916.48	Web Services		0.00
Starting Balance		41,146.00			
Plus Net Income/Loss		628.61	Total Operating Expenses	11,607.73	22,298.81
			Net Income (loss)	628.61	8,916.48
Ending Balance		41,774.61			
TOTAL PRUDENT RESERVE		49,953.85	2019 Year-to-Date Summary		
			Year-to-Date Income		31,215.29
			Year-to-Date Expenses		22,298.81
TOTAL CASH POSITION		91,728.46	Year-to-Date Net Inc/(Deficit)		8,916.48

SAN MATEO COUNTY FELLOWSHIP 2020 GROUP CONTRIBUTIONS

	FEB	YTD		FEB	YTD
ATHERTON			PORTOLA VALLEY		
Sunday Spirituality		700.00	Chips Ahoy		20.00
BELMONT			Ladera Mon Nite Group	517.55	517.55
Belmont Tues. Noon Group	100.80	147.96	Portola Valley 11th Step		275.00
Day At a Time		152.95	REDWOOD CITY		
Forum	50.00	50.00	Broken Elevator Thurs.	70.88	70.88
One Line at a Time	10.00	20.00	Complete Abandon Group		98.00
BRISBANE			Foundation Stone Group	409.00	409.00
Brisbane Breakfast		321.20	Mon. Nite Fireside Chat		232.20
BURLINGAME			Sun. Nite Sharing	240.00	240.00
Any Length		545.40	The Sewer Group	105.00	105.00
Back to the World Group		0.00	Vision for You	33.93	33.93
Burlingame Read a Passage		26.00	Wed. Woodside Meeting		236.96
Ham & Eggers		838.41	SAN BRUNO		
Hillsborough Men's Group	200.00	200.00	12 Study Grp (Thurs)		24.00
Just For Today		294.00	Big Book Study Fri (5pm)	67.20	117.54
Rap Group		105.60	Come as You Are		325.56
Reason to Come to AA	900.00	900.00	Daily Reflections Women	28.50	60.90
Senior Focus Group	357.00	357.00	Experience, Strength, Hope	51.60	87.60
Sharing Choices		83.15	Grupo Serenidad	20.00	40.00
Tuesday Nite Group	178.50	178.50	Living Sober/ HH (Tues)	44.40	108.00
Twelve Steps Study (Mon)		100.10	Milbrae Group	46.50	46.50
FOSTER CITY			Spkr/Disc - Happy Hour(Mon)	96.25	184.79
Friday Noon Big Book	88.90	110.60	SAN CARLOS		
Living Sober Groups (all)	123.72	123.72	Gifts of Grace Fri Women		198.60
The Old & the New	20.30	49.65	In Step with Bill		112.00
HALF MOON BAY			S.C. Awareness Group		101.00
3rd & 11th Step Prayer		144.63	San Carlos Beginners		150.00
HMB Happy Hour Group		187.00	San Carlos Men's Grp. (Mon)	160.00	385.00
Sat. Morning Eye-Opener		617.56	SCPF- all meetings		250.00
Stone Pine 7AM Meet.M-F	96.00	167.00	Sober Sundays		280.05
Stone Pine Noon Meet. M-F*	202.65	352.65	We Have Recovered Group		39.88
MENLO PARK			Womens Read & Reflect.		96.99
Atherton AA	307.20	307.20	SAN MATEO ETC.		
Cottonmouth	288.87	288.87	Alkathon - Belmont	2,500.00	2,500.00
Fri. Noon Women's		416.56	Alcathon - West Bay Alano	200.00	200.00
Men's R4D Big Book		276.12	Women's Home Grp (traveling)		248.00
Mon. 12:10 PM Happy Hour		260.40	SAN MATEO		
Sat Morning Sandhill		1,089.90	Esto Es AA	25.00	25.00
Sat Sunshine Grp MP 7:30	464.98	464.98	Eye Opener		55.31
Women's 12- Step Thu Noon		529.67	Fireside Group	70.20	70.20
MILLBRAE			Joy of Living		30.00
12 Step Study (Tues Noon)		140.08	Lunch Bunch		176.40
MOSS BEACH			Mid Peninsula Women		128.81
Men's Language of the Heart		642.00	Morning Serenity (All)		485.00
Serenity by the Sea		221.27	San Mateo Forum	172.13	172.13
PACIFICA			Sunday Serenity		30.60
12 Noon Disc. (Mon)	59.40	108.60	SOUTH S.F.		
B.Y.O.B. Group		120.00	Midway S.S.F. Grp	259.00	259.00
Fri Discussion Noon	102.60	102.60	New Beginnings		78.52
Happy Hour (Living Sober)	40.00	40.00	South City Womens		70.00
Pacifica Men's Group	166.20	166.20	WESTBAY ALANO		
Pedro Valley Pacifica		225.06	Colma Eye Opener		117.43
Sun. Afternoon Step	187.68	187.68	Early Birds Daily Reflection (Weds)		150.00
Wake Up Wake Up	60.00	120.00	Men's no BS	161.70	161.70
Women who wear shoes		110.20	Mustard Seed		84.00
			Smart Feet BB		138.00
			Women's Happy Hour	148.00	148.00

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