

# 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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aa-san-mateo.org  
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May 2020

## SMC Fellowship News

As we begin yet another month sheltering in place, it feels like forever since I stepped foot into an actual meeting room. I do, however, find myself getting more accustomed to my schedule of online meetings. More Zoom meetings are being added as we begin to realize that this situation will not be going away anytime soon. We have included a pullout section listing all the San Mateo County Fellowship meetings that are listed on the website, giving you the ID number and phone-in number for each. Hopefully this will make joining to your favorite meetings a little easier.

Central Office will now be physically open for business (book purchases, etc.) on Mondays and Fridays, only, from 8:30 AM to 4:30 PM. For the safety of our Special Workers and volunteers, as well as your own, please wear appropriate face mask and maintain proper social distancing as mandated by County Health. Our phones will continue to be answered 24/7.

While most committee monthly business meetings have been canceled, both the Central Office Delegates and General Service will be meeting in May via Zoom. For information, please see page 2. Please note there is no Central Office Delegates Meeting Minutes in this issue as the April meeting had been canceled.

Take care, everyone, and be safe.

-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, 15<sup>th</sup> Avenue and El Camino, San Mateo (1<sup>st</sup> Monday of month)

### **PI/CPC**

**cxl'd until further notice**

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

### **DELEGATES TO CENTRAL OFFICE**

**May 5, 2020, 7:30 PM**

May meeting to be held on Zoom

Meeting ID: 812 8964 3004

To phone in: +1-669-900-6833

(first Tuesday of month)

### **GENERAL SERVICE**

**May 19<sup>th</sup>, 6:30 orientation, 7:00 concept study, 7:30 pm business meeting**

May meeting to be held on Zoom

Meeting ID: 752 6058 2164

Password: 096224

To phone in: +1-669-900-9128

(third Tuesday of each month)

### **PENNYPA (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, 15<sup>th</sup> Avenue and El Camino, San Mateo (fourth Tuesday of each month)

## **RECENT UPDATES TO YOUR CENTRAL OFFICE WEBSITE**

Your Central Office website, [www.aa-san-mateo.org](http://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 7<sup>th</sup> Tradition, if your group chooses to do so.

"Accept – then act. Whatever the present moment contains, accept it as if you had chosen it.  
Always work with it, not against it...This will miraculously transform your whole life."

-Eckhart Tolle

## 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](http://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 CURRENTLY open MONDAY AND FRIDAY 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**



## 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



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.

**Pat C 32 yrs Daly City  
Tom L 7yrs San Mateo  
Dolores G 41 yrs Montera**

## A Day at the Museum

### A few days after doing her Fifth Step, a mother takes her kids on a field trip.

It was a cold and stormy morning when I awoke. Getting my kids to school as a stay-at-home sober mom was much easier now. Of course, when I was drunk, it was a nearly impossible task. And let me not forget to mention that we lived directly across the street from school!

On this particular day, I was getting to chaperone a field trip to the Art Institute of Chicago. I had been to the museum before with my kids, as my mom had a lifetime membership for our family to use. But during my drinking days, trying to get three kids, age 5 and under, to the museum with a double hangover was impossible. One time I had tried to take them, the kids had to pick me up when I fell down walking up the museum steps.

A few days before today's field trip, I had completed my Fifth Step with my sponsor. I have to say it was a spiritual experience. When my sponsor came to the house that morning to do it, all my kids just kind of disappeared and took a nap. Now that was a miracle!

When I got sober in 1993, I had no help with childcare and would take my kids to AA meetings so I could get one in every day. Those old-timers at the New Valentine clubhouse welcomed not only me but my kids as well. We sat at a back table and they colored and I listened, Monday through Friday, 10 a.m. They bought my kids coloring books and crayons, and one member, Gene, always had some extra change and gave it to me, saying, "Stop off at the store and get the kids a treat."

After I got my two younger children to school, I met up with my older daughter's class and did service with the other parents at the school. And I thought about how, when I was drinking, I'd spent days peering out the venetian blinds of our home, watching the other parents and always feeling less than.

This day at the museum though, I had a group of five girls, all around 8 years old. My biggest challenge was not to lose any of them. We

boarded the Archer Avenue bus and headed into downtown Chicago, about 20 minutes away. It was the same bus that took me to my first meeting of AA.

When we boarded the bus, I got the overwhelming feeling that I was in a safe place. It was sort of a magical moment. My Fourth Step had seemed to put me in a position of neutrality. I no longer felt the need to be at the top of the heap or to see myself as hiding underneath it.

As I looked around the bus and my eyes scanned my fellow riders, I realized we all were the same. I felt in that moment as though I had joined the human race, that I was connected with my fellow human beings in a way I hadn't been before. It was the end of isolation and the beginning of my new life. And wouldn't you know it, I even spotted another member of AA. The Fifth Step had allowed me to feel the presence of God. I always knew he was there, but I had lost him along the way.

I have to say chaperoning for my daughter's class was the start of many more similar events in my sobriety. And I'm happy to say that I did not lose any children in my group that day, nor did I fall up or down the steps of the Art Institute.

Diane D. | Chicago, Illinois  
Grapevine, May 2018



## A.A. Around the World

### My Place in the World

**No longer in the center of the universe, a longtime member in Tasmania is content to deal with things as they come along.**

When I got to AA, I thought that an alcoholic's problem was alcohol and AA was just about stopping drinking. What I was hearing in meetings in Sydney in 1974 seemed to confirm that, with most speakers at meetings just talking about the horrors of drinking and the wonders of sobriety. There was hardly any talk about recovery.

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*For me, stopping drinking would mean I was going to go off my "medication." I would be bringing my insanity to the surface.*

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This convinced me that the people at meetings were alcoholics, but I wasn't at all sure about myself. For me, stopping drinking would mean I was going to go off my "medication." I would be bringing my insanity to the surface.

When I quit drinking, my job as a high school teacher didn't get easier, as I became more erratic, angry and paranoid. I recall telling someone that my job used to drive me to drink and now it drove me to meetings. I would often go to four meetings on a Sunday to brace up for starting a new work week, which filled me with impending doom. I have since learned that feelings aren't facts and doom was not impending. It was my feelings that were screwed up. My feelings were not to be relied on for real information.

For about 18 months, I was going to 10 meetings a week and still thinking that the problem was alcohol and the solution was sobriety. It didn't seem like much of a solution for me. But there was at least some hope that life would get better if I kept going to meetings and none if I returned to drinking. I had tried drinking long enough to know that!

Then I went back to Illinois to visit family. While I was there, I went to more meetings and brought back some meeting tapes. On one of them, the speaker said, "The second and fifth drinks are caused by alcohol, but the first is caused by sobriety. It just gets so rotten that you have to drink."

It was then I began to realize that alcohol was the problem when I was drinking, but once sober, the problem became living without the stuff.

I now see that we need Step One to diagnose our disease and the other 11 Steps to treat it. Recovery is finding the promise in Step Two, being returned to sanity, or, in many cases, getting there for the first time. Sanity is the ability to adjust to reality and, for me, that isn't much of a problem now. I have come to understand myself and the world around me. I have gotten out of the center of the universe, which is too damn crowded anyway. I'm content to sit on the edge and deal with things as they come along, seeing them as they are and acting or accepting appropriately.

What I have most wanted out of life was contentment. But I was always a bit wary of contentment because it seemed akin to complacency. For me, skimping on the things I need to do today to maintain my sobriety because life seems close to ideal would be complacency. It would mean sliding backward. My ideal sober situation is when I can find contentment by doing the things I need to do to maintain my sobriety.

I'm still not very sure about God and heaven, and my faith is an assumption that I base my life on. I am glad that we are told that God will



relieve our alcoholism if he were sought and not if he were found.

When I was new, I saw a sign that said, "People who think they know everything upset those of us who do." I nodded in agreement before I realized it was a joke. But I am pretty sure that either I will find life after death to be wonderful or I'll be too dead to care. I recall someone saying that the reward for living a good and sober life is a good and sober life.

I have been living in a 99-year-old house since I moved to Tasmania to retire 14 years ago, after 20 years spent teaching English in Japan. There is nothing here in Devonport that I wish wasn't ... or not here that I wish was. I have arranged my life so that I do something I enjoy doing every day. And that includes all those little routines of life.

When I lived in Japan, I felt the need to travel, mostly so I could go to English-speaking meetings. Now, here in Tasmania, I have four such meetings a week I can walk to. In recent years, my only travel has been to drive to St. Helens on Tasmania's East Coast for the AA weekend event held there every March.

I used to do a lot of writing and have gotten a bit slack in recent years. But I look at what others have written and then I play Scrabble against my computer. What a life. It's like living in paradise.

Jim F. | Devonport, Tasmania  
Grapevine, Feb. 2019



## BOOK OF THE MONTH



### Take Me To Your Sponsor

Because who couldn't use a laugh or two these days...

Sobriety can be tough sometimes, which is why recovering alcoholics can always use a good laugh. In AA, members learn to not take themselves too seriously, to be happy, joyous and free. Luckily, sobriety can be pretty darn amusing.

Two of the most beloved departments of Grapevine are the "At Wit's End" jokes and the cartoons, all contributed and drawn by AA members. This book contains some of the best laughs of the last few years, dealing with meetings, sponsorship, dating and marriage, friends and coworkers, character defects and more. We hope this book brightens your day and gives you some hearty, well-earned laughs.

**Take Me To Your Sponsor** is available for purchase at a **special price of only \$10** through the month of May at our Central Office.

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**SAN MATEO COUNTY FELLOWSHIP ON-LINE MEETINGS**

San Carlos Pen.Fellowship:<https://drive.google.com/file/d/1zLV2OGquOj1tuRxHvsSe6GG3tNz2rBkl/view>

Primetime on-line meetings Go to <https://primetimeisnow.com/zoom>

**EVERYDAY**

7:00 AM San Mateo Morning Serenity Group ID: 983 025 118, mobile: +16699009128

7:30 PM Pacifica AA Daily Meeting ID: 288727707 mobile: +13462487799

**MULTIPLE DAYS (AS NOTED)**

7:00 AM (M-F ) 7AM Coastside Group (HMB) ID: 790 124 889, mobile: +16699006833

12:00 Noon (M-F): Noon Meeting (HMB) ID: 966 742 986, mobile: +16699006833

12:00 Noon (M,W,F) : Pacifica Noon AA Meetings ID: 265 578 851 mobile: +16699009128

5:30 PM (M-F): Foster City Living Sober ID: 201-795-637 mobile: +16699006833

**MONDAY**

7:00 AM: 7:AM Pacifica Wake Up 12X12 ID: 409 891 322

12:00 Noon: SAN MATEO LUNCH BUNCH ID: 262 887 729 ,mobile: +16699006833

12:00 Noon: Daily Reflections WBA ID: 721 5053 0255 mobile: +16699006833 Password: 323425

12:10 PM: Walter & Bob's Happy Hour (MP) Meeting ID: 763 325 791 mobile: +16699009128

5:00 PM: Monday Night Happy Hour SB ID: 608 325 mobile: +16699009128

6:00 PM: 12 @ 6 Group ID:981 992 370

6:45 PM: Daily Reflection Women's Discussion (WOMEN ONLY) ID: 468 328 039 mobile: +16699009128

7:00 PM: R4D (MEN ONLY) ID: 959 238 627 mobile: +13462487799

7:00 PM: Pescadero Group ID: 470 102 064 mobile: +16699006833

7:00 PM: San Carlos Beginners Meeting ID: 609 057 710 mobile: +16699009128

7:00 PM: Big Book Study (Half Moon Bay) ID: 714 641 704 mobile: +16699006833

7:00 PM: Women's Sharing Choices (Mills, Burl.) WOMEN ONLY ID: 537 796 317 mobile: +16699009128

7:00 PM :Sequoia Recovery Online ID: 544 622 mobile: +16699009128

7:30 PM: Keep it Simple Group ID: 999-888- mobile: +16699009128

7:30 PM Pacfic: Ladera Group ID: 458 440 414 mobile: +16699009128

7:30 PM: Study The Text ID: 385 703 270 mobile: +16699006833

7:30 PM: Fireside Chat ID: 264 450 3754 mobile: +16699009128

7:30 PM: Mid-Peninsula Women's Group ID: 562 061 635 mobile: +16699006833

7:30 PM: Pacifica Newcomers and Old Timers ID: 540-260-002 mobile: +13462487799

## **TUESDAY**

7:00 AM: Portola Valley Step 11 Group ID: 808 220 6260 mobile: +16699009128

7:00 AM: Wake Up Group – As Bill Sees It (Pacifica Baptist Church) fellowship begins at 6:45am ID: 331 870 295 mobile: +16699006833

12:00 Noon: Tuesday Belmont Noon ID: 861 808 305 mobile: +16699009128

4:30 PM: Stepping through the Big Book ID: 492-281-9199

5:00 PM: Living Sober (Church of the Nazarene, SB) ID: 322 922 mobile: +16699009128

6:45 PM: Tools of Recovery (St. John's, SB) ID: 287 530 664 mobile: +16699009128

7:00 PM: Men's Language of the Heart (MB) (MEN ONLY) ID: 889 723 506 mobile: +16699006833

7:00 PM: In Step Will Bill (Holy Trinity Church San Carlos) ID: 925 337 869 mobile: +16699009128

7:30pm Chips Ahoy Step & Tradition Screening 6:45-7:15pm Meeting 7:30-8:30pm ID: 571-171-769

7:30 PM: Thumpers – Big Book Study (RWC) ID: 615 778 479 Register in advance for this meeting:  
[https://zoom.us/meeting/register/u5UocO6gqjwjp81oHK\\_D2p8yUN8aeamtw](https://zoom.us/meeting/register/u5UocO6gqjwjp81oHK_D2p8yUN8aeamtw)

7:30 PM: Pacifica Men's Group ID: 623 951 9234 Password: 764 mobile: +16699006833

8:00 PM: Freedom Group (Sequoia) ID: 264 450 3754 mobile: +16699009128

8:00 PM: Last Barn on the Block (Half Moon Bay) ID: 531 643 mobile: +17207072699

## **WEDNESDAY**

7:00 AM: Pacifica Wake Up Big Book Study ID: 797 452 331

12:00 Noon: Senior Focus Group (Burlingame) ID: 623-895-754 mobile: +16699009128

12 :00 Noon: Atherton Group (Menlo Church) ID: 627 760 897 mobile: +16699009128

12:00 Noon: Wednesday High Noon WBA ID: 843 9317 0937 mobile: +16699006833 Password: 274659

5:30PM: Menlo Wednesday Women's WOMEN ONLY ID: 638 721 mobile: +16699009128

6:00 PM: One Line At A Time (Belmont) ID: 907 099 5372 mobile: +16699006833

6:00 PM: Men's No BS (WBAC) ID: 336 929 114 mobile: +16699009128

7:00 PM: Serenity by the Sea (Seton, MB) ID: 379 669 357 mobile: +16699009128

7:30 PM: Virtual Wednesday Woodside Meeting ID: 279 333 768 mobile: +16699006833

7:30 PM: Wednesday San Carlos Awareness Group ID: 406 415 255 mobile: +16699009128



**THURSDAY**

7:00 AM: Portola Valley Step 11 Group: ID: 808 220 6260 mobile: +16699009128

7:00 AM: Wake Up Group Daily Reflections fellowship at 6:45am ID: 847 280 389 mobile: +16699009128

10:00 AM: Thursday Women's Home Meeting. Women Only ID: 626 298 235 mobile: +16699009128

12:00 Noon: Men's Thursday Noon Burlingame. Men ID: 962-228-073 11:30-11:59 fellowship

12:00 Noon: Women's Step Study Meeting St. Bede's Please Email [thursdaywomenstbedes@gmail.com](mailto:thursdaywomenstbedes@gmail.com) to receive the online meeting code and password.

12:00 Noon: Menlo Park Men's Thursday Group: email markdecker2002@yahoo.com for info!

1:00 PM: Courage to Change (Burl) ID: 309 278 391 mobile: 1 (669) 900-9128 password: 309 278 391

5:00 PM: 12 Step Study (1st Baptist Church, San Bruno) ID: 322 922 6702 mobile: +16699009128

6:00 PM: AA Happy Hour (Half Moon Bay) ID: 893 631 mobile: +16699006833

7:00 PM: La Honda Group ID: 269 793 161 mobile: +16699006833

7:30 PM: Bunker Young People (San Mateo) ID: 320 525 284 mobile: +16699009128

7:30 PM: Big Book Study (WOMEN ONLY) (Half Moon Bay) ID: 896 097 126 mobile: +16699006833

7:30 PM: One Day At A Time (5th & O'Neil) ID: 278 801 mobile: +16699009128

8:00 PM: Burlingame Men's Group ID: 521 266 510 mobile: +16699006833 Password: 245063

8:00 PM: Back to the World Group (Burl) ID: 933 265 444 mobile: +16699009128

**FRIDAY**

7:00 AM: Atherton AA Group ID: 708 858 717 mobile: +16699006833

7:00 AM: 7:AM Pacifica Wake Up Wake Up Discussion ID: 249 094 951

12:00 Noon: Friday Women's Noon Meeting (Trinity, MP) Please email [fridaytrinitywomen@gmail.com](mailto:fridaytrinitywomen@gmail.com) to receive the online meeting code.

12:00 Noon Pacific: Singleness of Purpose (5th and O'Neill, Belmont) Join Zoom Meeting: Singleness of Purpose Meeting ID: 628 321 924

12:00 Noon Pacific: Friday Noon Rap Group ID: 776 724 335 Password: 293988

12:00 Noon: Brown Baggers WBA ID: 847 9184 7453, mobile +16699006833 Password: 064735

5:00 PM Pacific: Big Book Study Group (San Bruno) ID: 531 771 1508 mobile: +16699006833

6:00 PM Pacific: Cottonmouth (Menlo Church) ID: 530 420 596 mobile: +16699009128

6:00 PM: Golden Gate Group South ID: 623 951 9234 Password: 764 mobile+16699006833

7:00 PM: Friday Night Rap Group (San Bruno) ID: 715 302 892 mobile: +16699009128

7:30 PM: Highlanders Meeting ID: 811 389 620

8:00 PM: Friday Night Group (Half Moon Bay) ID: 685 320 570 mobile: +16699006833

**SATURDAY**

7:30 AM: Sunrise Group (St Bede's Menlo Park) ID: 220 372 340

7:30 AM: Saturday Morning Eye Opener (HMB) ID: 558 567 493 mobile: +16699006833

9:00 AM: Saturday Morning Sandhill (St Bede's Menlo Park) ID: 138 045 717 mobile: +16699009128

10:00 AM: Come As You Are Group (San Bruno) ID: 306 563 754 mobile +16699009128

10:00 AM: Foster City Women's Meeting (Women Only) ID: 386 028 541 mobile: +16699009128

11:00 AM: Any Length (Burlingame) ID: 936-9221-7958 mobile: +16699009128

11:00 AM: Sharp Park Pacifica 3rd Step / 11th Step ID: 640 347 568 mobile: +16699006833

5:00 PM: Women's Read & Reflect (Holy Trinity) WOMEN ONLY ID: 726 507 999 mobile: +16699009128

5:00 PM: Saturday Night Speaker/Discussion (HMB) ID: 254 763 801 mobile: +16699006833

8:00 PM: Saturday Night Step Study (HMB) ID: 161 138 587, mobile: +16699006833

8:00 PM: Saturday Night Discussion ID: 527 026 590 mobile: +16699006833

**SUNDAY**

9:00 AM Pacific: Spirituality (Holbrook Palmer, Atherton) Meeting ID: 383 914 839 Join Zoom Meeting:: Spirituality One tap mobile: +16699009128,,383914839#

9:00 AM Pacific: 3rd & 11th Step Meeting (Half Moon Bay) Meeting ID: 346 031 258 Join Zoom Meeting: 3rd & 11th Step Meeting One tap mobile: +16699006833,,346031258#

9:30 AM: Ham & Eggers, ID: 934 1425 3293, mobile: +16699009128

9:30 AM: Colma Eye Opener ID: 665 288 808 Password: 688810

10:30 AM: Daily Reflections (Pacifica State Beach) Meeting ID: 651 698 033 mobile: +16699006833

4:00 PM: Sunday Pacifica Step Study (Sharp Park Library) ID: 499 927 759 mobile: +16699009128

5:00 PM: Sober Sundays (Holy Trinity): ID: 615 412 091 mobile: +16699009128

6:00 PM: Sundowners (St. Andrews, San Mateo) ID: 766 691 736

6:00 PM: Page 133 Group ID: 770-9463-3710 Password 696228

7:00 PM: Young People of All Ages (RWC) ID: 696 297 440 mobile: +16465588656

7:30 PM: Coastside Talkers (Half Moon Bay) ID: 828 983 551 mobile: +16699006833

The Zoom ID number is given for each meeting, as well as the phone number you may use to dial in (if available).

## Long Distance Hugs

For many years, Faro, British Columbia (a community of 2,500 people), had three AA meetings a week. Our group would travel great distances to go on Twelfth Step calls and help other groups start up. Occasionally we'd go by ski-doo or snowmobile to remote trapline cabins. One time, we took a call from the town Norman Wells. We couldn't travel all the way there to help them that time, but we did send a meeting kit and literature.

When the mine shut down for the last time here in 1996, the population of Faro dropped to approximately 350 people, and I eventually found myself the only AA member left. So I started volunteering and doing service for others at the local Ambulance, Fire, Search and Rescue. While this was good, it didn't make up for the spiritual aspects of my AA program that I was missing. Over time, my attitude slipped into a place I really didn't want to be. I definitely wasn't feeling as well as I like to.

Luckily, in 2006 I got a call from the Whitehorse remote chair. He asked if I'd be interested in helping with a telephone AA meeting. White Rock, British Columbia, was up for sponsoring a telecommute phone meeting and I was the lucky candidate.

The phone meetings ran every two weeks for a short time. Then at my request, we stepped it up to once a week with alternating sponsors on the White Rock end. We read and studied the Steps and Traditions on our calls. I can't tell you how much I appreciate this meeting. I'm so grateful for the other AA members taking time from their busy lives here in British Columbia to assist us remote members in our journey through sobriety. I get to see a demonstration of commitment to service by their consistent, reliable and timely call each week.

I can still suffer the pain of loneliness and mild depression here in Faro, but I now have some great tools to drag myself out of it if I should so choose. Sometimes, I'll suffer a bit anyway, just because I can.

I've gained some good friends through this phone service. We have actually visited each other—

both ways. When I travel to the lower mainland (not often), I'm provided with a place to stay, food and hugs in abundance. I feel loved and cared for, just as when I first got to AA back in 1982.

Each phone meeting reminds me of my early days and the feelings I had at that time. It's so valuable to me. I can actually feel the love over the phone.

And the funny thing is, I don't especially like telephones.

Mark V. | Faro/Marsh Lake, Yukon  
Grapevine, Dec. 2017

### 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)

To enter, visit:

**[www.aagrapevine.org/we-are-here-to-help](http://www.aagrapevine.org/we-are-here-to-help)**

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Without as much 7<sup>th</sup> 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](http://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.

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## District 05 General Service Update

Like many in AA, San Mateo County groups have been navigating uncertain times and utilizing virtual platforms to stay connected. It has been inspiring to see the fellowship so quickly respond to current public health recommendations and find ways to provide meetings, workshops, and much more, both within San Mateo County and beyond.

Our San Mateo County Central Office has done a wonderful job keeping a running database of virtual meetings, along with providing members helpful information from our shared experience on successful practices for Zoom, including optimizing privacy and security settings.

Within General Service, our District Meeting in March was canceled. In April, we had our first ever virtual District Meeting and focused on checking in with each other and sharing experience, strength, and hope on how our meetings are doing, along with some of the ways we have managed to continue our service virtually. Many members communicated that they experienced increased participation during virtual Agenda Topic Sharing Sessions due to time available and convenience of the platform. We look forward to continuing our service in any capacity.

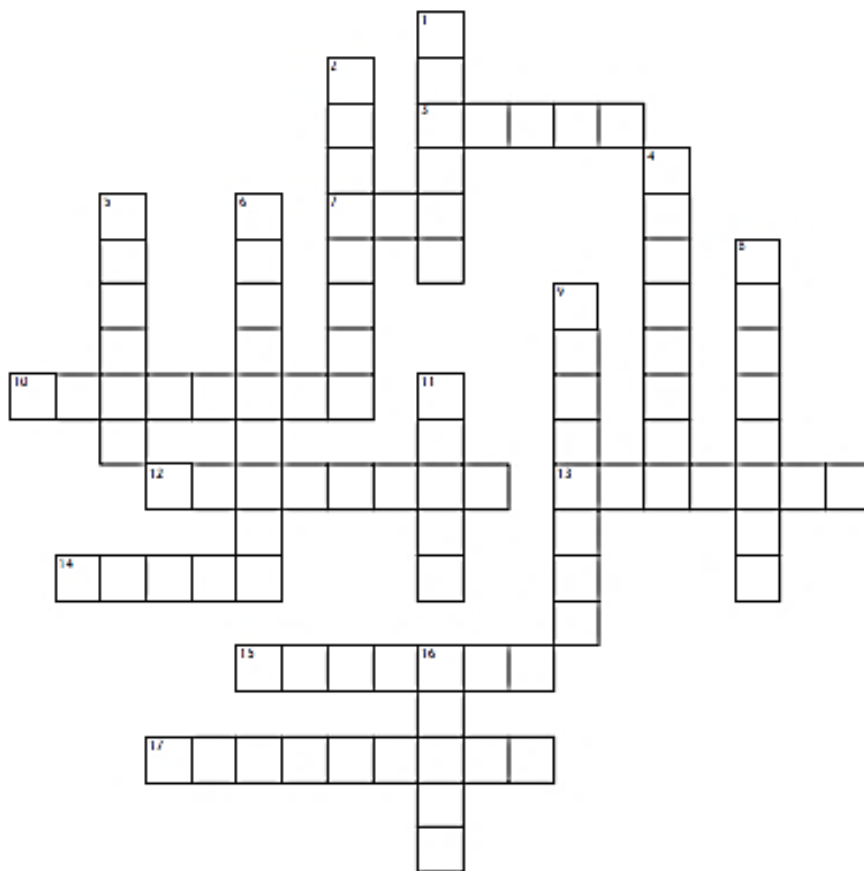
Respectfully,

Matt D.

*District Committee Member Chair – District 05 – San Mateo County*  
*California Northern Coastal Area of Alcoholics Anonymous*  
[mjdylina@gmail.com](mailto:mjdylina@gmail.com)  
(650) 740-3494



# San Mateo County Meetings



## Across

3. WOMEN WHO WEAR COMFORTABLE \_\_\_\_\_ .  
(PACIFICA)  
7. COLMA \_\_\_\_\_ OPENER .  
10. MORNING \_\_\_\_\_ . (SAN MATEO)  
12. \_\_\_\_\_ THROUGH THE BIG BOOK .  
(BURLINGAME)  
13. BROWN \_\_\_\_\_ . (SSF)  
14. SENIOR \_\_\_\_\_ . (BURLINGAME)  
15. \_\_\_\_\_ SEED . (SSF)  
17. \_\_\_\_\_ BIG BOOK STUDY . (HMB)

## Down

1. \_\_\_\_\_ POINT DISCUSSION . (SSF)  
2. \_\_\_\_\_ BY THE SEA . (MOSS BEACH)  
4. SIMPLY \_\_\_\_\_ . (SAN BRUNO)  
5. HAM AND \_\_\_\_\_ . (BURLINGAME)  
6. NEWCOMERS AND \_\_\_\_\_ . (PACIFICA)  
8. TOOLS OF \_\_\_\_\_ . (SAN BRUNO)  
9. \_\_\_\_\_ BREAKFAST MEETING  
11. LUNCH \_\_\_\_\_ . (SAN MATEO)  
16. CELEBRATE BEING \_\_\_\_\_ . (SAN MATEO)

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

	APR	Total YTD		APR	Total YTD
<b>Income</b>			<b>Operating Expenses</b>		
Birthday Club Contributions	109.00	281.00	Accounting Services	57.00	292.00
Book sales	278.06	4,666.67	Books Purchased	0.00	7,472.38
Central Office Annual Party	0.00	0.00	Chips	13.70	355.36
Chip sales	19.91	604.98	Central Office Annual Party Exp	0.00	500.00
Delegates Collection	0.00	172.00	Central Office Insurance	149.84	590.66
Faithful Fivers	1,090.00	2,220.00	Credit Card Charges	28.39	67.64
Group Contributions	7,963.76	35,235.43	Employee Insurance	260.00	1,048.00
High Sobriety Subscriptions	10.00	38.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	0.00	Office Equipment Lease & Maint	556.52	1,371.59
Individual Contributions	5,650.00	9,850.00	Office supplies	131.29	1,021.16
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other	0.00	0.00	Postage	0.00	554.75
Printing	0.00	71.50	Rent	1,452.00	5,768.00
Sales Tax on Books & Chips	31.28	553.39	Salaries	4,019.25	16,593.09
Tax Refund	0.00	107.02	Sales Tax on books	0.00	503.53
Covid 19 7th Tradition	2,352.00	2,352.00	Taxes (Payroll)	1,704.25	7,183.11
<b>Total Income</b>	17,504.01	56,151.99	Telephone & Tech	186.60	672.17
			Telephone Advertising	0.00	0.00
<b>Less Expenses</b>	8,709.84	44,597.44	Teleservice	151.00	604.00
			Travel Expenses	0.00	0.00
<b>Net Income (loss)</b>	8,794.17	11,554.55	Web Services	0.00	0.00
<b>Starting Balance</b>		34,989.90			
<b>Plus Net Income/Loss</b>		8,794.17	<b>Total Operating Expenses</b>	8,709.84	44,597.44
<b>Ending Balance</b>		43,784.07	<b>Net Income (loss)</b>	8,794.17	11,554.55
<b>TOTAL PRUDENT RESERVE</b>		49,983.31	<b>2019 Year-to-Date Summary</b>		
			Year-to-Date Income		56,151.99
<b>TOTAL CASH POSITION</b>		93,767.38	Year-to-Date Expenses		44,597.44
			Year-to-Date Net Inc/(Deficit)		11,554.55



**SAN MATEO COUNTY FELLOWSHIP 2020 GROUP CONTRIBUTIONS**

ATHERTON	APRIL	YTD	MENLO PARK	APRIL	YTD	REDWOOD CITY	APRIL	YTD	SAN MATEO	APRIL	YTD
Sunday Spirituality		700.00	Atherton AA	300.90	307.20	Broken Elevator Thurs.	148.78	219.66	Bunker Young People	544.20	544.20
<b>BELMONT</b>			Cottonmouth		589.77	Complete Abandon Group	83.13	181.13	Esto Es AA		25.00
Alkie Gulch	40.00	40.00	Fri. Noon Women's		416.56	Foundation Stone Group		409.00	Eye Opener		55.31
Belmont Tues. Noon Group	246.50	437.92	Men's R4D Big Book		276.12	Mon. Nite Fireside Chat		232.20	Fireside Group		70.20
Day At A Time	179.28	332.23	Menlo Park Men's Group	80.40	80.40	Sun. Nite Sharing		240.00	Highlanders Grp.	40.00	40.00
Forum		50.00	Mon. 12:10 PM Happy Hour	138.76	399.16	The Sewer Group		105.00	Joy of Living		30.00
One Line at a Time	160.00	190.00	Sat Morning Sandhill	684.60	1,774.50	Thumpers		307.53	Lunch Bunch		343.60
Singleness of Purpose	67.50	67.50	Sat Sunshine Grp MP 7:30		464.98	Vision for You	180.11	33.93	Mid Peninsula Women	167.20	373.68
<b>BRISBANE</b>			Women's 12- Step Thu Noon		529.67	Wed. Woodside Meeting		417.07	Monday Night Men's 6:30	150.00	150.00
Brisbane Breakfast		321.20	<b>MILLBRAE</b>			<b>SAN BRUNO</b>			Morning Serenity (All)	546.40	1,031.40
<b>BURLINGAME</b>			12 Step Study (Tues Noon)		140.08	Big Book Study Fri (5pm)			San Mateo Forum		172.13
Any Length	538.15	1,083.55	<b>MOSS BEACH</b>			Come as You Are	40.95	217.89	San Mateo Group # 1	312.00	312.00
Back to the World Group		57.00	Men's Language of the Heart		642.00	Daily Reflections Women	75.00	160.50	Sunday Serenity		138.60
Burlingame Men's Grp	7.00	7.00	Serenity by the Sea		221.27	Early Enders	92.23	92.23	<b>SOUTH S.F.</b>		
Burlingame Noon Men's Grp	171.26	171.26	<b>PACIFICA</b>			Experience, Strength, Hope	16.80	134.40	Midway S.S.F. Grp		259.00
Burlingame Read a Passage		26.00	12 Noon Disc. (Mon)	30.00	207.90	Grupo Serenidad		40.00	New Beginnings		138.52
Ham & Eggers		838.41	B.Y.O.B. Group		270.00	Living Sober/ HH (Tues)		46.50	South City Womens		70.00
Hillsborough Men's Group		200.00	Daily Reflections (Beach Mtg)		100.00	Milbrae Group		268.64	Stepping Stones	100.00	100.00
Just For Today		294.00	Fri Discussion Noon		182.40	<b>SPKR/DISC - Happy Hour(Mon)</b>			<b>WESTBAY ALANO</b>		
Rap Group		271.60	Happy Hour (Living Sober)		40.00	<b>SAN CARLOS</b>			Brown Baggers		60.00
Reason to Come to AA		900.00	Pacifica Discussion (Weds)	226.80	393.00	Gifts of Grace Fri Women		198.60	Colma Eye Opener		117.43
Senior Focus Group	549.50	549.50	Pacifica Men's Group		405.06	In Step with Bill	174.00	286.00	Early Birds Daily Reflection (Weds)		150.00
Sharing Choices	83.15	83.15	Pedro Valley Pacifica		177.82	S.C. Awareness Group		308.00	Men's no BS		161.70
Tuesday Nite Group	178.50	178.50	Serenity in Pacifica		187.68	San Carlos Beginners	152.50	302.50	Mustard Seed		84.00
Twelve Steps Study (Mon)	100.10	100.10	Sun. Afternoon Step		210.00	San Carlos Men's Grp. (Mon)	280.00	800.00	Smart Feet BB	36.58	174.58
<b>FOSTER CITY</b>			Wake Up Wake Up		110.20	SCPF- all meetings	250.00	1,050.00	Weds High Noon		90.00
Friday Noon Big Book	53.10	232.16	Women who wear shoes			Sequoia Recovery Grp	210.00	210.00	Women's Happy Hour	45.97	193.97
Living Sober Groups (all)	195.93	633.25	<b>PORTOLA VALLEY</b>			Sober Sundays	299.95	580.00			
The Old & the New	71.50	215.83	Chips Ahoy		20.00	We Have Recovered Group	17.50	39.88			
<b>HALF MOON BAY</b>			Ladera Mon Nite Group		517.55	Womens Read & Reflect.		114.49			
3rd & 11th Step Prayer		250.63	Portola Valley 11th Step	165.00	440.00	<b>SAN MATEO ETC.</b>					
Coastside Talkers	106.00	50.00				Alkathon - Belmont		2,500.00			
HMB Happy Hour Group		187.00				Alkathon - West Bay Alano		200.00			
HMB Thurs Womens BB	148.91	148.91				Women's Home Grp (traveling)	50.00	532.52			
Last Bam on the Block		230.83				Covid-19 7th Tradition	2,352.00	2,352.00			
Sat. Morning Eye-Opener		617.56									
Stone Pine 7AM Meet M-F	94.00	340.00									
Stone Pine Noon Meet. M-F*		439.03									

\*Please note virtual 7<sup>th</sup> Tradition contributions that are not attributable to a specific group have been listed separately as "Covid 7<sup>th</sup> Tradition"

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