

# 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

June 2020

## SMC Fellowship News

### Central Office Online Donations

We now have the ability to make online contributions at [www.aa-san-mateo.org](http://www.aa-san-mateo.org). This can be for individual contributions or group contributions. From the home page please click ON-LINE CONTRIBUTIONS at the top of the page, or on mobile devices click the menu button with 3 horizontal lines. Contributions can be made using credit or debit cards or Pay Pal.

### Supporting General Service in New York

This past month, the General Service Office in New York, which oversees AA activity all over the world, released a statement that they have needed to withdraw \$3 million from their reserve fund in order to cover their expenses. Per the statement:

"Contributions and Literature sales are way down due to the fallout of Covid 19. For March, Literature sales were budgeted at \$1.2 million and had closer to 200,000. Contributions were budgeted at around \$800,000 and we ended up with around \$380,000. This takes the reserve fund from 9.4 months to 7.2 months."

Please consider supporting our General Service Office if you are able. Donations to **General Service** in New York can be made online at [www.aa.org](http://www.aa.org) by clicking "Make a Contribution".

You may also mail donations to:

General Service Office  
Box 459  
Grand Central Station  
New York, NY 10163

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HAPPY BIRTHDAY

ALCOHOLICS ANNONYMOUS!



## Monthly Service Committee Meetings

**TELESERVICE** June 7<sup>th</sup>, 7:00pm on Zoom  
Meeting ID: 993 0160 4636, To phone in: +1-669-900-9128

**DELEGATES TO CENTRAL OFFICE** June 2<sup>nd</sup>, 7:30pm on Zoom  
Meeting ID: 812 8964 3004, To phone in: +1-669-900-6833

**GENERAL SERVICE** June 16<sup>th</sup> on Zoom, 7:00 orientation/concept study, 7:30 pm business meeting  
Meeting ID: 752 6058 2164, Password: 096224. To phone in: +1-669-900-9128

PENNYPA (Peninsula Young People in AA)	cxl'd until further notice
H&I (Hospitals & Institutions)	cxl'd until further notice
BRIDGING THE GAP	cxl'd until further notice
PI/CPC	cxl'd until further notice

## **2020 Central Office Anniversary Party**

Sadly, due to the current Covid-19 situation, this year's Central Office Anniversary Party has been canceled. The State Room has applied our deposit towards holding the event next year, Sunday, September 5<sup>th</sup>, 2021.

As this occasion is our biggest fundraiser of the year, stay tuned for an online event to take its place.



## 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**



**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



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.

**Gordon L San Carlos 28yrs**

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## My Armor

**Step Six suggested that he place all his defects on the table and let God sort them out.**

WHILE I had no problem admitting I was an alcoholic, I didn't believe I was the kind of alcoholic who joined AA, the kind who had to stop drinking altogether, who could never take another drink. "One day at a time," they said. But I knew what that meant: "One day at a time . . . for the rest of your life." Oh, no, not me, buddy! I was pretty sure I was the kind who cut down. You know, a mild case.

My plan was to take a look at these famous Twelve Steps (whatever they were), analyze them and decide which of them I might apply to seriously cutting down. My drinking had admittedly gotten out of hand. Since I had no intention of stopping entirely, I surely wouldn't need all twelve. A couple of the Steps seemed to be unnecessary. Six and Eight, for instance, were preparation for Steps that followed, and had been stuck in there to make an even dozen, no doubt. Step Six especially, I thought, was a useless space saver. "Were entirely ready to have God remove all these defects of character."

Who wouldn't want to have their defects removed? I'd like to be a nice guy. I'd like to have people think well of me. Maybe it would help me to keep a job, maintain a friendship . . . or have a second date with the same girl.

The problem was that I hadn't identified any defects. Little did I know that I had developed, cultivated and come to depend on an army of character defects. They weren't even pests to me. They were more like beloved pets that I fed and nurtured.

Arrogance, for example, was self-confidence. I'm not lustful--I'm romantic by nature. You might call me selfish--I call it frugal. You call it gluttony--I call it lunch. If I'm intolerant, critical or judgmental of others, I call it being ruthlessly honest and painfully frank. As for my own dishonesty, I denied it. "I pride myself on my personal integrity." In other words, I lied!

When, after months of attending AA meetings, I finally did stop drinking, got a sponsor and decided to apply the Steps to my life, I discovered that

taking the Twelve Steps is an entirely different experience than reading them or hearing them read.

Step Six is an extremely significant part of the process. In fact, I've come to think of the Sixth Step as the "gateway Step."

After taking Step Five, I had a list of people to whom I owed amends. I would deal with them at Steps Eight and Nine. The list at hand now was the list of my character defects, my shortcomings. These were the manifestations of self that had placed me in a position to be hurt and to hurt others.

These were the elements of my personal armor I had gathered over my life. I put them on and wore them as if into battle. They may have been heavy and awkward, but I believed that they protected me.

Step Six suggests I place them all on the table and let God sort them out, ask God to decide which I need and don't need. There may be things I consider short-comings that my Higher Power has some use for, just as there may be things I consider virtues that need to be cleared away for my spiritual well-being.

My meditation was once interrupted by what I considered some worldly and less than spiritual thoughts. I was so irritated by this that I shared it with my wife and exclaimed, "I need to ask God to remove my lust." Her response was, "Don't you dare!"

Evidently, she had some use for such distractions and considered them beneficial.

On the other hand, as an artist, I have long considered pride in my work a necessary tool of the trade. And though pride has its usefulness in craftsmanship, it is a total liability in spiritual matters. The Big Book refers to the "leveling of our pride."

That doesn't mean evening it out like we might "level" a sand lot, it means like they level an old building to build a new one in its place. It has to be destroyed.

The Seventh Step Prayer says, "I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows."

So Step Six may be the greatest act of courage in the whole twelve-step process: a total act of faith.

I have to trust that God will see the big picture and make the right choices. Funny thing is, without all that armor, it's a lot easier to move. In fact, I feel like dancing through the rest of the Steps.

Doug R. | Tujunga, California  
Grapevine, June 2010

### **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.

## **A.A. Around the World**

### **This Is The Beginning Of The Rest of My Life...Right?**

**A newcomer wants to hide at her first AA meeting, until she is surrounded by welcoming women who make sure that she is okay.**

I am deeply embarrassed yet oddly grateful for my most recent binge-drinking episode. There was no "trigger" or anything like that. I confess I was feeling sad and lonely. Wine turned to vodka, then blackout and chaos ensued. I couldn't sleep or eat and felt nauseous for a few days. Over the last year, my drinking sessions had devolved into blackouts, suicidal or threatening talk, just crazy stuff. I was getting worse and worse. There's no way I could just have one drink. I was sick of it all and so was my endlessly

patient and loving husband. I didn't want to lose the beautiful life we have together. After my recent binge, I knew I was at risk of losing not only our marriage, but everything else I valued in my life.

I had talked about going to Alcoholics Anonymous countless times in the past but would chicken out any time a meeting approached. I had excuses. I could avoid drinking for "longer" periods: 30, 60, 90 days. I even stopped drinking for an entire year once. I thought I could control my drinking, but I could not. I would be okay as long as I did not have any alcohol, but as soon as one drop reached my mouth, I was gone.

I felt I now had to be honest, because alcoholics in the midst of addiction are liars. And I was sick of being a liar.

The meeting was taking place at the nearby hall where my husband has his union meetings. I have to admit, both my husband and I were concerned that there would be maybe only four or five old guys at the meeting—and nowhere for me to hide. Because I wanted to be able to blend in, and if it was just a few people there, I don't know if I would have been able to handle it. To finally admit that I couldn't deal with my alcoholism on my own, to actually physically attend a meeting, was already a lot for me. I hadn't slept much the night before and now my anxiety was through the roof. I hadn't been able to even stomach the idea of having breakfast.

The parking lot across the street from the hall was quite full, as was the street parking in front of the building itself. I felt relieved that it looked like quite a few more people than I originally feared were going to be attending. I walked up to the legion building and stopped. I wasn't sure if I was supposed to go in through the front door or the side and I was afraid of being seen as foolish or lost. Two ladies had left the parking lot and were trailing behind me, chatting as they approached the building. They stopped and asked me if I was

looking for the meeting. I said I was, and my voice started to choke up. Speaking was going to be hard today. I was grateful this was an English meeting. I can understand French really well, but sometimes speaking it is harder for me when I am feeling emotional.

The three of us went up the stairs to the front entrance, and right away, people came up and asked me if this was my first meeting. Many seemed very happy to learn that this was my first AA meeting anywhere, anytime, not just in this place. So many people came out to greet me, ask my name and introduce themselves. They offered me a coffee, helped me find a seat, and then sat with me. I had originally wanted to slink in, find somewhere to sit at the back, and slip out, but now I was glad that people were around me.

What struck me was how happy and relaxed these people were. They didn't seem "bummed" that they were alcoholics and stuck in a meeting. They seemed so light. I wanted to feel that way, too. I hadn't felt easy with myself or the world in a very long time. I felt safe at the meeting. I will say that at this time, I didn't know much about the way AA meetings were conducted. They read out the AA preamble, which illustrates the purpose of the organization. Then the Twelve Steps were read as well as the Twelve Traditions. After various announcements, a speaker was introduced who talked about what brought him to AA and how his life was before and after. It was very touching and emotional.

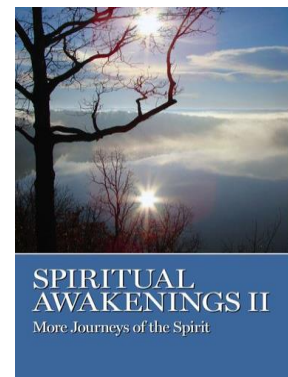
A collection was taken, but my new companions told me to not worry, that no one is expected to pay at their first meeting. I saw mostly toonies (Canadian two-dollar coins) and five-dollar bills thrown into the collection bag. Then, the chairman asked if anyone was new to AA and if they'd like to come up. I did raise my hand and was given an information package for newcomers and my first AA token. It has the Serenity Prayer printed on the back and the AA motto on the front. It also says, "24 Hours Recovery" and "To Thine Own Self Be True". Very soon, I found myself

keeping it in my hand, and looking at it, over and over. Before leaving, a number of women offered me their telephone numbers in case I needed to talk. They also recommended other meetings occurring during the week for me to check out. It was the first time in a long time that I knew I could be okay.

As I learn more about this new path I have finally decided to embark upon, I can actually say I feel excited and am looking forward to sharing more of my experiences with others.

Melanie P. | Lachute, Québec  
Grapevine, Online exclusive

## BOOK OF THE MONTH



### Spiritual Awakenings II

The greatest gift that can come to anybody is a spiritual awakening" - Bill W. Grapevine, December 1957 Only in the challenging, dynamic daily lives of AA members do the Twelve Steps come to vibrant life. In these stories from the pages of Grapevine, published since 1944, sobriety's message of miracles and redemptions is shared with passion and humor in 74 colorful voices.

Spiritual Awakenings II is available for purchase at a **special price of only \$10** through the month of June at our Central Office.



## Online Sobriety

**She hated computers but finding AA online forums gave her the courage to return to the program after a long relapse.**

My story begins in 1991 when I was first introduced to AA. I went to meetings, had a number of sponsors, and actually made it to more than a year of sobriety, but it turned out I wasn't done drinking yet.

Fast forward to the year 2006. My husband and I got our first computer. I didn't like computers at all! I thought that they were going to ruin the world. (Actually, that's still in question.) By this time, I was drinking on a daily basis. I had stopped working a few years earlier, due to other health problems. I had my days and nights mixed up. I drank until 4:30 AM and didn't get out of bed until after 1:00 PM most of the time. My selfishness and self-loathing were taking over—I didn't care if I got out of bed or if I would ever wake up again. Mentally and spiritually I was hitting bottom. But I was still not done the drinking.

But even with my drinking, I was starting to learn and figure out things on the computer. I discovered online forums of people writing back and forth on whatever subjects interested them. I first joined a cat site, since I have always loved animals, cats especially. It was ok for a while but I didn't feel like I fit in with the people on there. Then I joined a paranormal site. There were a lot of interesting things to read on that site, but the people were a bit strange, so that wasn't for me, either.

By now, I was feeling overwhelmingly lonely. I was drinking every day, with no friends anymore, no one to talk to except my husband when he was home from work. I was starting to feel worse and worse, physically and mentally. My days blended together. It didn't matter if it was Monday or Thursday because it was the same thing, day after day. Drink, eat, clean house a little (maybe), go on the computer, and then go to bed. Get up and do it all over again.

One day, I decided to see if Alcoholics Anonymous was on the computer. Yep, there it was. So, I drank and read, drank and read. I

actually found somewhere or another online of an audio recording of Bill W speaking at a convention somewhere. I cried listening to that and remembering how it was when I was in AA years before. Then I ended up finding other websites, with recovering alcoholics involved in forums and online meetings. For nine months, I wrote back and forth with these people, while drinking my rum and cokes. They kept telling me to go back to AA, and I kept saying: "No, I'm scared, it didn't work for me." Eventually, in the summer of 2007, I did get the courage to go back to AA. I struggled that whole year and kept drinking every couple of weeks. I couldn't get a month under my belt. But I kept hearing over and over: "Keep coming back" and "Don't give up before the miracle." In January 2008, I picked up a white chip and I haven't had a drink since.

I have a home group and a sponsor, and I've held a few service positions. I truly believe my Higher Power reached out to me through the computer even though I didn't understand it at the time. Today I still go on my forums with my AA friends from all over the US and the world. Some of the people who helped me so many years ago to get the courage to go back to AA are still there. I owe my life to them and Alcoholics Anonymous. So I guess computers aren't that bad after all. I wouldn't be sober today if I didn't have one.

Barb C. | Endicott, N.Y.

Grapevine, online exclusive



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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.

Donations to **Central Office** can be made online at: <https://aa-san-mateo.org/contributions> . Checks payable to San Mateo County Fellowship may 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.

**H&I Contributions:** <https://www.handinorcal.org/contribute>

or via mail to:

No. California H&I

P.O. Box 192490

San Francisco, CA 94119-2490

(Make checks payable to: NORCAL H&I and note your Area #65 on the check)

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**“what if” = fear**

**“even if” = faith**

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



**District 05 General Service Update**

One of the most powerful experiences to witness has been the way groups within San Mateo county and beyond have collectively found a way to share experience as we fulfill our primary purpose virtually. Spurred by many of the updates on the financial realities facing the fellowship due to COVID-19, a focus has been how to handle the 7<sup>th</sup> Tradition virtually.

Some of our time within District 05 General Service has been centered on successful ways groups have conducted the 7<sup>th</sup> tradition virtually, and ways to facilitate continued contributions by expanding the knowledge of the fellowship on what our contributions are really used for, and how that contributes to saving lives. In writing our warranties from Concept XII, Bill W. states, “They simply portray what the giver’s service dollar really brings in terms of steering alcoholics to A.A., and in terms of our over-all unity and effectiveness. This much done, the hoped-for contributions are forthcoming. The donors can seldom see what the exact result has been. They well know, however, that countless thousands of other alcoholics and their families are certain to be helped.” I’m hopeful this outlook guides us as our fellowship remembers the importance of continued contributions for the on-going services of Alcoholics Anonymous.

San Mateo County Delegate’s report has been scheduled to occur during our June 16<sup>th</sup> District meeting at 7:30PM – please see San Mateo Central Office website for information on how to access the meeting. Historically, we hold an annual Unity Day event and invite AA members from our district and beyond to attend and hear a report from our Delegate about what occurred during the General Service Conference - the 2020 Agenda Topics encompassed a wide range of potential changes to AA, including updates and revisions to literature, and it’s always inspiring to hear the collective conscience of the fellowship as we move forward. In accordance with current public health recommendations, we won’t be able to do a live event this year. With that said, the Delegate’s Report remains an opportunity for all of our district to hear about the virtual 2020 General Service Conference and what our fellowship as a whole felt about this year’s Agenda Topics. All are welcome to attend.

Respectfully,

*Matt D.*

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

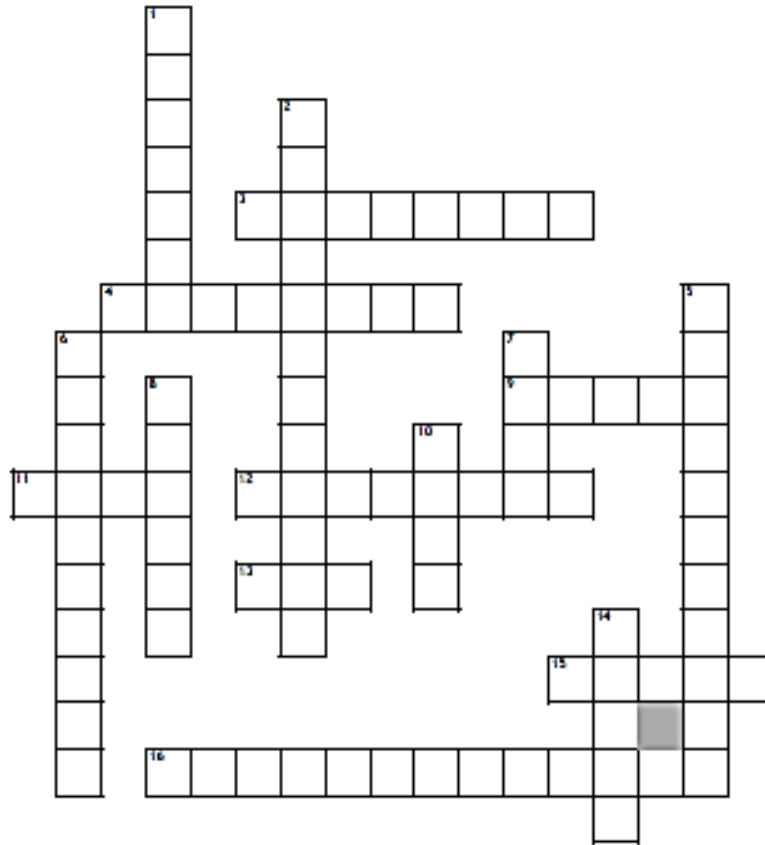
*mjdylina@gmail.com*

*(650) 740-3494*

“Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs.”

-Alcoholics Anonymous, p. 20

# LIVING SOBER CHAPTERS



## Across

3. Being good to \_\_\_\_\_ .
4. Being \_\_\_\_\_ .
9. Letting go of old \_\_\_\_\_ .
11. Getting plenty of \_\_\_\_\_ .
12. Changing old \_\_\_\_\_ .
13. Finding your own \_\_\_\_\_ .
15. Staying away from the first \_\_\_\_\_ .
16. Steering clear of emotional \_\_\_\_\_ .

## Down

1. Availing yourself of a \_\_\_\_\_ .
2. Seeking \_\_\_\_\_ help.
5. Watching out for anger and \_\_\_\_\_ .
6. Fending off \_\_\_\_\_ .
7. Live and let \_\_\_\_\_ .
8. Getting \_\_\_\_\_ .
10. Eliminating self - \_\_\_\_\_ .
14. Remembering your last \_\_\_\_\_ .

“Living sober turns out to be not at all grim, boring, and uncomfortable, as we had feared, but rather something we begin to enjoy and find much more exciting than our drinking days.”

-Living Sober, “About that title...”

## Journey Home

**Though her father and brother didn't make it, she and her sister knew exactly where to go.**

I often share at meetings that I don't have to question where my disease came from. I am descended from a long line of alcoholics on both sides of my family, probably starting with my Viking ancestors.

My grandparents came to North America from Sweden and started families in the land of promise. They were hardworking people and all their descendants seem to carry the hardworking gene. We carry another gene too, which for many of us is alcoholism. We also have had a few gamblers and other types of addicts to spice up the mix. There's never a dull moment in our family.

I knew about Alcoholics Anonymous at an early age. When my father left a treatment center after the breakup of our family, he started going to meetings. I remember taking a Greyhound bus and going to visit him at the rooming house he lived in when I was 9 years old and my sister was 7. I remember the fried baloney for dinner, the toilet down the hall where you had to bring your own paper and the AA meetings where they offered us stale donuts and coffee while we waited in the hall outside the meeting room.

My father's journey in sobriety continued and his life got very, very good, as it does for many of us. He had great success in business, remarried, traveled and seemed to enjoy life to the fullest. After an early retirement, he was able to give back by volunteering internationally. He received great recognition for his efforts. I don't recall when he stopped going to meetings. But he did. And you can imagine the rest. He was 58 when he retired. He died at 61, another casualty of this disease.

Alcoholism continued its path of destruction, and my eldest brother succumbed at age 61. His journey included a fall from the heights of success to an ugly death in a vermin-infested tenement. He was given many chances, including a liver transplant, but he was never really ready to let go and let God.

The reason I start with the sad part of my AA journey is so that I can remember how formidable this disease can be. I have heard it thousands of times: The disease is "cunning, baffling, powerful," as the Big Book tells us, and I am told to add "patient," as we are never cured. All we have is a daily reprieve based on our spiritual condition.

I have had that gift of a daily reprieve since September 26, 1994. As I type this, I am overcome

with the feeling that this truly is a miracle. I knew I was an alcoholic from an early age. I had learned about the disease from my exposure to AA, but not enough to fully understand it, if that's even possible. I decided when I saw what alcohol did to my family that I would simply control my drinking and not get in trouble.

I'm sure many of you are laughing by now. The strange thing is, I was able to stay out of the traditional forms of trouble, but was close to death from advanced liver disease while holding my job and my family together. I was somehow proud of the possibility that I would be dead, but no one would know I had been an alcoholic. What a strange and deadly form of pride.

I followed my sister into AA. She got sober in May of 1993. That was a problem for me. When she told me she had joined a 12 Step program, I was not happy. I was the big sister. I was supposed to be the leader. How could she do this to me? I waited for her to start drinking again, but it didn't happen. My jealousy and competitiveness kicked in and I decided I would get sober on her one-year anniversary. But I didn't actually make it to a meeting until a few weeks later. It was actually the end of September when I finally joined her. Now I am eternally grateful for her leadership and support.

It has been an absolutely amazing journey since then. I truly live a life that is happy, joyous and free now. It has not all been perfect; some days far from it. But when I hit those tough spots, my AA toolkit assisted me through a multitude of challenges big and small. AA has helped me build a wonderful life.

As is true for many of us, my alcoholic parents did not give me a great set of tools. I do understand they probably didn't have much to give me, but my father's walk through the door of AA followed by my brother and my sister helped me understand that when I was ready, that door was open.

I was upset about my father's relapse and death and my brother's many failed attempts at AA, until I understood that although terribly sad, their deaths were actually gifts to me. When I am tired of my home group or annoyed with AA politics or just don't feel like going to a meeting, I just have to remember that my fellow members are saving my life and I have a choice. Today, I choose to be willing to let AA and my Higher Power continue to teach me.

Diane C. | Guelph, Ontario  
Grapevine, August 2019

**San Mateo County Fellowship of Alcoholics  
Anonymous  
Delegates Committee Meeting Minutes  
May 5, 2020 7:30pm This was a Zoom meeting**

The meeting was opened at 7:30 p.m. with the Serenity Prayer.

Delegates must sign in; new business must be submitted in writing.

Colleen read the Twelve Traditions; and Julie M. read the Responsibility Statement.

Minutes: The March 2020 minutes were reviewed and approved.

New Delegates: Diane, Women's Home Meeting  
A.A. Birthdays: Tan Tom M. 7 years, Shaun G. 34years,  
Lori C. 7years, Camp Kyle 7years

Financial Report: The March and April 2020 financial reports were reviewed and approved. Remember when sending contributions to include the group names so that they can be credited.

**SERVICE COMMITTEE REPORTS**

**Bridging the Gap:** Tatiana reported that there were no meetings due to the Covid virus. More information can be obtained from Ted B. (650) 583-2935.

**General Service:** Matt D., the DCMC reported on the activities of District 5.

Area 6 Post conference assembly will be held via Zoom on June 6, 2020. At this assembly, we will hear reports on the state of our Area, presentations on the Conference theme, and our report from the Delegate, who will have already returned from the General Service Conference. There will be time for questions. Interpretation in English, Spanish, and ASL will be available.

He further stated that the GSO office in New York is having a large short fall in contributions and had to take money out of their prudent reserves. The following was sent by our Pacific Trustee and should be passed on to all groups:

"Last week the Trustees Finance Committee approved and recommended to the GSB a draw down of up to \$3,000,000 from the reserve fund to cover salaries rent and other expenses. On Thursday the GSB voted unanimously in favor of this. Contributions and Literature sales are way down due to the fallout of Covid 19. For March, Literature sales were budgeted at \$1.2 million and had closer to 200,000. Contributions were budgeted at around \$800,000 and we ended up with around \$380,000. This takes the reserve fund from 9.4 months to 7.2 months. Please pass on the information that contributions are needed. I know many groups have just started to set up 7th Tradition contribution plans in their online meetings. The office will be cutting their expenses however contributions will still be needed. Please remind the members in your areas that they can

make online contributions and recurring contributions. Also encourage groups and members to purchase Carry the message GV's for those that can no longer attend meetings like those behind the walls".

Here are some of the ways in which our Seventh Tradition contributions helps alcoholics around the corner and around the world:

[https://aa.org/assets/en\\_US/f-203\\_en\\_seventhtraditionsfactsheet.pdf](https://aa.org/assets/en_US/f-203_en_seventhtraditionsfactsheet.pdf)

**Grapevine:** Due to current situation, 2020 Grapevine and La Vina issues will be free. Visit the website:

<http://www.aagrapevine.org/we-are-here-to-help>

**Hospitals & Institutions (H&I):** Lori C reported that there are no H&I meetings at this time. There are a couple of Zoom meetings at Our Common Ground.

**NCCAA (Northern California Council of A.A.)** Shaun G Chairperson gave the following update on what's going on behind the scenes for NCCAA. There will be a meeting via Zoom on May 31, 2020 at 1:30, both Mary and I have been working hard to keep our conferences and speakers updated. We've been in contact with all the conference locations monthly. As of right now all our updated sights are still proceeding forward, of course with our current situation it could change daily. I have added our dates to this. We still have business that we need to discuss to move forward. In watching the news and talking with hotels in our different cities it's really uncertain when we'll be able to have large gatherings again and when that happens are we going to have social distancing requirements. We ourselves can't cancel any conference as we will be held liable for the full cost. The cancellation needs to come from the venues themselves. I'm looking to the Steering Committee for some thoughts and ideas to be able to make decisions for our future at the last minute if necessary. Mary will have a helper with the Zoom process. She will be coordinating the Zoom meeting and will go over the process. So that we can let everyone speak and go through the process smoothly, we will give everyone that is a Steering Committee member 3 minutes to share and vote on what we discuss.

We need to elect a chairperson at our next conference (Sept- San Jose, March- Modesto)? We also need to election a Treasurer. Our current schedule for elections would be in Modesto March 2021. Do we continue with that schedule even if we may have elections at same time for Chairperson in Modesto?

Lodi (Canceled) October 9, 10, 11 2020

San Jose- Postponed tentatively to September 25, 26, 27 2020

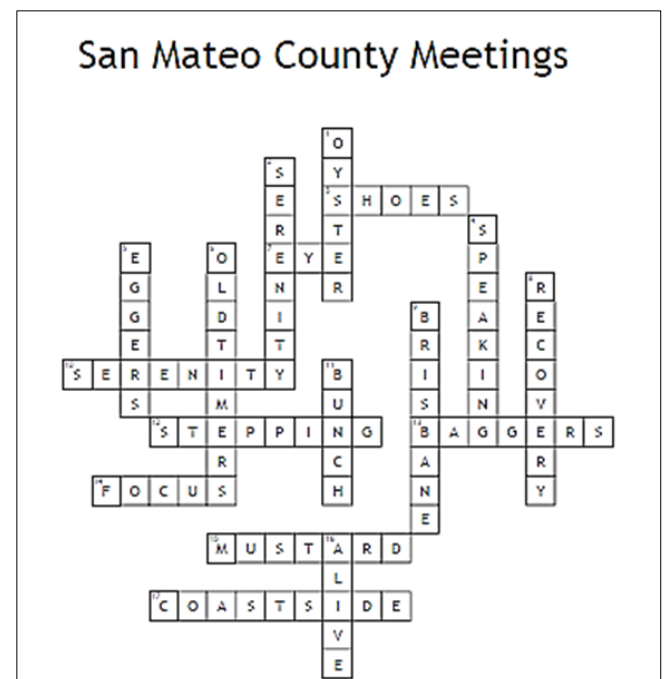
Modesto March 12, 13, 14 2021

San Ramon June 4, 5, 6 2021

Rocklin October 8, 9, 10 2021

San Jose- March 12, 13, 14 2022 (If we have to postpone the September conference in 2020)

Next Meeting: June 2, 2020 Via Zoom





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

	<b>MAY</b>	<b>Total YTD</b>		<b>MAY</b>	<b>Total YTD</b>
<b>Income</b>			<b>Operating Expenses</b>		
Birthday Club Contributions	243.00	524.00	Accounting Services	57.00	349.00
Book sales	333.27	4,999.94	Books Purchased	0.00	7,472.38
Central Office Annual Party	1,353.82	1,353.82	Chips	0.00	355.36
Chip sales	44.57	649.55	Central Office Annual Party Exp	0.00	500.00
Delegates Collection	0.00	172.00	Central Office Insurance	147.29	737.95
Faithful Fivers	434.15	2,654.15	Credit Card Charges	19.20	86.84
Group Contributions	4,193.63	39,429.06	Employee Insurance	260.00	1,308.00
High Sobriety Subscriptions	10.00	48.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	0.00	Office Equipment Lease & Maint	312.38	1,683.97
Individual Contributions	1,050.00	10,900.00	Office supplies	8.00	1,029.16
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	1,386.00	7,154.00
Sales Tax on Books & Chips	39.66	593.05	Salaries	3,683.24	20,276.33
Tax Refund	0.00	107.02	Sales Tax on books	0.00	503.53
Covid 19 7th Tradition	2,115.63	4,467.63	Taxes (Payroll)	1,487.12	8,670.23
			Telephone & Tech	419.26	1,091.43
			Telephone Advertising	0.00	0.00
<b>Total Income</b>	9,817.73	65,969.72	Teleservice	151.00	755.00
<b>Less Expenses</b>	7,930.49	52,527.93	Travel Expenses	0.00	0.00
			Web Services	0.00	0.00
<b>Net Income (loss)</b>	1,887.24	13,441.79			
<b>Starting Balance</b>		43,784.07			
<b>Plus Net Income/Loss</b>		1,887.24			
<b>Ending Balance</b>		45,671.31	<b>Total Operating Expenses</b>	7,930.49	52,527.93
<b>TOTAL PRUDENT RESERVE</b>		49,998.05	<b>Net Income (loss)</b>	1,887.24	13,441.79
<b>TOTAL CASH POSITION</b>		95,669.36	<b>2019 Year-to-Date Summary</b>		
			Year-to-Date Income		65,969.72
			Year-to-Date Expenses		52,527.93
			Year-to-Date Net Inc/(Deficit)		13,441.79

	MAY	YTD	MENLO PARK	MAY	YTD	REDWOOD CITY	MAY	YTD	SAN MATEO	MAY	YTD
ATHERTON Sunday Spirituality		700.00	Atherton AA Cottonmouth		307.20 589.77	A Vision for You Broken Elevator	374.55 35.34	374.55 255.00	Bunker Young People Esto Es AA		544.20 25.00
BELMONT			Fri. Noon Women's	218.62	635.18	Complete Abandon Group		181.13	Eye Opener		55.31
Alkie Gulch	45.00	85.00	Men's RAD Big Book		276.12	Don't Drink Group	77.00	77.00	Fireside Group		70.20
Belmont Tues. Noon Group	44.86	482.78	Menlo Park Men's Group		80.40	Foundation Stone Group		409.00	Highlanders Grp.		40.00
Day At a Time	225.68	557.91	Mon. 12:10 PM Happy Hour		399.16	Mon. Nite Fireside Chat		232.20	Joy of Living		30.00
Forum	24.53	74.53	Sat Morning Sandhill		1,774.50	Sun. Nite Sharing		240.00	Lunch Bunch	37.00	380.60
One Line at a Time	10.00	200.00	Sat Sunshine Grp MP 7:30		464.98	The Sewer Group		105.00	Mid Peninsula Women		373.68
Singleness of Purpose		67.50	Tues Noon Book Worm	20.00	20.00	Thumpers		307.53	Monday Night Men's 6:30		150.00
BRISBANE			Women's 12- Step Thu Noon	42.58	572.25	Vision for You		33.93	Morning Serenity (All)	117.50	1,031.40
Brisbane Breakfast	209.52	530.72	MILLBRAE			Wed. Woodside Meeting		417.07	San Mateo Forum		289.63
			12 Step Study (Tues Noon)		140.08	SAN BRUNO			San Mateo Group # 1		312.00
BURLINGAME						12 Study Grp (Thurs)			Sunday Serenity		138.60
Any Length		1,083.55	MOSS BEACH			Big Book Study Fri (5pm)	111.30	120.19	Sunday Sundowners	60.60	60.60
Back to the World Group		57.00	Men's Language of the Heart		642.00	Come as You Are		329.19	Tues Night Beginners	170.00	170.00
Burlingame Men's Grp	500.00	507.00	Serenity by the Sea		221.27	Daily Reflections Women	46.80	207.30			
Burlingame Noon Men's Grp		171.26	PACIFICA			Early Enders		92.23	SOUTH S.F.		259.00
Burlingame Read a Passage		26.00	12 @ 6 Group	20.00	20.00	Experience, Strength, Hope		134.40	New Beginnings		138.52
Hill & Eggers	17.59	856.00	12 Noon Disc. (Mon)	30.10	238.00	Grupo Serenidad		40.00	South City Womens	70.00	140.00
Hampborough Men's Group		294.00	B.Y.O.B. Group		270.00	Living Sober/ HH (Tues)	107.45	289.70	Stepping Stones		100.00
Just For Today		200.00	Daily Reflections (Beach Mtg)		100.00	Milbrae Group		46.50			
Rap Group		271.60	Fri Discussion Noon	57.40	239.80	Spkr/Disc - Happy Hour(Mon)	138.14	406.78	WESTBAY ALANO		
Reason to Come to AA		900.00	Happy Hour (Living Sober)		40.00	SAN CARLOS			Brown Baggers		60.00
Senior Focus Group	19.26	568.76	Pacific Discussion (Weds)	57.40	204.40	Gifts of Grace Fri Women		198.60	Colima Eye Opener		117.43
Sharing Choices	83.15	178.50	Pacific Men's Group		393.00	Growing Stronger	18.00	18.00	Early Birds Daily Reflection (Weds)		150.00
Tuesday Nite Group		100.10	Serenity in Pacifica		405.06	In Step with Bill	87.00	373.00	Men's no BS		161.70
Twelve Steps Study (Mon)			Wake Up Wake Up		177.82	S.C. Awareness Group	51.53	359.53	Mustard Seed		84.00
			Women who wear shoes		187.68	San Carlos Beginners	60.00	359.53	Smart Feet BB		222.58
FOSTER CITY			PORTOLA VALLEY		110.20	San Carlos Men's Grp. (Mon)	379.45	1,179.45	Weds High Noon	48.00	90.00
Foster City Women (Sat)	12.00	12.00	Chips Ahoy		20.00	SCPF- all meetings	100.00	1,150.00	Women's Happy Hour		193.97
Friday Noon Big Book	60.00	292.16	Ladera Mon Nite Group		517.55	Sequoia Recovery Grp		210.00			
Living Sober Groups (all)		633.25	Portola Valley 11th Step		440.00	Sober Sundays	10.00	590.00			
The Old & the New	25.00	240.83				We Have Recovered Group	35.33	39.88			
						Womens Read & Reflect.		149.82			
HALF MOON BAY						SAN MATEO ETC.					
3-rd & 11th Step Prayer	162.10	412.73				Alkathon - Belmont		2,500.00			
Coastside Talkers		50.00				Alcathon - West Bay Alano		200.00			
HMB Happy Hour Group		187.00				Women's Home Grp (traveling)	2,115.63	532.52			
HMB Thurs Womens BB		148.91				Covid-19 7th Tradition		4,467.63			
Last Barn on the Block		230.83									
Sat. Morning Eye-Opener		617.56									
Stone Pine 7AM Meet.M-F	257.00	597.00									
Stone Pine Noon Meet. M-F*		439.03									

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