

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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August 2020

SMC Fellowship News

Online Contributions

As the covid-19 crisis continues, please remember that although we may not all be in physical meetings, our San Mateo County Central Office and our General Service Office in New York are continuing to operate and incur expenses. Their services keep AA available to all of us and it is important to support them. To make contributions easier, Central Office now accepts online contributions via PayPal or credit card. Please see page 2 for detailed information on contributing to Central Office, General Service, and H&I.

In-Person Meetings

As County restrictions are being eased somewhat, some groups are beginning to resume in-person meetings using safety protocols. To find a list of groups with in-person meetings, please see the Central Office website (under the "Meetings" header), or the Meeting Guide App.

If your group is beginning to meet in person, please check out "Guidelines to Opening Meetings" on the website and let Central Office know you are open.

Love & Tolerance of Others

These are stressful times, many of us are on edge, and there is no lack of controversial issues in our world right now. While we have

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no "rules" in AA, I love what the author of a story in August Grapevine said:

"My home group, the Bristol Group, announces this at every meeting: 'Our code as a group is love & tolerance of others.' That is my overall experience in AA and that is the experience of AA I want for everyone, no matter what."

Monthly Service Committee Meetings

DELEGATES TO CENTRAL OFFICE **August 4 , 7:30pm on Zoom**

Meeting ID: 843 4248 4626, To phone in: +1-669-900-6833

PI/CPC **August 18 , 6:30pm on Zoom**

Meeting ID: 731 7563 0968, Password: 7Hs3YE

GENERAL SERVICE **August 18 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**

TELESERVICE **cxl'd until further notice**

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

Contributions 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.

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

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)

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.

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 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!



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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



If you'd like to have your birthday listed in High Sobriety (some members contribute an amount for each year of sobriety), please send your donation, with your name and city, number of years of sobriety, sobriety date, and phone number (optional) to Central Office.

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Balancing the Books

Step Eight - Made a list of all persons we had harmed and became willing to make amends to them all.

My first experience of freedom came while I was locked up in the state penitentiary. I had been carefully guided through the first seven Steps and had begun to awaken spiritually. I trusted the AA process and was beginning to trust God.

But my sponsors and I were faced with a logistical problem. No matter how willing we were to make direct amends, the state would not let us out to do so. One of my sponsors had committed murder, and for him to directly contact the victim's family would cause much undue harm.

As we discussed these issues, it became clear that the key to the Eighth Step was willingness; if this God were truly loving and merciful as it appeared, we would not be kept in bondage simply because we could not reach those to whom we owed restitution. Freedom would come, it seemed, when I stood entirely ready to make amends wherever possible.

My sponsor gave me an exercise to do. I was to make a list of all the people I had harmed. This list would start with the names from my inventory. It was suggested that there were many others I had harmed that also must go on the list, even though there was no resentment or fear connected with them. I was to be as clear as possible as to the harm I had done. *But*--my sponsor pointed out--even though I knew what I had done to each person, I was so insensitive that I probably did not know the consequences of my actions. He gave me the key to freedom; I was to close my eyes and picture each person separately in front of me. I was to look each straight in the eye and see if I could feel a willingness to say: "I have been wrong and have caused you harm. Will you please tell me what I must do so that we can get the books to balance?" As I sat in the cell that night going over my list, I had the experience I had been looking for all my life: I was lifted and set free.

In my blindness I had always believed that a spiritual awakening was the end of the road. Now, having had one, I knew it was but the beginning. Finally, at thirty-four years of age, I could truly begin to live.

Don P. | Aurora, Colorado
Grapevine, August 1989



A.A. Around the World

Kia Ora

A Maori discovers the gift of desperation and AA.

Kia Ora. My name is Val, and I am an alcoholic. My home group is the Te Hokinga Mai Group, which means "the return home" in Maori. I was born in a town called Rotorua in the country of New Zealand. I am the third oldest in a large Maori family, or *whanau*, of six brothers and five sisters. We didn't have a lot of luxuries growing up. Fishing, hunting, and gathering food off the land was our way of life.

As children, we used to go with Mum and Dad to the local pub. In those days, Maori women were not allowed in pubs and Maori men had only just been accepted in them. We would play outside, and Mum and the aunts and other women would wait until the men brought out flagons of beer and then they would sit in a car in the parking lot and drink. In those days, there was a six o'clock closing, at which point the men would start rolling out of the pub with a few flagons and decide to go to one of the homes for a party. I used to hide under the tables and watch. It would start out with the lovely singing of the old Maori songs and progress to old songs from the war days, like the Andrews Sisters. But as the night went on, the

good time changed and somewhere along the way a fight would break out and the ugly abusive language would start.

The legal age for drinking back then was twenty-one, but I started drinking at sixteen. I went into the pubs or lounges and watched for the police who would patrol the local drinking places. When they came in one door, all the underage drinkers would disappear out the back door or into the toilet.

It didn't matter how much I drank, it didn't matter what I drank, it didn't matter where I drank; when I drank, I got drunk and ended up in some very degrading, disgusting places. When I had that first drink, I couldn't guarantee where I would end up. I lost track of time and common sense. Once I came out of a blackout behind the wheel of my car, driving on the footpath, while my twelve-year-old daughter was trying to steer. She was crying. It still haunts me. I started hearing voices in my head, I saw things that no one else could see. I started talking to myself and, more frightening, I started answering myself.

I was a binge drinker, a weekend drunk. I drank horrifically on Friday night and would be so sick and hung over the next morning that I'd vow never to drink again. But then when Friday night came around again and my body started to recover, I would tell myself that: 1) I wasn't going to drink that night, or 2) I would go out and have just one drink, or 3) I would drink only until 10 o'clock and then go home. But sitting there not drinking in a lounge bar with everyone around me getting drunk, I'd tell myself, I'll just have one drink. One drink won't hurt me. So I had that one drink, and when I finished it, my head would say to me, See, you don't have a problem. One drink didn't hurt you. And I would have another and another and another, and the last thing I'd remember would be dancing on the tabletop until I fell off in a blackout. The next day people would love telling me, "Guess what you did last night?" Worse still were my own "Oh Gods": Oh God, what did I do last night? Oh God, where am I? Oh God, who is that next to me?

I knew about AA because one of my husbands drank more than I did. I didn't look at my own drinking, just his. The stress was quite bad, so my

doctor was giving me acupuncture to help relieve it. One day I told him, "My husband drinks a bit." He said, "How much does he drink?" I said, "About six bottles a night." He said, "He doesn't drink a bit, he drinks a lot, and I think you need Al-Anon."

So off I went to Al-Anon. The Al-Anon members met at the same time as the AA members, and afterward we all had coffee together. I loved mixing with those drunks--but, of course, I wasn't one of them. I was an Al-Anon member and Al-Anon was going to show me how to control my husband's drinking. I soon left the marriage, however, and my drinking got worse. I went crazy because life did not improve when I got rid of my husband. I kept going to Al-Anon and then I got into a relationship. I was convinced this was it, the big love of my life. Then my favorite grandaunt died, and in the same week, my lover dumped me. I was devastated and I hit the drink as I had never done before. I drank alone behind closed doors for six months.

What I hope was my last drink came on the long weekend of Labor Day. We were unveiling my grandaunt's headstone, and afterward we all started to drink. I didn't want to drink, I was sick of me, I was miserable and sick of life, but my sister said, "I know what will fix you up." She got me a bottle of Bailey's and a forty-ounce bottle of gin. I sat in a corner and drank myself into oblivion. My children took me home and put me to bed. The next morning I woke up out of the blackout, lying on my back fully clothed and staring at the ceiling, thankful I was in my own bedroom and alone. I just said, "Oh God, help me." I have not had a drink since.

That week, I went mad not knowing what was wrong but knowing something was wrong. I went to the AA meetings, not identifying, just crazy. On the following Friday night, there were no AA or Al-Anon meetings, so I invited my Al-Anon friends home for coffee, and three of them brought their husbands who were alcoholics in recovery. During the evening, the alkies shared their stories, and we were all laughing at some of the antics when I heard myself say, "But I do that!" I had identified and didn't know it. I closed down pretty fast and just wanted them all to go home, but when they

did leave, I wrote in my diary: "I have to look at this drinking thing." The next morning I woke up and I was in hell, in total desperation, and that was my turning point, seventeen years ago.

Stopping drinking was not a big thing, but staying stopped was very painful. I had to tell myself every day--sometimes every hour, sometimes every minute--I'm not going to drink. I sometimes counted the seconds to reach a minute. I went to meetings, and I listened to people share their experiences and I saw something in them that I wanted desperately. They were sharing their deepest, darkest secrets and they were laughing. They were at peace with themselves. I wanted to be at peace with me. Once a woman looked directly at me and said, "If you want what we have and are willing to go to any lengths to get it, then do what we do." I waited to hear the miracle answer of what to do, and she just said, "Don't drink and go to meetings." I must have looked blank because she said, "You can do that, can't you?" and I thought to myself, The so-and-so, I'll show her. So I went to meetings and I didn't drink. I got a sponsor and a home group, and when it got really bad, I would bleat to my sponsor that the thought of never drinking again was too much. My sponsor just said to me, "Do it a day at a time." I looked at her and thought, That must be a trick, it's too simple. She said to me in a very patient way, "Just wake up each day and tell yourself that just for today you are not going to have a drink." And she said, "You can do that, can't you?" And I thought, I'll show her, and I'm still showing her seventeen years later (she passed away a year ago, still sober).

If you are an alcoholic of my type, then I wish you total desperation, because it was not until I became desperate and was willing to go to any lengths to stay sober that I actually could. I had to reach the point where I was sick and tired of being sick and tired and could value myself and know that I deserved better than being at the beck and call of alcohol.

I looked at the First Step and realized that I was powerless over alcohol because of that first drink, and I knew my life was unmanageable. As there was a very good chance that I was wrong and

these Steps were right, I decided to really work them, but I was scared to go on to Step Two. My sponsor said, "Take Step One with you," so I got a piece of wood and wrote "Step 1" on it and took it with me everywhere!

One evening I was feeling crazy, walking along the beach and screaming for God to show himself to me when the sun began to set. As the sun went down behind the sea, it threw up fingers of bright orange. Then the fingers of orange turned into deep orange, then purple, and it was the most exquisite sight I had ever seen. I asked myself, Who is doing that? I thought, Well, whatever is doing that is greater than anything I know.

Moving on to Step Three was very hard for me because I had always controlled myself and everything around me. Letting go and letting God was not easy. But one day I read a sign that said: "Fundamental facts of human enlightenment: One: There is a God, and Two: You're not him." That helped.

I believe in my God. I'm not religious and I don't go to church, but I have no doubt there is an awesome power out there. And I believe in miracles because I am one. How could a drunk like me be telling you that she hasn't had a drink in over seventeen years? To me, that's a miracle.

Today I have the choice whether to drink or not. No one can hold me down and pour the alcohol into me, so that puts a stop to blaming someone or something else. I learned to take responsibility for my own actions. I am surrounded with some very excellent people who, like me, choose not to drink. Today I live very simply, and I know I am very loved, not just by family, but by my many friends everywhere who accord me the greatest of all gifts: they care enough about me to challenge me, to tell me no sometimes. They also cry with me and laugh with me--they care as no one ever did before. I accept their love and offer love in return. I got involved in service, and as World Service Delegate from New Zealand, I have made friends from around the world as well as around New Zealand. I have done service during all my seventeen years of sobriety at one level or another. I love it. But my favorite service still is

opening the doors of an AA meeting and hanging up the banners.

I have ten grandchildren who have never seen me drink and number eleven is due any day now. I am involved in life and I am grateful and humble that the God of my understanding took a drunk like me to Alcoholics Anonymous where I could become a caring, useful mother, grandmother, daughter, sister, aunt, and friend. I have opportunities now that once were only dreams.

The Serenity Prayer in the Maori language

Te Inoi Mauri Tau a Te AA

E Te Atua tukuna mai ki au te mauri tau

Ki te tango i nga mea e kore e taea e au te whakarereke

Tukuna mai te ngakau maia

Ki te whakarereke i nga mea

Ka taea e au, a

Tukuna mai hoki te matauranga

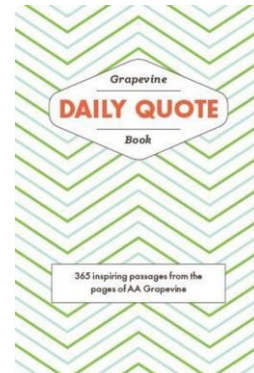
Kia mohio au ko tehea tehea.

Val K. | Rotorua

Grapevine, July 2005



BOOK OF THE MONTH



The Grapevine Daily Quote Book

This pocket-sized book captures the first 365 days of the Grapevine Daily Quote, which first appeared in June 2012. The quotes—contributed by AA members, with many written by AA's co-founders—were selected by the Grapevine staff. All of these passages first appeared in the pages of Grapevine as part of members' stories and other submissions, and many of them can now be found in Grapevine's themed book anthologies. Each page offers an inspiring passage of experience, strength and hope to bring into your daily life.

You can sign up to receive the Daily Quote in your email inbox each day by going to:

<https://tinyurl.com/yc5muutx>

The Grapevine Daily Quote Book is available for purchase at a **special price of only \$10** through the month of July at our Central Office.

"Facing ourselves is often more difficult than being honest with another person."

— "Are We Really Willing to Change?", NY, Dec. 1980, Step by Step: Real AAs, Real Recovery.

The Fundamentals--In Retrospect

THE feeling that one belongs to and has a definite personal part in the work of a growing and spiritually prospering organization for the release of the alcoholics of mankind from a deadly enslavement is always gratifying. For me, there is double gratification in the realization that more than 13 years ago, an All-wise Providence, whose ways must always be mysterious to our limited understandings, brought me to "see my duty clear" and to contribute in a decent humility, as have so many others, my part in guiding the first trembling steps of the then infant organization, Alcoholics Anonymous.

It is fitting at this time to indulge in some retrospect regarding certain fundamentals. Much has been written, much has been said about the 12 Steps of A.A. These tenets of our faith and practice were not worked out overnight and then presented to our members as an opportunist creed. Born of our early trials and many tribulations, they were and are the result of humble and sincere desire, sought in personal prayer for Divine guidance. As finally expressed and offered, they are simple in language, plain in meaning. They are also workable by any person having a sincere desire to obtain and keep sobriety. The results are the proof. Their simplicity and workability are such that no special interpretations, and certainly no reservations, have ever been necessary. And it has become increasingly clear that the degree of harmonious living which we achieve is in direct ratio to our earnest attempt to follow them literally under Divine guidance to the best of our ability.

YET, withal, there are no "shibboleths" in A.A. We are not bound by the thongs of theological doctrine. None of us may be excommunicated and cast into outer darkness. For we are many minds in our organization and an A.A. decalogue in the language of "Thou shalt not" would gall us indeed. Look at our 12 Points of A.A. Tradition. No random expressions these, based on just casual observation. On the contrary, they represent the sum of our experience as individuals, as groups within A.A. and similarly with our fellows and other

organizations in the great fellowship of humanity under God throughout the world. They are entirely suggestive, yet the spirit in which they have been conceived merits their serious, prayerful consideration as the guidepost of A.A. policy for the individual, the group and our various committees, local and national.

We have found it wise policy, too, to hold to no glorification of the individual. Obviously, that is sound. Most of us will concede that when it came to the personal showdown of admitting our failures and deciding to surrender our will and our lives to Almighty God, *as we understood Him*, we still had some sneaking ideas of personal justification and excuse. We had to discard them but the ego of the alcoholic dies a hard death. Many of us because of activity have received praise not only from our fellow A.A.s but from the world at large. We would be ungrateful indeed to be boorish when that happens yet it is so easy for us to become, privately perhaps, just a little vain about it all. Yet, fitting and wearing halos is not for us.

WE'VE all seen the new member who stays sober for a time, largely through sponsor-worship. Then maybe the sponsor gets drunk and you know what usually happens. Left without a human prop, the new member gets drunk too. He has been glorifying an individual instead of following the Program.

Certainly we need leaders but we must regard them as the human agents of the Higher Power and not with undue adulation as individuals. The 4th and 10th Steps can not be too strongly emphasized here--"*Make a searching and fearless moral inventory of ourselves . . . continue to make personal inventory . . . promptly admit it when we are wrong.*" There is your perfect antidote for halo-poisoning.

So with the question of Anonymity. If we have a banner, that word, speaking of the surrender of the individual--the ego--is emblazoned on it. Let us dwell thoughtfully on its full meaning and learn thereby to remain humble, modest, ever-conscious that we are eternally under Divine direction.

ALCOHOLICS ANONYMOUS was nurtured in its early days around a kitchen table. Many of our pioneer groups, some of our most resultful meetings and best programs have had their origin around that modest piece of furniture with the coffee pot handy on the stove.

True, we have progressed materially to better furniture and more comfortable surroundings, yet the kitchen table must ever be appropriate for us. It is the perfect symbol of simplicity. In A.A. we have no V.I.P.'s nor have we need of any. Our organization needs no title-holders nor grandiose buildings. That is by design. Experience has taught us that simplicity is basic in preservation of our personal sobriety and helping those in need. Far better it is for us to fully understand the meaning and practice of "Thou good and faithful servant" than to listen to "With 60,000 members you should have a 60 stories high administration headquarters in New York with an assortment of trained 'ists' to direct your affairs." We need nothing of the sort. God grant that A.A. may ever stay simple.

Over the years we have tested and developed suitable techniques for our purpose. They are entirely flexible. We have all known and seen miracles--the healing of broken individuals, the rebuilding of broken homes. And always, it has been the constructive personal 12th Step work based on an ever upward-looking faith which has done the job.

IN as large an organization as ours, we naturally have had our share of those who fail to measure up to certain obvious standards of conduct. They have included schemers for personal gain, petty swindlers and confidence men, crooks of various kinds and other human fallibles. Relatively their number has been small, much smaller than in many religious and social uplift organizations. Yet they have been a problem and not an easy one. They have caused many an A.A. to stop thinking and working constructively for a time.

We cannot condone their actions, yet we must concede that when we have used normal caution and precaution in dealing with such cases, we may safely leave them to that Higher Power. Let

me reiterate that we A.A.'s are many men and women, that we are of many minds. It will be well for us to concentrate on the goal of personal sobriety and active work. We humans and alcoholics on strict moral stock-taking must confess to at least a slight degree of larcenous instinct. We can hardly arrogate the roles of judges and executioners.

Thirteen grand years! To have been a part of it all from the beginning has been reward indeed.

By: Dr. Bob | Akron, Ohio
Grapevine, September 1948

Gadget Geek

(note: Story from 2015)

With texting, GPS and video feeds, a long-time member shares how much easier it is now to stay connected

I admit it: I'm a gadget geek. I love new technology and all the promise it brings. I'm an enthusiast for technology in AA as well, mostly because I've seen it improve my ability to do face-to-face Twelfth Step work and service work. I think AA is better off today than when I got sober because of the things that are now available. I know some people in AA are concerned that using technology could harm the program. They worry about anonymity breaks or about technology replacing the connectedness of being together at a meeting. While these concerns are valid, my own experience over 25 years is that evolving technology has made it easier to stay sober and carry the message. Let me give you a few examples.

1. Technology helps me connect with my sponsor, the people I sponsor, and the people I do service work with.

Today, young people don't know of a time when people didn't have their own personal phone. When I got sober, we didn't have cell phones. To talk to my sponsor on the phone, for example, I'd have to cup a hand over my mouth so my mom wouldn't overhear me as I whispered into the phone attached to the wall in the kitchen. Sharing a phone didn't give you privacy to make and

receive AA calls. Even if your family had an answering machine at home, you'd have to listen to each message in order to find out if there was one message for you. Often messages would get erased on the old-style answering machines; it was horrible. Today, another member can easily leave me a message on my phone, and I get notified who left the message and when. Also, AA members can text me to let me know where they are going for fellowship after the meeting. These things enhance my ability to get together with other AAs—they don't detract from it.

2. Technology helps me find and get to a meeting.

Twenty-five years ago it was much harder to find meetings. For one thing, you had to rely on a printed meeting list that didn't get updated very often because it was costly and time-consuming to put it together. There was no way to look up a meeting on the web. You'd have to call a central office and go through a series of questions about when, where, what format, and time, just to find what you were looking for. Once you found a meeting to go to, you'd have to use paper maps to try to navigate to the meeting. Today, finding a meeting is much easier. Even when I'm traveling, I can search for meetings online. I use a variety of filters to find a meeting with the right time and format; then I use the GPS on my phone to navigate perfectly to the meeting—even in an unknown city. I'm sure today I go to more meetings in more places because technology helps me find them.

3. Technology reminds me about, and enables me to have special meetings with, some people in the Fellowship who aren't local.

Today, I have a digital calendar that notifies me of AA events, and I get emails from service committees reminding me of district meetings and area assemblies. Back when I got sober, I tried to write things down on a calendar. However, if I didn't check the calendar, I'd often double-book things or worse, completely forget. Technology also allows me to meet with people who aren't even in my city. On different occasions, I've had the opportunity to be broadcast over a live video feed to a prison hundreds of miles away, I've participated in conference call meetings, and I've done a concept study using a video chat with

people from four different states. None of that was possible when I first got sober.

4. Technology helps me share with people who do the same types of service work I do.

When I first started doing service work it wasn't easy to stay up-to-date with the people doing the same types of work in my area. As area corrections chair, for example, the way I found out what people were doing was by attending committee meetings at our quarterly assemblies. Today, I get emails and even text updates about service happenings in my district, area, and even my region. All these modes of communication allow me much more frequent contact with AA. I'm also connected to people all over the country doing AA technology service by using many online tools. I'm able to quickly ask service questions and get answers. I don't have to reinvent the wheel every time, like I did when I developed the first AA website my area had. Now I can share with others all over the country about best practices and ways to scale and implement AA technology.

Over the years, as technology has improved, I've seen how its adoption throughout AA has made it easier and better to connect with AA. I get concerned when people bash the use of these tools and suggest that technology will take away or harm our meetings and interactions. My own experience has been that technology doesn't replace eyeball-to-eyeball recovery work, but it makes face-to-face interactions more possible and makes service opportunities more available. I can't wait to see what the next 25 years bring us.

Lois L. | St. Louis, Mo.
Grapevine, September 2015

“Faith is more than our greatest gift; its sharing with others is our greatest responsibility.”

-Bill W., April 1961

From "The Best of Bill"

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

INTEGRITY SECURITY PURPOSE INSPIRATION GRACE COURAGE PRIDE SPIRITUAL
 BELIEVE SERENITY PRAYER ANONYMITY LOVE HUMILITY HONESTY FEAR FAITH
 REFLECTIONS

July Puzzle Answers Came to Believe

1. BELIEF
2. AWAKENING
3. PROGRESS
4. OBSESSION
5. AFFAIRS
6. EXPERIENCE
7. FAITH
8. POWER
9. RELEASE
10. HUMILITY
11. PRAYER
12. SURRENDER
13. MIRACLE
14. SPIRITUAL

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

**San Mateo County Fellowship of Alcoholics
Anonymous
Delegates Committee Meeting Minutes
July 7, 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.

Cathy C. read the Twelve Traditions; and Don C. read the Responsibility Statement.

Minutes: The June 2020 minutes were reviewed and approved.

New Delegates: Mariam, P., Foster City Living Sober Women's Meeting, Paula A., Sequoia, Monday 7pm

A.A. Birthdays: Mike 13 years, Diane, 16 years, and Becky 25 years.

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

SERVICE COMMITTEE REPORTS

Bridging the Gap: Ted reported that there were not meetings due to the Covid virus at any of the detox center. He is in the process of sending a letter to the detox centers suggesting that they get Zoom meetings. More information can be obtained from Ted B. (650) 583-2935.

General Service: Matt D., the General Service District Committee Member reported on the activities of District 5. For the duration of our most recent June District meeting, we heard the district Delegate's report. This was a comprehensive presentation on the results of the 2020 Agenda Topics, along with interesting statistics about fellowship, and an overview of what our Delegate saw, felt, and heard on his virtual journey. There isn't time at this moment to go through each Topic, but I've emailed out some documents to the district which clearly outline the results. If they haven't already done so, your general service representative should be sharing or presenting to your meeting what happened with each topic you held group consciences on. Please ask them if you would like a copy of these documents, or feel free to reach out to me directly. There is also an audio copy of the Delegate's report for those who may be interested. Within our upcoming meetings, we will continue discussing our current motion regarding contributing some of our excess funds to GSO, in response to the global pandemic and its financial impact on the fellowship. As we are now in the final quarter of Panel 69. Much of our time over the next few months will be devoted to setting up a strong upcoming panel with presentations on available positions, a budget ad hoc committee presentation and approval on our proposed 2021 budget, and sharing on how we can best pass on our positions during virtual AA. We will also have speakers with service experience in an effort to build enthusiasm and generate participation moving forward –

we are currently seeing about half of our usual attendance via zoom. Lastly, I would like to mention that there is a current motion being discussed at our Area Committee Meetings that concerns whether California Northern Coastal Area of Alcoholics Anonymous should incorporate as a public benefit corporation. Much of the discussion thus far has centered around our existing setup with Directors and Officers Liability Insurance, and whether that is truly adequate in protecting our elected officers and service workers in the event of a situation that would require it's use. If this is a topic that interests you, please feel free to reach out to your General Service Representative or myself for a copy of the Ad-Hoc Committee Report that led to this motion, along with other background material. We have a member with a legal background reviewing this material and giving a presentation during our upcoming meeting in an effort to build understanding on a complex topic.

Grapevine: Due to current Covid-19 situation the 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.) No report

PENYPAA (Peninsula Young People in A.A.): No report

PI/CPC (Public Information/Cooperation with the

Professional Community): Brent reported that all events

for the summer are cancelled. September is Recovery month and hopefully there will be events at that time he is still waiting for more information. The next meeting will be July 21, via Zoom

CENTRAL OFFICE COMMITTEE REPORTS

Advisory Committee: No report

Alkathon: No report.

Teleservice: Eden reported that they have 5 front line openings and other backline positions.

Trusted Servant Workshop: No report

Central Office: Don C. reported that the office is open on Monday and Friday 8:30am to 4:30pm only. There is hard copy of zoom meetings in the May High Sobriety or on the website. He also reported that website is constantly being updated and that we will be looking for a web master to help with all the updates. He also stated that there are a few in person meetings going on and that they are also listed on the web site. Mills hospital has contacted and told him that they will be allowing meetings to resume in the hospital but that it may take longer.

He further stated that donations are coming in and the office is operating well. Donations cannot be divided between other service entities (H&I, GSR). He stated that **if you are sending in a personal donation please put the name of the group that is should be credited to and if it is for more than one group please note that.**

The Central Office managers meeting in Iowa that the delegates voted to send him to is still going on but he will not attend.

He stated that he had calls about court cards and he advised the callers to have the member write down the time and day of the meeting, include the secretary's name and the meetings name.

GSO will be giving a 10% discount on the cost of Big Books.

Anniversary Party: Cancelled for 2020

Spanish Central Office: No report.

Sunshine Club: Karen A. reported. They are not doing in person meetings but online meetings or calls are going on. 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 Edv V. if you need help Coordinator at (650) 222-5582, for more information or e-mail aa@aa-san-mateo-org.

Old Business: Don reported that he and others are looking into the possibility of keeping Zoom meeting when in person meetings return. Michelle B. and Bob Mu will help and he stated if anyone else wants to help to get in touch with him.

New Business: None

Central Office Activity

Twelfth Step Calls: 3

Office Visits: 24

Phone Calls for Information: 134 Website Visits: 12,53

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

Meeting Adjourned: 8:43 p.m.

Delegates Present: 21 **Delegates Collection:** 0

Next Meeting: August 4, 2020 via Zoom 843 42484626

SUBMIT YOUR STORY TO GRAPEVINE

Now that many of us have some extra time on our hands, perhaps it is time to share our story in print by submitting it to Grapevine. Here are the topics for upcoming issues as well as submission deadline dates:

■ FEBRUARY 2021

Sponsorship (stories due Aug 15, 2020)

Share your experiences of sponsoring others (or of being sponsored). What are some of the things you learned? What things do you now pass on? Share your story.

■ MARCH 2021

Making Amends (stories due Sept. 15, 2020)

Did you have a particularly interesting or difficult Ninth Step experiences? How did it go? Any surprises? How did your sponsor help you? How did it change you? Share your story

■ APRIL 2021

Fun in Sobriety (stories due Oct. 15, 2020)

We're not a glum lot. Been on any fun sober trips? How about camping, skiing, skydiving, dancing, collecting, reading, cooking, volunteering? What about service events, new hobbies, game nights, sober vacations? Share your sober adventures! Let's hear from you!

Visit: www.aagrapevine.org/contribute for writing guidelines and to submit (upload) an article.



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

	<u>JUL</u>	<u>Total YTD</u>		<u>JUL</u>	<u>Total YTD</u>
Income			Operating Expenses		
Birthday Club Contributions	0.00	591.00	Accounting Services	117.00	523.00
Book sales	252.81	5,583.53	Books Purchased	1,295.14	8,767.52
Central Office Annual Party	0.00	1,353.82	Chips	0.00	395.81
Chip sales	176.93	913.36	Central Office Annual Party Exp	0.00	500.00
Delegates Collection	0.00	172.00	Central Office Insurance	147.29	1,032.54
Faithful Fivers	577.89	3,790.34	Credit Card Charges	8.75	103.29
Group Contributions	6,724.38	51,789.44	Employee Insurance	260.00	1,828.00
High Sobriety Subscriptions	0.00	58.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	0.00	Office Equipment Lease & Maint	312.38	2,308.73
Individual Contributions	200.00	12,012.50	Office supplies	30.27	1,377.16
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other	0.00	116.95	Postage	240.00	849.50
Printing	0.00	71.50	Rent	1,452.00	10,058.00
Sales Tax on Books & Chips	45.11	682.00	Salaries	3,699.74	27,947.49
Tax Refund	0.00	107.02	Sales Tax on books	0.00	503.53
Covid 19 7th Tradition	1,550.01	8,250.42	Taxes (Payroll)	1,498.95	11,795.18
			Telephone & Tech	197.01	1,623.69
			Telephone Advertising	0.00	0.00
Total Income	9,527.13	85,491.88	Teleservice	151.00	1,057.00
Less Expenses	9,409.53	70,670.44	Travel Expenses	0.00	0.00
			Web Services		0.00
Net Income (loss)	117.60	14,821.44			
Starting Balance		48,829.08			
Plus Net Income/Loss		117.60			
Ending Balance		48,946.68	Total Operating Expenses	9,409.53	70,670.44
TOTAL PRUDENT RESERVE		50,028.08	Net Income (loss)	117.60	14,821.44
TOTAL CASH POSITION		98,974.76	2020 Year-to-Date Summary		
			Year-to-Date Income		85,491.88
			Year-to-Date Expenses		70,670.44
			Year-to-Date Net Inc/(Deficit)		14,821.44

ATHERTON	JULY	YTD	MENLO PARK	JULY	YTD	REDWOOD CITY	JULY	YTD	SAN MATEO	JULY	YTD
Sunday Spirituality	24.15	724.15	Atherton AA	10.00	317.20	A Vision for You		374.55	Bunker Young People		627.85
BELMONT			Cottormouth	125.40	715.17	Broken Elevator	Thurs.	15.00	Esto Es AA	100.00	125.00
			Fri. Noon Women's	97.50	751.94	Complete Abandon Group		181.13	Eye Opener		131.00
		85.00	Men's R4D Big Book		276.12	Don't Drink Group		167.00	Fireside Group		70.20
	72.97	857.90	Menlo Park Men's Group	120.00	200.40	Foundation Stone Group		409.00	Highlanders Grp.	25.00	74.48
	62.66	620.57	Mon. 12:10 PM Happy Hour		399.16	Mon. Nite Fireside Chat		232.20	Joy of Living		30.00
Forum	109.26	193.79	Sat Morning Sandhill		2,553.68	Sun. Nite Sharing		240.00	Lunch Bunch		400.60
One Line at a Time	10.00	220.00	Sat Sunshine Grp MP 7:30		464.98	The Sewer Group		105.00	Mid Peninsula Women	271.93	665.61
Singleness of Purpose		92.50	Tues Noon Book Worm		171.67	Thumpers		307.53	Monday Night Men's 6:30		300.00
BRISBANE			Women's 12- Step Thu Noon		581.73	Vision for You		33.93	Morning Serenity (All)	1,297.19	2,357.63
Brisbane Breakfast		530.72				Wed. Woodside Meeting	116.92	533.99	San Mateo Forum		313.48
BURLINGAME			MILLBRAE	200.80	340.88	SANBRUNO			San Mateo Group # 1		312.00
			12 Step Study (Tues Noon)			12 Study Grp (Thurs)		120.19	Sunday Serenity		138.60
	1,137.18		MOSS BEACH			Big Book Study Fri (5pm)	93.10	422.29	Sunday Sundowners		60.60
		87.00	Men's Language of the Heart		642.00	Come as You Are		604.56	Tues Night Beginners		170.00
	408.46	993.40	Serenity by the Sea	78.93	300.20	Daily Reflections	Women	271.50			
Burlingame Noon Men's Grp		191.26	PACIFICA			Early Enders	64.20	92.23	SOUTH S.F.		
Burlingame Read a Passage		26.00	12 @ 6 Group		60.00	Experience, Strength, Hope		134.40	Midway S.S.F. Grp	70.00	329.00
Ham & Eggers	10.00	875.18	12 Noon Disc. (Mon)		238.00	Grupo Serenidad		40.00	New Beginnings		138.52
Hillsborough Men's Group	178.00	378.00	B.Y.O.B. Group		270.00	Living Sober/ HH (Tues)	80.50	394.20	South City Womens		140.00
Just For Today		294.00	Daily Reflections (Beach Mtg)		295.30	Milbrae Group		71.50	Stepping Stones		100.00
Rap Group		271.60			337.30	Spkr/Disc - Happy Hour(Mon)	104.78	511.56	WESTBAY ALANO		
Reason to Come to AA		900.00	Fri Discussion Noon		40.00				Brown Baggers		60.00
Senior Focus Group	14.48	583.24	Happy Hour (Living Sober)			SAN CARLOS			Colma Eye Opener		117.43
Sharing Choices		83.15	Pacificca Discussion (Weds)		204.40	Gifts of Grace Fri Women		198.60	Daily Reflect. (Mon)		100.00
Tuesday Nite Group	166.00	378.50	Pacificca Men's Group		393.00	Growing Stronger	8.00	26.00	Duel Honesty Group	58.00	58.00
Twelve Steps Study (Mon)		133.10	Page 133 Group		266.00	In Step with Bill	330.40	703.40	Early Birds Daily Reflection (Weds)		150.00
FOSTER CITY			Pedro Valley Pacifica		405.06	S.C. Awareness Group	45.95	435.48	Men's no BS		161.70
		12.00	Serenity in Pacifica		177.82	San Carlos Beginners	83.00	445.50	Mustard Seed		84.00
			Sun. Afternoon Step		187.68	San Carlos Men's Grp. (Mon)	19.59	1,258.30	Smart Feet BB		222.58
	35.00	396.42	Wake Up Wake Up		210.00	SCFP- all meetings	200.00	1,550.00	Weds High Noon	115.80	205.80
	19.26	1,002.51	Women's Big Book Study	9.48		Sequoia Recovery Grp		219.48	West Bay All Groups	210.00	210.00
Study the Text Group		50.00	Women's Candlelight Grp		24.15	Sober Sundays	346.80	936.80	Women's Happy Hour		193.97
The Old & the New		350.83	Women who wear shoes		400.20	We Have Recovered Group		85.56			
						Womers Read & Reflect.		296.82			
HALF MOON BAY			PORTOLA VALLEY								
3rd & 11th Step Prayer	231.48	644.21	Chips Ahoy		20.00	SAN MATEO ETC.					
Coastside Big Book	122.80	122.80	Ladera Mon Nite Group	166.57	684.12	Alkathon - Belmont		2,500.00			
Coastside Talkers		50.00	Portola Valley 11th Step		830.00	Alcathon - West Bay Alano		200.00			
Friday Nite Group		653.69				Women's Home Grp (traveling)		532.52			
HMB Happy Hour Group		187.00				Covid-19 7th Tradition		6,700.41			
HMB Thurs Womers BB		148.91									
Last Bam on the Block	96.90	327.73									
Sat. Morning Eye-Opener		617.56									
Saturday Nite Spkr/Disc	340.41	340.41									
Stone Pine 7AM Meet:M-F	200.19	1,117.19									
Stone Pine Noon Meet. M-F*		489.03									

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