

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

September 2020

SMC Fellowship News

Ways To Be of Service During the Pandemic

With no indoor meetings to speak of these days, many of our usual service commitments are currently not necessary, such as coffee makers, set-up people, and literature persons. But there are still other ways to be of service in A.A.

Teleservice

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.

PI/CPC

Public Information/Cooperation with the Professional Community. While in person events are canceled, PI/CPC is currently looking into other ways to reach the public, such as radio PSAs. They are currently looking for people who can speak Russian, Vietnamese, Chinese and Spanish. If you can help, please attend their business meeting (see page 2) or email: dist05.picpc@gmail.com

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Bridging the Gap

There are currently no presentations being done at Palm Avenue or in the jails due to covid, but we are still receiving requests for people to reach out to those leaving such facilities. If you are interested in being a contact person, please call Ted at (650) 583-2935

Cont. on page 12

Monthly Service Committee Meetings

DELEGATES TO CENTRAL OFFICE **September 1 , 7:30pm on Zoom**
Meeting ID: 843 4248 4626, To phone in: +1-669-900-6833

PI/CPC **September 1 , 6:30pm on Zoom**
Meeting ID: 731 7563 0968, Password: 7Hs3YE

GENERAL SERVICE **September 15 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

Central Office will
be closed Monday,
September 7th for
Labor Day.

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)

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

— Ralph Waldo Emerson

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!



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.

Jim S	58yrs	San Mateo
Rich H	36 yrs	Burlingame
Pat K	31 yrs	San Carlos

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Pause Before You Send

She found that her computer was not the best place to do a Ninth Step.

Recently, I had a weird experience. I was talking with an old friend, Susan (not an alcoholic), from New York on Facebook about how we met. We had both been on a trip to England after high school in 1980, called “Drama in Britain.” And yes, it was drama—mainly because I was there. I was doing my thing that I would do: becoming best friends with you for two or three days and then starting to hate you and telling all your secrets to the people I had been character-assassinating to you for the last three days—and then of course, wondering why everyone hated me. Poor me. And of course I was drinking, cuz that’s what I do when you hate me and I feel bad. I’d act like a jerk, polish up my alibis and then go get drunk.

Well, I’ve since made amends to my friend Susan, and she and I were discussing the other people in the group, and we remembered our friend Sandy. Susan said she wanted me to find Sandy, so I went on Google and looked her up. I found a newspaper article that said she had gotten married to a famous movie producer, hyphenated her last name and now lives in Los Angeles. Hmm ... she’s rich, maybe she’ll buy some of my artwork, I thought. (I am so self-seeking.) So I looked her up using her married name, and I found her—on Facebook! I got to her page, and just before I was about to click “Friend,” I had a thought: I owe her an amend. Oh no!

I don’t know about you guys, but I hate amends. I made all the amends I could find in my first inventory, and I stand ready to make amends when they show up. I loved the process when I was in it back then, but when amends show up now, I’m not happy about it. But I do it, because I have to, because I never want to drink again, and because I like the freedom I have today, and I know that freedom is contingent upon some conditions that I have to meet and maintain.

Well ... God gave me the moment to pause before I clicked “Friend.” And I did not listen. I clicked “Friend.” Had I paused, I might have had the

opportunity to make a proper amend. I know that now.

Sandy wrote back that she was amazed to hear from me. She wanted to know how I was and what had been going on the last 30 years. I should have paused.

I called my sponsor (better late than never) to discuss this. My sponsor doesn’t use Facebook. He is an old-school dude, and so am I, really. I only have a page up because a marketer told me I have to have a presence on it to sell my art these days. I am not even sure that is true.

And of course I was drinking, cuz that’s what I do when you hate me and I feel bad. I’d act like a jerk, polish up my alibis and then go get drunk.

As it turned out, I ended up having to make the approach on Facebook. Sandy did not give me her phone number, and she stated that she didn’t remember what I had done. Now, I have learned that I am not going to re-harm the person by discussing in detail what I did if they don’t remember, so my sponsor and I figured out a benign way for me to say it to her, and if she wanted to talk about it further, we could.

The problem was that it happened on Facebook. Maybe I am the only one out here making mistakes like this, and maybe my mistake can save the rest of you some grief. Maybe you guys are way smarter than me and would never do something this stupid—I don’t know.

The Ninth Step says that we make direct amends to such people wherever possible. And there is nothing less direct than email, Facebook and texting, in my experience. There are no facial expressions, there is no eye contact, no vocal inflection and no spiritual interchange, which is what creates the forgiveness and transformation of an amend.

I did what she asked for. I gave her the vague version of what I did and a rundown of the last 30 years, hoping she would write me back and give me her number so we could talk—but nope. Without the spirit there is nothing, and so Sandy never wrote me back.

I was left with a hole in the pit of my stomach and an experience to share with you and my sponsees of what not to do. I know my sponsees are going to find people on social networking sites, but my suggestion is going to be that they see if they can find out what city the person is in and then try to get an address and a phone number.

The sad thing is, I had gotten Sandy's address and phone number before I clicked "Friend." I was just too impatient to wait.

Joanna W. | Denver, Colorado
Grapevine, March 2012



A.A. Around the World

The Little Group on Hapalmach Street

In Jerusalem, an old meeting room disappears, but not the years of love.

One of the wonderful things about Alcoholics Anonymous is that we don't have monuments. It's a spiritual program, and the only requirements for a meeting are a coffee pot and a couple of ex-drunks with a resentment, they used to say.

Change is inevitable and encouraged in AA. It's even necessary. But as we all know through our own personal stories, change oftentimes is difficult—for an individual and a group as well. My circuitous route to bring about a point here is that the Shalom Group of AA in Jerusalem,

Israel, has moved locations. After 27 years at 24 Hapalmach Street, the building was sold. We're moving to a new room located in the center of the city, and it's going to be great ... as soon as we get over the sadness.

I guess to appreciate the weight of the issue, one has to understand AA in Israel. In Jerusalem, the Shalom Group is just about the only game in town. There are a couple of other meetings around, but for the last 27 years, it's been the center of AA in the whole country. AA in Israel isn't like it is in major cities in the U.S. or elsewhere. We don't have meeting books. We have a meeting sheet of paper that covers every major city in the country—on one side of the paper. At first glance, one might say we have a long way to go with AA in Israel, and we do. However, we've come a long way too.

I got sober in the Chicago area in 1988, and I moved to Jerusalem in 1996. At that time, the Shalom Group on Hapalmach Street had two English-speaking meetings a week: Mondays and Thursdays at 8:45 p.m. That was around 15 years ago. There were about eight to 10 regular attendees, and it was a nice group. Having eight years of sobriety at the time, I was already considered an old-timer (not in age) because that was how new AA was in Israel. I immediately took a very active role in the group and still do. The first thing on the agenda was to add more meetings.

It has been a slow process, and not without its requisite bumps in the road. But today, the Shalom Group boasts at least one meeting a day, and on many days there are two meetings. The group has grown, shriveled and grown again. People came to live in Jerusalem from other parts of the world and brought their sobriety with them or gained it at 24 Hapalmach Street. There are Hebrew meetings and Russian meetings as well, but the English-speaking group has always been the backbone.

Many of us came to the Shalom Group having gotten sober someplace else. But the greatest joy I've experienced over the past 15 years has been watching a new person enter that small room in Jerusalem, get sober and stay sober.

When I say it's a small room, I'm not exaggerating. If we get 30 people in that room, it's pretty much standing room only. We don't experience the mega-meetings that are commonplace in other AA groups around the world. But perhaps because of this, it makes our little group on Hapalmach Street that much more important. I've heard countless times over the years how, upon walking up the steps to the meeting room and entering the door, one feels a sense of safety. A sense of being home.

Being located in Jerusalem, we get a lot of tourists who visit our meetings. You can always spot them when they walk through the door. They're the ones who exhale loudly when they see a group of AAs sitting around the table smiling. Evidently, Israel can be an intense place to visit, and the Shalom Group has offered many a harried alcoholic traveler a chance to get centered again.

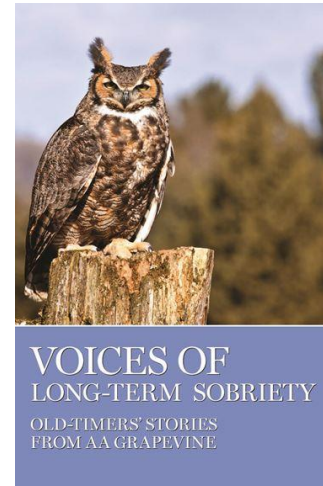
There are probably a lot of people reading this right now who have visited us on Hapalmach when you were in Jerusalem. No doubt, you've probably met me along the way. People always leave with great memories of our group and take stories back with them to their home groups. That won't change, because the group is still the group—only the address has changed.

It's difficult not to get nostalgic, though. That room truly was like an old friend and will be missed by us all. Twenty-seven years is a lot of time and that room has absorbed some outstanding sobriety, some tragic heartbreaks and some hilarious comedic moments. It deserves a tip of the hat.

I know that every time I'll drive by, I'll want to park my car and run up the stairs to see who is at the meeting. Old habits are hard to break. But all the memories will remain with me, and fond ones they are. It's time, though, to make new memories. We always do.

Charley W. | Jerusalem
Grapevine, April 2012

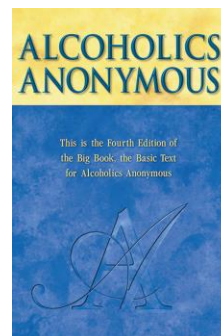
BOOK OF THE MONTH



Voices of Long-Term Sobriety

In this collection of stories from AA Grapevine, old-timers share their wealth of experience in staying sober through good times and bad.

Voices of Long-Term Sobriety is available for purchase at a **special price of only \$10** through the month of September at our Central Office.



Also at Central
Office...

All AA Big
Books are 10%
off!



Why Be Organized?

A conversation with the coffee crew reminds this “elder statesman” why AA is set up the way it is

When we ran out of creamer at our meeting the other day, I heard, as I often have, a couple of members say, “AA ought never be organized!”

Right then, the elder statesman status I aspire toward started leaking red. “Do you know what Bill meant by the word organize?” I asked the members. I just wanted to be helpful so they could understand Tradition Nine. They probably don’t even know where that quote comes from, I thought.

Fortunately, I was schooled to just share my experience, strength and hope. So I said, “I learned that when Bill wrote, ‘A.A., as such, ought never be organized,’ he meant that we do not have membership rules or a way to discipline our members. He wanted the members to run the show.” They looked at me and politely said, “Uh-huh,” and walked away, giving me a strange look.

So in my daily inventory that night, I looked back at my early memories of the Twelve Traditions. I too had gone through the same familiar stages of thinking huh? to who cares? when I was new. My sponsor suggested that I care, so I finally began studying the Traditions.

But I had to ask myself, how often do I listen nowadays when the Ninth Tradition is read in a meeting? Do I really listen to the words? Well, honestly, hardly ever, which is a shame, since I consider the Traditions to be critical for the Fellowship to survive.

Now comes the salient question: Do I understand Tradition Nine? The long form says: “Each AA group needs the least possible organization,” and then goes on to describe the minimal organization that AA as a whole requires. Then, I go to my dictionary. (Yes, a book. I know I’m old, but Bill didn’t have a cell phone.) It says of the word organize: “to form into a coherent unity or functioning whole” and “to arrange by systematic planning a united effort.” Wow, that’s a lot of AA

packed into one word. Perfect for Dr. Bob’s admonition to keep it simple.

Bill, of course, knew that not every member could attend the General Service Conference or serve on the General Service Board, so a simple structure of electing delegates and trustees to attend was created. This structure allows communication between the AA members to the Conference and back, with the beautiful side benefits of creating a mechanism for local and area services. He even throws in the egalitarian concept of the spirit of rotation. Dang, that Bill could write!

But, ah-ha! It’s here that I hear some bashing of the “politics” of AA. I try to suggest that my perception of politics is personalities over principles, rather than our Twelfth Tradition of the opposite. Who provides the meeting schedules, staffs the hotlines, coordinates the institutions work, informs the public and maintains our website, not to mention the many less-well-understood Twelfth Step activities? But then some might say, “What about all those elections with the fancy titles?” Yes, we have service boards and committees, but we try to be directly responsible to the Fellowship as a whole.

Time for more inventory, I tell myself. How well do I remain responsible to AA as a whole? Do I get defensive about our service structure? How well do I help keep politics out of service? How well do I know and communicate AA’s Traditions, with their deep meaning? How well do I, as Bill W. writes in the January 1966 Grapevine, “reckon AA in two words ... humility and responsibility”?

Dr. Bob, in his final public address at the first International Convention in Cleveland, said: “Our Twelve Steps, when simmered down to last, resolve themselves into the words ‘love’ and ‘service.’” As in all things AA, I too can make more progress.

By: Robert P. | Amity, Oregon
Grapevine, September 2017

District 05 General Service Update

As we come to the end of the year and Panel 69, within District 05 General Service, a focus of ours has been emphasizing the continued importance of General Service during virtual Alcoholics Anonymous. The work done in General Service at the Meeting, District, and Area Levels remain ongoing. In addition, General Service Office in New York continues to serve our fellowship:

- GSO answers mail and fulfils literature orders from the fellowship.
- The Corrections committee continues to answer hundreds of letters a month, providing information and encouragement to alcoholics behind bars.
- The Literature Committee remains committed to ongoing projects including translation, ASL, and studio recording of pamphlets and existing literature.
- The Public Information Desk has been responding to media inquiries on staying sober through social distancing and AA's use of virtual platforms to fulfill our primary purpose.
- Archives documents the experience of the fellowship during the pandemic, ensuring that our fellowship is able to draw from this experience in the future.

For a full overview of the ways G.S.O. is continuing to serve the fellowship and overcoming Pandemic-related obstacles, please review the most recent Summer 2020 issue of Box 459 (News and Notes from the General Service Office of AA, available at aa.org).

District 05 serves as a link in the chain and helps facilitate the work that takes place within our General Service structure. We use our meeting time to orient and prepare General Service Representatives and our District-elected service workers for tasks they are responsible for. This includes introductions, presentations, and experience facilitating group consciences on Agenda Topics and Area Motions (California Northern Coastal Area 06 and San Mateo County District 05 General Service continue to operate virtually). We support the work of Bridging the Gap, Public Information/Cooperation with the Professional Community, Archives, and more within San Mateo County, each entity with a distinct purpose in reaching the still-suffering alcoholic. We also host annual events featuring some of our service entities to generate awareness and participation.

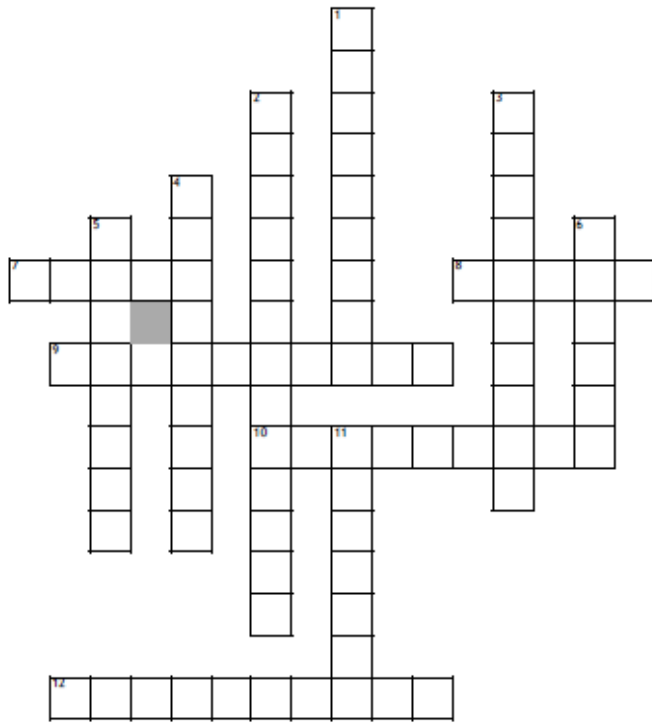
With that in mind, I would like to encourage all groups to consider electing a General Service Representative. Now more than ever, a General Service Representative serves as a vital link between a group and our fellowship as a whole. We look forward to welcoming new General Service Representatives for Panel 71 (2021-2022).

Respectfully,

Matt D.

*District Committee Member Chair – District 05 – San Mateo County
California Northern Coastal Area of Alcoholics Anonymous
(650) 740-3494*

The Twelve Concepts of World Service



Across

7. The General Service Conference of A.A. has become, for nearly every practical purpose, the active _____ and the effective conscience of our whole society in its world affairs.

8. The Charter and Bylaws of the General Service Board are _____ instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purpose for final effectiveness.

9. Final responsibility and ultimate authority for A.A. world services should always reside in the collective _____ of our whole Fellowship.

10. Every service responsibility should be matched by an equal service _____, with the scope of such authority well defined.

12. The trustees should always have the best possible _____, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Down

1. The Conference shall observe the spirit of A.A. _____, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.

2. At all responsible levels, we ought to maintain a traditional “Right of _____,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

3. To insure effective _____, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”

4. The trustees are the principal planners and administrators of over-all policy and finance. They have custodial _____ of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

5. Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that _____ opinion will be heard and personal grievances receive careful consideration.

6. Good service leadership at all levels is indispensable for our future functioning and _____. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

11. The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the _____ members of the Conference acting as the General Service Board.

**San Mateo County Fellowship of Alcoholics
Anonymous
Delegates Committee Meeting Minutes
August 4, 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.
Don C. read the Twelve Traditions; and Lori C. read the Responsibility Statement.
Minutes: The July 2020 minutes were reviewed and approved.
New Delegates: Scott R., Study the Text Monday night., John B. Monday Men's meeting.
A.A. Birthdays: Mike R. 26 years, Vince F 16 years Erin 24 years, Michelley 7 years
Financial Report: The July 2020 financial report was reviewed and approved. Remember when money sent in by groups or personal donations to include the group names so that they can be credited.

SERVICE COMMITTEE REPORTS

Bridging the Gap: Ted B reported that they held their first 'Zoom' monthly business meeting, the 1st Monday of the month at 7:30pm, to implement phone reach-out to pending releases who request it, from detox treatment center programs in San Mateo Co. (District 5) during periods of Covid19 isolation/quarantine. This would allow an assigned BTG volunteer to introduce them to our program and guide them to on-line (zoom) meetings if requested. We are negotiating this change with Palm Ave. and inviting other programs to consider it. 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. We will be holding our July District 05 General Service meeting virtually, via zoom, at the usual time (7:30PM Tuesday, 7/21/20). The meeting details are located below at the end of this message. Please feel free to contact me for any questions or help accessing the meeting and utilizing zoom. We will have a new GSR Orientation at 7:00PM, along with a Concept/Service Study also at 7:00PM. These meetings will utilize the breakout rooms feature on Zoom – for accessing either of these meetings, join the meeting at the main Zoom ID located below a few minutes before 7:00PM and someone will be present to direct you to the room you would like to attend.

Our Agenda includes the following:

- New Business - motion to make a financial contribution to GSO
- CNCA structure motion presentation
- Summer Assembly preview

- Visiting officer presentation on the continued importance of general service and passing on positions virtually
- The Summer Assembly, held this Saturday, August 8 CNCA Zoom ID. 915 110 91230

Grapevine: Due to current situation for health reasons 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 per an email to H and I Coordinators on June 17, 2020 from Joey DeMartini, San Mateo County Area 65 Co-Chair, 650-207-3525.

Any coordinators of H and I Meetings are asked to please stay in touch with your facilities and check to see if they need literature or if they are able to take zoom meetings yet. Currently there are 3 facilities that are taking zoom meetings. We are still not meeting for our monthly business meetings.

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. The committee met via Zoom on July 21 with five members present. The committee is getting interest from radio stations regarding PSA's he stated that there is a need for translation of the PSA's into Russian, Vietnamese, Chinese and Spanish and if anyone in your meetings can help please contact him. There next meeting will be August 18, 2020< 6:30, via Zoom, Meeting ID 73175630968 Password7Hs3YE. . September is Recovery month and hopefully there will be events at that time he is still waiting for more information contact Brent M at dist05.picpc@gmail.com

CENTRAL OFFICE COMMITTEE REPORTS

Advisory Committee: No report the committee will be meeting next week.

Alkathon: Becky reported that we still do not know anything about the Alkathon. We may try a zoom Alkathon but will need a great deal of help.

Teleservice: Eden S. reported via email: We have over 20 open backline shifts. The function of the back-line 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. The requirements to volunteer for Teleservice are one year of sobriety, a working knowledge of the steps and a working telephone. To be of service, please contact

Erin S., Information Chair at (408) 431-4365 or Eden C., Chair at (650) 868-1116.

Trusted Servant Workshop: No report but Bob stated we may need to develop a new way to have these workshops during the lock down.

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 High Sobriety or on the website. He also reported that website is constantly being updated. He stated that all in person meetings in San Mateo have closed following the county pandemic orders. GSO will be giving a 10% discount on the cost of Big Books and Central Office will also sell the book at the discount.

Anniversary Party: Cancelled for 2020

Spanish Central Office: No report.

Sunshine Club: Karen A. reported. They are not doing in person meetings but on line 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: None.

New Business: None

Central Office Activity

12 Step calls	1	Office Visits	26
Phone calls for information		126	
Web Hits	12,191		

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

Meeting Adjourned: 8:43 p.m.

Next Meeting: September 1, 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:

□ 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.

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

Ways To Be of Service During the Pandemic, cont. from page 1

Central Office Delegate

Our Central Office belongs to all of us, and as such, each group is entitled to be represented by a delegate who votes on behalf of the group on issues important to our fellowship. The delegate can also report to the group about things going on in San Mateo County A.A. All groups, no matter how big or small, should have someone in this important position.

General Service Representative (GSR)

All groups are also encouraged to have a General Service Representative. This person attends local district business meetings and keeps the group informed on issues affecting AA as a whole, as well as bringing their group's conscience to these issues. This is an exciting time to become a GSR, as elections for the new service panel will be held in November, and as an extra bonus, you can attend meetings and assemblies without leaving your house.

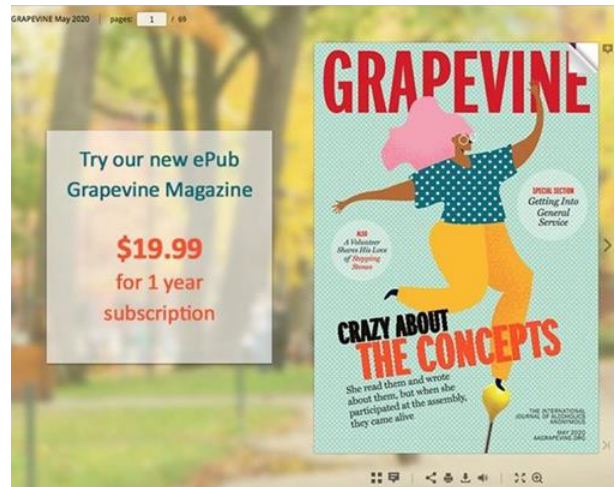
Reaching Out

Unfortunately, the service opportunities usually offered to newcomers are also the ones that are not currently needed. Therefore, it is so important that we really reach out to newcomers (many of whom have never been to an in-person meeting) to make them feel welcome and included. You can welcome them in the time before or after the meeting, or maybe give them your phone number via chat. The virtual hand of AA is just as important as a physical one.

Spirit of Rotation

We have been in virtual meetings for nearly six months now! Many commitments may be coming to an end, so let's keep them moving and create opportunities for everyone to be of service during this time.

Read Grapevine anywhere, anytime on your computer, tablet or smartphone...



Try the new ePub edition of AA Grapevine magazine (1 year/12 issues).

The ePub edition replaces the old Grapevine APP. It's user-friendly and we hope you find it a valuable tool for sobriety. Here are some of the features you'll find:

- 24/7 access: Readable on all computers, laptops, tablets and smartphones
- Downloadable audio file of each issue so you can listen to every story, every month
- Downloadable PDF of each issue for offline reading access
- Archive access to all 2020 issues

[*1 Month - \\$1.99 per issue](#)

[*2 Year - \\$1.46 per issue \(\\$35.00 for 2-year subscription\)](#)

[*3 Year - \\$1.33 per issue \(\\$47.97 for 3-year subscription\)](#)

*** Automatic Renewal Guarantee:** So you never miss an issue, each year we will automatically renew your Grapevine Online subscription. We will always send you a reminder 60 days before your card is charged. You may cancel at any time, and we will send you a refund for any remaining issues. If the credit card you provide cannot be processed, a bill will be sent. You may opt out of Automatic Renewal at any time by calling 1-800-631-6025.

A Canine Step Nine

Some amends can be made with a milk bone and a little scratch behind the ears

When I was in the grips of my alcoholism, my dog was as close as I unwittingly allowed God to get. I loved and trusted my pet a whole lot more than people, especially those who had my best interest at heart. In retrospect, I discovered that my expectations of people were quite disproportionate to reality. Nevertheless, my dog would lie patiently by my side while I nursed yet another “justified” resentment wrapped in a hangover. And she would lie there all day, if necessary. Even some days in sobriety now, when I’m tempted to withdraw from the human race, my dog keeps me tethered to life. Thank God for my dog.

As I make another inventory at this five-year mark of my recovery, I reflect on the place my dogs have had in my life and the amends I owe them. Some may balk ... making amends to a dog? Well, hear me out.

During my active alcoholic years, I must acknowledge my dogs’ inconsistent and unacceptable treatment by me: Staying out late, not coming home at all, irrational fits of yelling which left them running for cover, feeding them cheap food, forgetting to feed them at all, no real exercise, minimal play time, little attention, and intolerance for accidents on the carpet, which were really my fault.

With each selfish, irresponsible decision, I piled up more and more guilt and shame, which I doused with a drink. So, making amends to my pets makes perfect sense to this recovering alcoholic.

Today, I make my K-9 amends much like I make my living amends to my human family. I begin by asking my Higher Power to keep me sober each day and walking in the sunlight of the spirit. And every day, I do the one thing that God cannot do for me, and that is to surrender my will to something much bigger and better than me. I follow this up with lots of scratches behind the ears, milk bones and plenty of love and ball fetching. I never had any children. Like many alcoholics, my pets are my family. I look at the relationship between me and my dogs as a commitment—and a gift of grace from God.

A beautiful quality about dogs is one they share with God—forgiveness. One of life’s highest pleasures is being enthusiastically greeted at the door by my devoted and trusting dog.

S.K. | Alma, Arkansas
Grapevine, March 2013



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

	AUG	Total YTD		AUG	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	319.51	910.51	Accounting Services	87.79	610.79
Book sales	423.81	6,007.34	Books Purchased	0.00	8,767.52
Central Office Annual Party	0.00	1,353.82	Chips	159.45	555.26
Chip sales	72.85	986.21	Central Office Annual Party Exp	0.00	500.00
Delegates Collection	0.00	172.00	Central Office Insurance	147.28	1,179.82
Faithful Fivers	237.89	4,028.23	Credit Card Charges	8.99	112.28
Group Contributions	4,714.95	56,504.39	Employee Insurance	260.00	2,088.00
High Sobriety Subscriptions	10.00	68.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	0.00	Office Equipment Lease & Maint	326.85	2,635.58
Individual Contributions	1,100.00	13,112.50	Office supplies	8.00	1,385.16
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other	0.00	116.95	Postage	0.00	849.50
Printing	0.00	71.50	Rent	1,386.00	11,378.00
Sales Tax on Books & Chips	52.14	734.14	Salaries	3,820.98	31,768.47
Tax Refund	0.00	107.02	Sales Tax on books	0.00	503.53
Covid 19 7th Tradition	1,540.81	9,791.23	Taxes (Payroll)	1,559.43	13,354.61
			Telephone & Tech	197.32	1,821.01
			Telephone Advertising	0.00	0.00
Total Income	8,471.96	93,963.84	Teleservice	151.00	1,208.00
Less Expenses	8,113.09	78,717.53	Travel Expenses	0.00	0.00
			Web Services	0.00	0.00
Net Income (loss)	358.87	15,246.31			
Starting Balance		49,012.68			
Plus Net Income/Loss		358.87			
Ending Balance		49,371.55	Total Operating Expenses	8,113.09	78,717.53
TOTAL PRUDENT RESERVE		50,043.36	Net Income (loss)	358.87	15,246.31
TOTAL CASH POSITION		99,414.91	2020 Year-to-Date Summary		
			Year-to-Date Income		93,963.84
			Year-to-Date Expenses		78,717.53
			Year-to-Date Net Inc/(Deficit)		15,246.31

ATHERTON	AUG	YTD	LA HONDA	AUG	YTD	REDWOOD CITY	AUG	YTD	SAN MATEO	AUG	YTD
Sunday Spirituality	219.26	943.41	La Honda Group (Thurs)	192.00	192.00	A Vision for You	99.37	374.55	Bunker Young People		627.88
BELMONT			MENLO PARK			Broken Elevator Thurs.		394.37	Eslo Es AA		125.00
Alkie Gutch		85.00	Atherton AA	1.66	318.86	Complete Abandon Group		181.13	Eye Opener		131.00
Belmont Tues. Noon Group	114.37	772.27	Cotnamouth			Dorff Drink Group		244.00	Fireside Group	110.00	180.20
Day At a Time	25.00	645.57	Fri. Noon Womens	50.00	801.94	Foundation Stone Group		409.00	Highlanders Gp.	25.00	99.48
Forum	24.37	218.16	Men's RAD Big Book		276.12	Mon. Nite Fireside Chat		232.20	Joy of Living	20.00	50.00
One Line at a Time	10.00	230.00	Menlo Park Men's Group		200.40	Newcomers Q & A	30.00	30.00	Lunch Bunch	20.00	420.60
Singleness of Purpose	175.00	267.50	Mon. 12:10 PM Happy Hour		449.16	Sun. Nite Sharing		240.00	Mid Pennsula Women	30.00	695.61
			Sat Morning Sandhill		3,052.08	The Sewer Group		105.00	Monday Night Men's	6:30	450.00
BRISBANE			Sat Sunshine Gp MP 7:30	498.40	464.98	Thumpers		665.73	Morning Serenity (All)	150.00	313.48
Brisbane Breakfast		530.72	Tues Noon Book Worm		171.67	Vision for You	358.20	33.93	San Mateo Forum		2,357.63
			Women's 12- Step Thu Noon	50.00	631.73	Wed. Woodside Meeting		533.99	San Mateo Group # 1		312.00
BURLINGAME			MILLBRAE			SAN BRUNO			Sunday Serenity		138.60
Any Length	20.00	1,157.18	12 Step Study (Tues Noon)		340.88	12 Study Gp (Thurs)	77.00	197.19	Sunday Sundowners		60.60
Back to the World Group		87.00				Big Book Study Fri (5pm)	42.73	465.02	Tues Night Beginners		170.00
Burlingame Men's Gp		993.40	MOSS BEACH			Come as You Are		604.56	SOUTH S.F.		
Burlingame Noon Men's Gp	55.00	246.26	Men's Language of the Heart		642.00	Daily Reflections Women	27.00	298.50	Midway S.S.F. Gp		329.00
Burlingame Read a Passage		26.00	Serenity by the Sea		300.20	Early Enders	4.59	96.82	New Beginnings		138.52
Ham & Eggers	25.00	900.18				Experience, Strength, Hope		134.40	South City Womens	40.00	180.00
Hillsborough Men's Group	14.37	392.37	PACIFICA			Grupo Serenidad		40.00	Stepping Stones		100.00
Just For Today		294.00	12 @ 6 Group		60.00	Living Sober/ HH (Tues)	20.00	414.20	WEST BAY ALANO		
Rap Group		271.60	12 Noon Disc. (Mon)		238.00	Milbrae Group		71.50	Brown Baggers		60.00
Reason to Come to AA		900.00	B.Y.O.B. Group		270.00	Spkr/Disc - Happy Hour(Mon)		511.56	Colma Eye Opener		117.43
Senior Focus Group		583.24	Daily Reflections (Beach Mtg)		295.30	SAN CARLOS			Daily Reflect. (Mon)		100.00
Sharing Choices		83.15	Fri Discussion Noon		337.30	Gifts of Grace Fri Women		198.60	Duel Honesty Group		58.00
Tuesday Nite Group	30.00	408.50	Happy Hour (Living Sober)		40.00	Growing Stronger	8.00	34.00	Early Birds Daily Reflection (Wed's)		150.00
Twelve Steps Study (Mon)		133.10	Pacifica Discussion (Weds)		204.40	In Step with Bill		703.40	Men's no BS		161.70
			Pacifica Men's Group		393.00	S.C. Awareness Group	125.00	560.48	Mustard Seed		84.00
FOSTER CITY			Page 133 Group	120.00	386.00	San Carlos Beginners	177.20	622.70	Smart Feet BB		222.58
Foster City Women (Sat)	150.00	162.00	Pedro Valley/Pacifica		405.06	San Carlos Men's Gp. (Mon)	106.00	1,364.30	Weds High Noon		205.80
Friday Noon Big Book	20.00	416.42	Serenity in Pacifica		177.82	SCP-F- all meetings		1,550.00	West Bay All Groups		210.00
Living Sober Groups (all)	60.00	1,062.51	Sun. Afternoon Step		187.68	Sequoia Recovery Gp		219.48	Women's Happy Hour		193.97
Study the Text Group	100.00	150.00	Wake Up Wake Up		210.00	Sober Sundays	8.00	944.80			
The Old & the New	54.37	405.20	Women's Big Book Study		9.48	We Have Recovered Group		85.56			
			Women's Candlelight Gp	99.00	123.15	Womens Read & Reflect	40.00	336.82			
			Women who wear shoes		400.20						
HALF MOON BAY			PORTOLA VALLEY			SAN MATEO ETC.					
3rd & 11th Step Prayer		644.21	Chips Anoy		20.00	Alkathon - Belmont		2,500.00			
Coastside Big Book		122.80	Ladera Men Nite Group		684.12	Alcathon - West Bay Alano		200.00			
Coastside Talkers		50.00				Women's Home Gp (traveling)		532.52			
Friday Nite Group		653.69	Portola Valley 11th Step	460.00	1,290.00	Covid-19 7th Tradition		8,250.42			
HMB Happy Hour Group		187.00									
HMB Thurs Womens BB		148.91									
Last Bam on the Block	73.86	401.59									
Sat Night Step	85.60	85.60									
Sat Morning Eye-Opener	161.60	779.16									
Saturday Nite Spkr/Disc		340.41									
Stone Pine 7AM Meet-M-F	133.00	1,250.19									
Stone Pine Noon Meet M-F*	125.00	614.03									

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