

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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October 2020

SMC Fellowship News

2020 Holiday Alkathons

We are quickly approaching the end of this bizarre year and that is when we have our holiday alkathons. For those who are unfamiliar, alkathons are generally 24/7 meetings over Thanksgiving, Christmas, and New Years that begin at noon the day before the holiday and end at 1pm the day after. Holidays can be a difficult time for alcoholics under normal conditions, and with our current pandemic situations this year will certainly be no different. While we are unable to meet in person for our alkathons this year due to occupancy limits, we can still have a safe place to go on zoom. Because of this, though, our alkathons will look a little different. Rather than being around the clock, meetings will be held from noon to 10pm the day before the holiday and from 8am to 10pm the day of the holiday. There will be no meetings the day after the holiday.

One thing that will remain the same is that groups will be hosting the meetings. If your group is interested in hosting one or more meetings, please have a representative go to www.alkathonsmc.com after October 6th and fill out the information form there. This must be completed by October 23rd. On October 24th, groups will be assigned time slots for all 3 alkathons by random drawing and representatives will be notified. Please note there will be only one drawing for all three alkathons.

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Puzzle Page will return next month!

Please be sure to note whether your group will need additional help with zoom hosting duties.

If you are looking for further information on the alkathons, please check the Alkathon website or call Becky N. at (415) 706-3460 after October 6th.

Monthly Service Committee Meetings

DELEGATES TO CENTRAL OFFICE **October 6 , 7:30pm on Zoom**
Meeting ID: 843 4248 4626, To phone in: +1-669-900-6833

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

GENERAL SERVICE **October 20 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

PENNYPAA (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

Important Date:

Remember, group requests to host an Alkathon meeting must be submitted prior to the October 24th drawing.

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)

Fall 2020 Trusted Servants Workshops

SATURDAY, NOVEMBER 7, 2020 1:00PM ~ 3:00PM

ZOOM MEETING ID: 878 8554 9903

SUNDAY, NOVEMBER 15, 2020 1:00PM ~ 3:00PM

ZOOM MEETING ID: 895 3555 5152

Learn the ins and outs of being a Secretary, Treasurer, or Literature Person, for in-person meetings or on Zoom!

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!



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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Jumping to Conclusions

Wild kids next door were causing trouble and she had to do something. She had no idea she was leaping headfirst into Step Ten.

It was nearly eight years ago that I moved to the small town of Ashland, Oregon, to begin a new life. I left behind the disquieting arena of greater Los Angeles and its boom boxes, road rage, sirens and gunshots.

On the first night in my new home, I opened every window and fell asleep to the magical sound of silence. My neighbors in Ashland are quiet folks. A couple of noisy diesel trucks go by but nothing so loud that it jolts me out of my reverie.

But a couple of months ago, I was surprised to hear uproarious laughter coming from a nearby backyard. What a ruckus someone was causing.

This was the first I had heard from my new next-door neighbors. I thought it might be a party, so I let it go. Another day while sitting on my sofa in my living room, I spied out of the window some movement on the roof next door. When I looked I saw a few teenagers jumping onto a trampoline that had been placed in the backyard.

This concerned me. What they were doing was so dangerous. I thought perhaps the parents weren't home and the kids were taking advantage of being alone. I paced in the kitchen as I listened to the chaos. Should I say something? I decided to let it go. It was not my business.

On another day, I heard the same noise from the roof again. This time there was a loud boom box blasting at the same time. I was unable to hear any music, just the pounding, migraine-producing bass.

I looked out from my deck and spied the mom inside the house reading a book. Apparently it was OK with her that the kids were jumping off the roof.

No one is going to steal my peace and quiet, I told myself. Without a thought, or any kind of the sacred pause suggested by the Buddhists and my AA program, I headed outside with fury. I caught one of the teenagers climbing up their wooden fence while putting one foot onto the roof.

"Do you have supervision?" I called out in my "teacher" voice.

The teenager jumped off the fence and walked over to me. "Supervision?" the teen said. "What do you mean?"

"I mean, is someone watching you?" I said. "Has someone given you permission to jump off the roof?"

The teen looked at me and said, "Yeah, my mom. She's in the house."

Just then, a young woman with long dark hair came around from her front door and asked, "Is there a problem?"

"Yes, the music is just too loud," I said, "and I'm worried about the kids jumping off the roof. It seems very dangerous."

The mother answered, "Well, kids will be kids and I have to have something for them to do. They are so active."

I countered by saying, "Well the trampoline is just fine but jumping from the roof seems awfully dangerous. I would not let them do that."

"Well, that's how you feel and this is how I feel," said the mother. She turned and walked away. I was filled with anger at this woman who had such obviously poor parenting skills.

Throughout the week, I discussed the issue with my friends. I was afraid of losing the quiet I had found. I was kind of desperate. But after enumerating all of the offenses of the mother and her kids, I found myself examining my own behavior.

I had been a single mother at one time myself. It had been extremely hard for me to corral my son and his cronies. He and his friends hung around my house because I was the "nice mom" who built a somewhat soundproof room in the garage so their punk rock band could practice. No doubt many of my neighbors must have suffered through that sound pollution. But my neighbors never said a word to me about it.

So I spent the next few days regretting my actions with my neighbor. My anger had been a knee-jerk reaction on my part. I had spoken out of fear instead of love. After 34 years of experience teaching special education kids, I had to ask myself, Is that how you dealt with problems while you were in the classroom? No, it wasn't.

A couple of days passed and again I heard the music in the afternoon when the kids got home from school. I went over and knocked on their door. The kids were home alone and they were respectful. They said they would turn off the bass to listen to their music. They apologized. I was grateful.

The next couple of weeks around my house were pretty quiet. No boom box and no roof-jumping to the trampoline.

One night, I ran into the kids down at the corner drug store. When I saw them, I sort of freaked out. It was fear. But I put my best “I’m not afraid” face on and said hello. They respectfully answered and told me about the science experiment they were having the next day at school.

On another day, one of the teens, a boy, knocked on my door, saying he was short 50 cents for bus fare. I gave it to him with a smile. We were making progress.

Then a few weeks later we had our neighborhood association meeting. The “kids in the house next to Susan” was a topic discussed. I listened thoughtfully as my neighbors listed all of the “kid violations.” They said the kids stood on the corner at night laughing and making noise. They said the kids rode their skateboards after dark and jumped on the trampoline at night.

I silently watched these neighbors become more and more agitated. I realized I did not want to be like them. What I heard were scared people. It got me to thinking. Didn’t we remember our own childhoods? Didn’t we all ride our bikes in the dark or swing the bat in the field until it was too dark to see? And standing under the streetlight with your buds on a Saturday night was just the best.

As the association members talked, I heard the fear in their voices that somehow “these kids” were going to ruin our lives. One said, “Next time I will call the police.” Another said, “I’ll go over and scare the hell out of that mother. You just say the word.”

They asked me to keep a log of all the teens’ offenses. They needed “ammunition” to get them out. I chose not to keep the log.

Then I was told that the grumpy neighbor who wanted to scare the hell out of the mother, did just that. To the woman’s teen daughter, the man had said, “If you disturb the neighborhood again, I am going to come over here and drag you out of the house.” The mother cried and asked him to leave.

When I found this out I decided to reach out to her. I wrote her a nice note apologizing for being so angry when we first met. I said it was fear of losing my quiet. I also thanked her for extending her hand to me and trying to keep the music down. I asked if she’d like to be friends. It ended with, “Can we start over?”

A week went by. I never heard from the woman. I thought to myself, She must still be angry. But that would be OK since my side of the street was clear. If she needed to be mad, I got that.

But today, I answered the door and there she was, a lovely, 40-year-old woman, dressed for

work and looking rather pretty. She thanked me for the card and asked for a hug. All was healed. We talked at the front door for quite some time, sharing with each other how hard it is to raise teenagers.

She mentioned that she herself has only one child, the girl in the group, and that the rest of the kids are the “throwaways” from the school that nobody hangs out with. She wanted to provide a place for all of them after school to feel safe. I found out that she had studied psychology and had worked with the “tough kids” for years. It sounded like what I used to do when I helped the kids who needed help.

Today is her daughter’s 14th birthday. The jumping on the trampoline started at three o’clock. But somehow it didn’t bother me as much, as I am blessed with a new attitude. This change in me occurred when the woman and I took the time to talk, to lay down the ground rules and to show some empathy and respect for one another.

As I looked back on the experience, I realized that this neighborhood uproar would not have happened if I had been working my AA program. Hindsight tells me I should have taken that sacred pause before bounding out of the house to give someone holy hell.

In my past, during tough situations at school, it always worked to have God speak for me. Miracles happened when I let him come through my voice. Yet in this instance, I had ignored all aspects of my Higher Power. It was self-will run riot.

And so this is how life goes for me now. I enjoy each day. I feel fine. Then something happens to give me great pause about my behavior. Now I see that changing my own behavior has been the most important aspect of my recovery.

My sponsor has told me many times, “You have to change! That’s what this whole thing is about.”

I have learned that these periodic painful episodes are God-given moments to teach me about my character defects. I can choose to see them or ignore them. This time, I decided to put the lesson down on paper so that I might never forget my knee-jerk temper and how it sometimes gets me in very serious trouble.

Hang in there with me, God. I’m still learning.

Susan H. | Ashland, Or
Grapevine, October 2017



A.A. Around the World

Out of Africa

Online AA answers a journalist's SOS

THE gaffes that resulted from my antisocial drinking were innumerable. What initially started off as an acceptable way of spending time out with friends insidiously made my whole life topsy-turvy. I got involved in fights over trifles, spent more money than I could afford, made promises I seldom kept, got hooked up with the wrong women and company, and fought hard to justify uncouth conduct when my feet finally steadied and my mind was cleared of the haze of alcoholic lunacy and over zealousness. That was my long journey into the abyss of alcoholism.

One of the most disturbing things about alcoholism in Africa is that most communities do not even consider it a serious social problem. So many are trapped in its asphyxiating grip and whole lives are lost forever or simply swept down the drain into oblivion without many people seriously questioning why. The "drunkard" is simply considered a societal clown if he drinks and remains ridiculously friendly, or someone to avoid if he becomes agitated or violent after consuming more than his brain can reasonably handle.

We had a history of alcohol abuse in our family. I hear my father, who died when I was still very young, often got drunk and was brought home by his friends in a sorry state, his hands and feet usually bound to keep him under control. One of my elder brothers lost his job and failed thereafter to find a decent position that matched his real capabilities, because he got pitifully drunk, coincidentally, too often on the eve of important interviews, and showed up at the designated venues only to create a scene.

Another brother, a high school teacher, just died recently. He was belatedly diagnosed with an

irreversible alcohol abuse-related ailment. I remember writing to him a few years ago, while I was pursuing my studies in journalism, warning him of the dangers of alcohol abuse. Little did I know I was going to walk down the same dark path myself. Isn't it easier, the adage goes, to preach 10 sermons than to live one? I now know why I failed to dissuade him from heavy drinking. I was preaching to him when I was no better. My subsequent alcohol-dictated conduct proved it.

Today I look back in anger at the damage alcohol has caused and continues to cause my family. My father was quite a successful man before he died, by our own standards. He had a comfortable home, fed and clothed his children decently, sent them to decent missionary schools, and was an active and reliable member of different social groups. This was a boon and a curse at the same time. His success sent home the wrong message to his children--that they could drink heavily and still be successful. Well, they've been drinking and, honestly speaking, none of his children have turned out half as successful as he was.

On June 6, 2006, I received a phone call from my elder brother informing me that his wife, who had taken ill several years before, had died. A few weeks before, I had travelled home to see her when I learned that her illness was terminal. We had had quite a good number of differences that had forced me to stay away from her for many months, and so the encounter was meant to settle our differences before she left this world. The initiative was my elder sister's.

A few days after I received the phone call informing me of her death, I was granted permission to attend her funeral. Together with one of my elder sisters, I actively took part in arrangements for her burial--funerals in Africa are not just family affairs, but a communal responsibility as well. After making arrangements for a coffin, transportation and post-burial entertainment, we left for the hospital to pay the fee for the mortuary and other accompanying services.

The mortuary attendant informed us that this could only be done a few hours before the removal of the corpse and since it had been scheduled to take place the following day, everything--the fee and the clothes--were left in my care. We returned

home tired after a hard morning's work. I had made an appointment with the morticians for that evening. I needed a drink to steady my strained nerves and that was when all hell broke loose.

It became clear to me and everyone else that I had become a nuisance not only to my family but also to the entire village.

I know I returned to the hospital that evening to meet the morticians as earlier arranged. But I could not locate them and was too drunk to ask how to find them. All I remember is going back to the friends I'd left in the bar and continuing to drink. Through what I now see as divine intervention, someone tipped off one of my sisters about my advanced state of drunkenness hours after I was expected to have met the morticians. When they asked for an explanation from me, I picked up a quarrel. Worse, I'd even spent part of the mortuary fee on booze. They were lucky to recover whatever sum they did.

I did not go home that night. I spent the night on a bench in a market stall and stayed away from the ceremony. I continued drinking heavily days after the funeral and finally left my village to go back to my station, when it became clear to me and everyone else that I had become a nuisance not only to my family but also to the entire village. People talked and I drank. I had hit the lowest point.

The remorse was of an immeasurable dimension. In my post-booze despair, I turned to the only anonymous source I knew. I stumbled upon the website of Alcoholics Anonymous and I hesitantly sent out the first SOS signal. A member, barefoot, responded with the promptitude of an ambulance driver. Therein started my fellowship with online members of Alcoholics Anonymous.

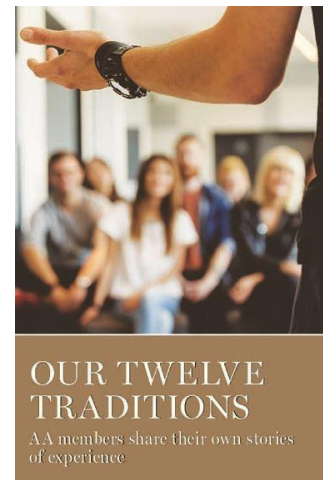
There were many who helped from the very beginning, but they dropped down to a few, perhaps discouraged by the belief that I was not a committed member. The literature and emails I constantly receive from the members of this group are the reason I have not tasted a drop of alcohol in the past eight months. This is a relatively short period, but do we not all believe that a journey of 1,000 miles begins with a first step?

I have every reason to stay the course because I no longer want to throw up on the feet of the lady I've taken to the party; I no longer want to get stabbed for haggling over paying for a piece of

unpaid steak at a beer joint; I no longer want to squander money left to me by a friend to help pay my rent; I no longer want to have one-night stands with women in one night stand deals, some I will hardly recognize when sober. The benefits of sobriety are innumerable.

CHIA C. | Cameroon, West Africa
Grapevine, May 2009

BOOK OF THE MONTH



Our Twelve Traditions

In this collection of stories from AA Grapevine, members write about their experiences with the core principles contained in AA's Twelve Traditions. Born of the trial-and-error experience of the Fellowship's earliest years, the Twelve Traditions provide the spiritual and practical underpinning for AA's ongoing adventure of living and working together. Seen through the eyes of individual members, the stories in this book offer groups, as well as members, workable solutions to difficult problems. **Our Twelve Traditions** is available for purchase at a *special price of only \$10* through the month of September at our Central Office.

San Mateo County Fellowship of Alcoholics Anonymous

Delegates Committee Meeting Minutes

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 Janice read the Responsibility Statement.

Minutes: The August 2020 minutes were reviewed and approved.

New Delegates: There were no new delegates.

A.A. Birthdays: Harry Z. 30 years

Financial Report: The August 2020 financial report was reviewed and approved. Remember when money is 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 are holding 'Zoom' monthly business meeting, the 1st Monday of the month at 7:30pm. He further reported that Palm Avenue Detox ZOOM meetings are all set up and running. The committee is reaching out to other detox facilities to make them aware of Zoom meetings and how to set them up. 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. Final Conference Reports from the Seventieth Annual Meeting of the General Service Conference of Alcoholics Anonymous, our first Virtual Conference, are now available. This report is a great overview of the Conference results and experience – an insight into our General Service structure in action. I did request a large quantity of extra printed copies and if you are interested in having one, or an electronic copy - please send me an email or text with a request and we can discuss getting them to you. My contact info will be posted in the chat. You may remember a previous request to the fellowship for personal stories to update the pamphlet AA for the Older Alcoholic. The Conference Treatment and Accessibilities Committee did not feel that the stories they received represented a comprehensive cross section of the fellowship. As a result, the call for stories has been reopened until December 15th. The fellowship is looking for specific experiences to include – please contact your general service representative for more information, or feel free to reach out to me at the contact info in the chat. At our most recent Summer Assembly, we made history as an Area by voting on our first virtual motion: The Creation of an Area Technology Committee. This motion went through the full General Service experience; initially it did not receive enough votes to pass. Immediately after, there

was a motion to reconsider, and a request to expedite the vote due to the unprecedented nature virtual AA at this scale. This motion eventually passed with substantial unanimity and our Area Officers are at work populating the Committee. While the scope is currently undefined, the Committee will explore ways technology can be utilized within our Area structure to maximize our effectiveness in carrying the message and our ability to facilitate 12th step work.

The final assembly of the panel, the virtual Fall Election Assembly, will be Saturday November 7. During this assembly, we will vote for the Area Officers of Panel 71. There will be business meeting, potentially voting on our oldest current motion: the Creation of a pamphlet titled "Experience, Strength, & Hope. AA for the Transgender Alcoholic."

Our District 05 San Mateo County General Service Elections will take place during our November meeting. We have an amazing group of AA members and service workers with us this panel, and I'm excited to see who makes themselves available to be our next District Officers, Committee Chairs, and Liaisons.

Lastly, I want to thank you all at Central Office for the work you do - including helping us within District 05 General Service get the word out about what we do through the High Sobriety, and allow people to find us through the website. It's always valuable to us, but now more than ever it helps us continue our service.

Grapevine: Due to current situation for health reasons the 2020 Grapevine and La Vina issues will be free. Visit the website: www.aagrapevine.org/we-are-here-to-help

Hospitals & Institutions (H&I): Lori C. sent a text to on August 31, 2020 to Joey DeMartini, San Mateo County Area 65 Co-Chair, 650-207-3525, that someone at the last Delegates Meeting mentioned that Santa Clara County is doing various stuff with H and I since all the Covid stuff started. Just wondering if anyone has contacted them and maybe we can try some things they are doing. Joey's response was: Haven't talked to anyone in Santa Clara. I'm always open for suggestions. As of now it's the coordinators responsibility to continually check in with their contact at the facilities and be available to them. As to bring in literature, zoom meeting or in person meeting. It's completely up to the facility. If they want meetings, we will go in. That's why we need to always check in. Michael B. and Daniel S. are supposed to be H and I Central Office Delegates. I'll reach out to them.

NCCAA (Northern California Council of A.A) No report

PENYPAA (Peninsula Young People in A.A.): Camp Kyle reported that there is a new young people meeting at San Carlos Fellowship in San Carlos their ZOOM code is 8931739813 and they have a web address: www.eatonfellowship.org.

PI/CPC (Public Information/Cooperation with the Professional Community): Brent reported that the

committee will have a ZOOM meeting on Sept.15. They are still seeking help with the public service spots especially in languages other than English. On September 19 the committee will do a ZOOM presentation at Kaiser in So. San Francisco it will be for social workers and other staff. For more information contact Brent M at dist05.picpc@gmail.com

CENTRAL OFFICE COMMITTEE REPORTS

Advisory Committee: Tatiana S. reported. The Central Office Advisory Committee met on August 12, 2020. We discussed ways to streamline our delegate meetings. A script has been created for the chair to better facilitate the flow of the meeting. Also, it was decided to utilize the “raise hand” feature in zoom for those who wish to speak. We discussed Central Office obtaining its own zoom account to facilitate zoom meetings once in-person meetings have resumed, as well as to be used for other things, such as Trusted Servants Workshops, or by the Alcathon Committee. We will form a 5-person committee to come up with a plan of how this will work. Those interested in participating should have experience setting up zoom meetings as well as hosting them. Email central office if you are interested. Don researched various plans and has found the following 2 options at a significantly reduced price for non-profits, the Pro Plan and the Business Plan. It is the Advisory Committee’s recommendation that we purchase the Business Plan due to the higher number of hosts and participants, as well as the admin dashboard function. It was moved and seconded that Central Office purchase the ZOOM Business Plan (outlined above). The motion was seconded and carried Yes-16, No-0, Abstained-1.

Alkathon: Becky reported there will be an Alkathon on ZOOM, it is still in the planning stages more information to come.

Teleservice: Eden C. reported that they 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. We have our quarterly business meeting this Sunday, September 6 at 7pm on Zoom. To be of service or to get the Zoom ID for the business meeting, please contact Erin S., Information Chair at (408) 431-4365 or Eden C., Chair at (650) 868-1116.

Trusted Servant Workshop: Bob M reported. Two Trusted Servants Workshops are scheduled for November 2020. Both workshops will be virtual workshops using ZOOM. The first workshop will be on Saturday, 7 November 2020 from 1:00 pm to 3:00 pm PDT. The second Workshop will be on Sunday, 15 November 2020 from 1:00 pm to 3:00 pm PDT. These workshops are a great way to learn more about the ins-and-outs of being a Meeting Secretary, a group Treasurer and a Literature

person. For more information, see the TSW flyer in this month’s HIGH SOBRIETY newsletter or visit www.aa-san-mateo.org, or just call Central Office!

Central Office: Don C. reported that the office is open on Monday and Friday 8:30am to 4:30pm only.

Other Information to Share: Central Office is running smooth! We have our Live Meeting List back up on the website!! West Bay Fellowship has opened some meetings. There are meetings open that do not want to be published so they are not on the list. If a group wants to open and be on the list give us a call or an email and we will get it on. Remember we have a tab on the website “Guidelines to opening Meetings” so if you know a group who is opening you can point them in that direction.

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 31

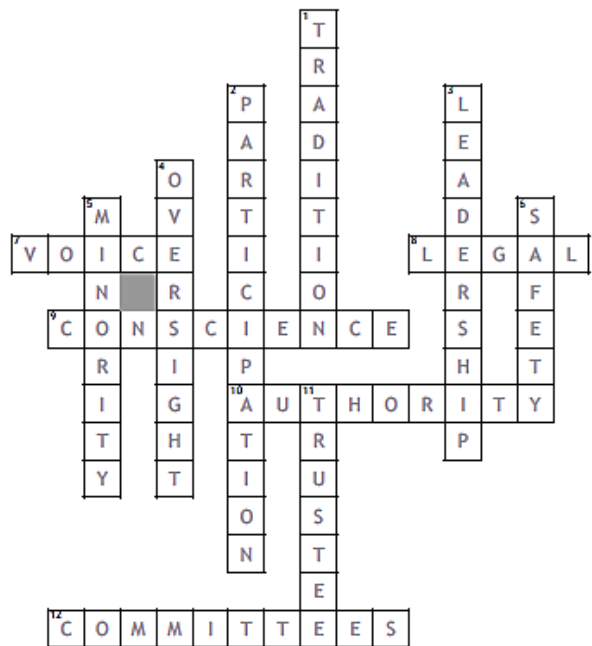
Phone calls for info 129 Web Hits 11,379

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

Meeting Adjourned: 8:43 p.m.

The next meeting will be held on Tuesday October6, 2020

Answer to September Puzzle



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

<u>Income</u>	<u>SEPT</u>	<u>Total YTD</u>	<u>Operating Expenses</u>	<u>SEPT</u>	<u>Total YTD</u>
Birthday Club Contributions	0.00	910.51	Accounting Services	217.00	827.79
Book sales	750.47	6,757.81	Books Purchased	433.55	9,201.07
Central Office Annual Party	0.00	1,353.82	Chips	62.60	617.86
Chip sales	94.12	1,080.33	Central Office Annual Party Exp	0.00	500.00
Delegates Collection	0.00	172.00	Central Office Insurance	147.30	1,327.12
Faithful Fivers	627.89	4,656.12	Credit Card Charges	0.00	112.28
Group Contributions	5,467.34	61,971.73	Employee Insurance	260.00	2,348.00
High Sobriety Subscriptions	0.00	68.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	0.00	Office Equipment Lease & Maint	326.85	2,962.43
Individual Contributions	1,117.50	14,230.00	Office supplies	1,117.36	2,502.52
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	12,764.00
Sales Tax on Books & Chips	88.66	822.80	Salaries	3,949.14	35,717.61
Tax Refund	0.00	107.02	Sales Tax on books	696.50	1,200.03
Covid 19 7th Tradition	1,355.52	11,146.75	Taxes (Payroll)	1,653.87	15,008.48
			Telephone & Tech	197.02	2,018.03
			Telephone Advertising	0.00	0.00
Total Income	9,501.50	103,465.34	Teleservice	151.00	1,359.00
Less Expenses	10,598.19	89,315.72	Travel Expenses	0.00	0.00
			Web Services		0.00
Net Income (loss)	(1,096.69)	14,149.62			
Starting Balance		49,371.55			
Plus Net Income/Loss		-1,096.69			
Ending Balance		48,274.86	Total Operating Expenses	0.00	89,315.72
TOTAL PRUDENT RESERVE		50,058.63	Net Income (loss)	(1,096.69)	14,149.62
			2020 Year-to-Date Summary		
TOTAL CASH POSITION		98,333.49	Year-to-Date Income		103,465.34
			Year-to-Date Expenses		89,315.72
			Year-to-Date Net Inc/(Deficit)		14,149.62

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