

# 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  
aasanmateo.org  
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May 2021

## SMC Fellowship News

### Central Office Hours

Effective April 1<sup>st</sup>, our Central Office will be resuming regular office hours of Monday through Friday, 8:30am to 4:30pm. Visit Don and Steve to purchase books, literature, and chips, make contributions, or just to say hello. Face masks continue to be required.

### In-Person Meetings

As more meetings begin to open up in person, Central Office would like to begin putting together a printed meeting schedule once again. Therefore, if your meeting in San Mateo County is open, or going to open again soon, please let Central Office know.

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*"We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator."*

*-From "Into Action" in the Big Book of Alcoholics Anonymous,  
upon finishing the Fifth Step.*

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**Monthly Service Committee Meetings**

**BRIDGING THE GAP** May 3rd, 7:30pm on Zoom  
Meeting ID: 639 547 0157 Passcode: 54321 Dial in: 1-669-900-9128

**TELESERVICE** June 6th, 7:00pm on Zoom  
Meeting ID: 971 3141 3389

**DELEGATES TO CENTRAL OFFICE** May 11, 7:30pm on Zoom  
Meeting ID: 812 5236 9897, To phone in: +1-669-900-6833

**PI/CPC** May 11th, 6:30pm on Zoom  
Meeting ID: 841 7877 3337

**GENERAL SERVICE** May 18th on Zoom, 7:00 orientation/concept study, 7:30 pm business meeting  
Meeting ID: 857 0421 3338, Passcode: 0571. To phone in: +1-669-900-6833

**H&I (Hospitals & Institutions)** May 25th, 7:15 orientation; 8 pm business meeting on Zoom  
Meeting ID: 867 4139 1995, Passcode: 137746. To phone in: +1 669 900-9128

**PENNYPA (Peninsula Young People in AA)** cxl'd until further notice

Central Office will be closed:

**Monday, May 31<sup>st</sup>**

in observance of

**Memorial Day**

**18th Annual Language of the Heart Women's Brunch**

Sunday, June 13, 2021

ZOOM MEETING 11:30 am - 2:00 pm PST.

**Speakers:**

**Julia K. Berlin, Germany**

**Rosie T. Seal Beach, CA**

"Doors" will open at 11:15 AM. Meeting starts at 11:30 AM

Registration is Free & there will be an online auction. Space is limited, so please respond by June 5, 2021.

**Send your registration to [lothwb@gmail.com](mailto:lothwb@gmail.com)** with the following information:  
Name, Home Group, Length of Sobriety (Years or months), email address.

Meeting code & password will be emailed to you on June 9th.

## What does *our* Central Office do?

The San Mateo County Fellowship's Central Office belongs to the A.A. groups of San Mateo County. We help carry A.A.'s message in the following ways (and more):

- ❖ Maintain a 24/7 telephone line which responds to inquiries from still-suffering alcoholics seeking help, A.A. members in need of information, and from members of the professional community and the general public. After office hours, this line is staffed by Teleservice volunteers.
- ❖ Maintain a Twelfth Step volunteer list.
- ❖ Maintain and publish group meeting schedules, in print, on our website, and in the Meeting Guide App.
- ❖ We stock a large selection books and pamphlets for sale (many are available in Spanish).
- ❖ We offer sobriety chips for sale, for both individuals and groups.
- ❖ We work closely with local A.A. service committees: Bridging the Gap, Hospitals and Institutions, Public Information/Cooperation with the Professional Community, as well as with San Mateo County General Service District 5 and the Northern California Council of Alcoholics Anonymous
- ❖ We support and participate in many local A.A. events such as Unity Day and the holiday Alkathons.
- ❖ We maintain our web site, [aa-san-mateo.org](http://aa-san-mateo.org), with up-to-date meeting listings, a schedule of A.A. events, the *High Sobriety* newsletter, and links to other A.A. web sites,
- ❖ We maintain a library of A.A. speaker CDs which are available for rent for a nominal fee.
- ❖ We publish the newsletter, *High Sobriety*, sent at no charge to all registered San Mateo County A.A. groups and available by subscription to all A.A. members. Faithful Fivers receive a free copy as well.

Who pays for our Central Office? We, the members of A.A., do. Our Seventh Tradition states that we are self-supporting through our own contributions. Central Office also receives donations from individual alcoholics (such as through our Faithful Fivers program). Other sources include our annual anniversary party and income from the sale of A.A. literature.

**Central Office has resumed regular hours Monday through 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.

**Don R 30yrs San Francisco**  
**Brent K 30yrs Berthoud, CO**

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## Stepping Stones to the Spirit

### **STEP 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

Before writing my Fourth Step, I had come to see the program as one of action and results. The more action I put into my recovery, the more heartening the results. The more prodigious the results, the more I'm encouraged to put in even more effort. It snowballs. All the while, as I change, the desire for a drink becomes more and more removed.

My sponsor pointed out the phrase in the Big Book that comes immediately after Step Three: "...we launched out on a course of vigorous action." The first step of action is "personal housecleaning." I had to get square with myself before I could move forward in my life--and eventually get square with others. So I spiritedly, though not hastily, wrote a Fourth Step in three sittings. It comprised sixteen typed pages.

My sponsor encouraged me to be "fearlessly honest" in doing my Fourth, in the knowledge that God would guide me, if I asked him, in recalling those events in my life that would reveal the exact nature of my wrongs. Indeed, my memory did respond as I wrote a stream-of-consciousness review of my life. I just let thoughts and recollections flow and resisted the temptation to go back at any stage in my writing. I made no amendments, no revisions, no deletions. Breaks in historical sequence were unimportant for, I believe, God was prompting my memory as he saw fit. When my Fourth was complete, I didn't reread it until I did my Fifth Step. "At once," as the Big Book says, I had a face-to-face meeting with another person. In my case, it was my sponsor.

We met after church on a Sunday in September 1992. He asked me to read my Fourth to him while he drove us along the tree-lined parkways of Westchester County. It was a bright, warm afternoon, but as I read, I only occasionally looked up and soon lost all sense of bearing as to where we were on the county's sprawling parkways.

When I was about a third of the way through, the car stopped suddenly. I looked up to see the wall of a wooden garage.

"Do you know where we are?" my sponsor asked.

"No," I replied.

"We're at Stepping Stones, Bill W.'s house," my sponsor said. "I didn't plan this. I don't even know if it's open. But I realized we were nearby. I haven't been here in years, but somehow I found it."

As it turned out, the house, near Bedford Hills, N.Y. and available for visiting by appointment, was open at the request of a special guest. Nell Wing, Bill W.'s former nonalcoholic secretary, was there hosting a small party of friends. I had had the pleasure of meeting Nell a few weeks before, and I reintroduced myself and introduced my sponsor.

During our tour of the quaint, two-story house Bill and Lois called home for nearly thirty years, my strong, overall impression was of comfortability. This place felt lived in. It was clean and neat, but not museum-like. All was still in place as if awaiting the return, someday, of Bill and his wife. What stood out especially for me were Bill's old Royal typewriter and the etched champagne glasses on a shelf in the kitchen.

My sponsor and I walked a hundred yards or so up a sloping, grassy hill to an unassuming, one-room structure built of painted cinder blocks and featuring a large picture window. It looked down on the family house and a deep, tree-filled gorge.

The inside was lined with solid wood paneling, dull walnut in color. Bill's large oak desk and swivel chair were at the back of the room. On the desktop were two dried-out fountain pens in a marble stand and a brown blotter, along with an old gooseneck lamp and a wooden mail tray. The right-hand edge of the desk was marred by a dozen cigarette burns where Bill had obviously used the desktop as a makeshift ashtray.

A box spring and mattress, covered by a quilt, rested directly on the floor beside one wall. My sponsor settled into a leather chair in the far corner of the room, and I sat in Bill's chair at his desk, and looked out through the picture window to the plush green vista below.

"My workshop stands on a hill back of our home," Bill wrote in *The Language of the Heart*. "Looking over the valley, I see the village community house where our local group meets. Beyond the circle of my horizon lies the one world of AA." Bill called his studio "Wit's End." It was where he meditated, read, and wrote. I sensed that this was a special, inspired place, and honored by the opportunity--

alone with my sponsor, God, and perhaps the spirit of Bill W.--I read the rest of my Fourth Step.

The full impact of the day's events didn't strike me until later. My sponsor had told me to go home and read the Big Book. After taking it in hand that night, it seemed to nearly open by itself to the very page where it says: "Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. Taking this book down from our shelf we turn to the page which contains the twelve steps."

What first caught my eye, though, was the preceding paragraph where it says, "Once we have taken this [fifth] step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe."

I paused after each sentence. I had read this paragraph countless times before, but this time, every word, every phrase held new meaning for me. I didn't so much *read* the words as I *felt* them. They became a part of me.

In my mind's eye, I saw a stage with hundreds of people moving to and fro. No one stood out, not even me. I was just another player on the stage of God's world. I wasn't the director, nor the writer, nor the star. I was merely an actor asked to perform his role to the best of his abilities. Everyone else on the stage of life was doing the same. All were equals.

I was completely comfortable and at peace with myself. I was warmed physically and soulfully. The void inside me had been filled to overflowing with spirituality. I had an inner sense that I truly belonged to something much bigger than myself. My awareness had gone beyond myself. I had, for the first time in my life, become truly conscious of God. I was still. God was near.

Anonymous | New York  
Grapevine, May 1995



## A.A. Around the World

### Early Shaky Days

**Achieving sobriety with the help of long-remembered words of other alcoholics, he discovered he was no longer “terminally unique”.**

What was it that kept me sober in those early shaky days of sobriety? It was the early 1990's in Sydney Australia when I found myself sitting in a meeting of Alcoholics Anonymous. I was incredibly frightened, but so desperate to change my life that I had no choice but to force myself to walk through those doors. However, a warm handshake with an assurance from an AA member that I would be all right was the perfect greeting I received as I entered.

I appreciated anonymity (even though I had no idea what it was) when the only personal information an AA member asked for was my first name. At the end of the meeting the same AA member told me: "The first drink does the damage. Don't pick up that first drink one day at a time and come to another meeting." Those two pieces of information saved my life because they simplified how to get sober in AA in a manner that my scrambled brain could understand. Also, I had the Third Tradition, even though I didn't know what it was in those early days: "The only requirement for membership is an honest desire to stop drinking." I heard some members say that I had to read the Big Book straight away and do the Steps immediately or else I wouldn't stay sober. Initially, my mind was like a food blender on full speed—despite being normally literate, I was unable to read any of the literature. If I tried to read, my focus jumped all over the print and even if I did manage to make sense of a line, I forget what I read in a matter of seconds. I was worried about this and thought I would never get sober because I couldn't read the literature. A guy named Little Davey suggested I put the AA books to one side and come

back to them later when my head cleared, which was great advice. I was able to stop putting pressure on myself, essential to achieving quality sobriety.

In time, I was able to make a start on reading the AA literature and continue to do so to this day. I just had to be patient. Little Davey told me how many AA members were unable to read or write, but they got sober. That is one of the reasons why the Steps are read out by the chairperson during the meeting. He also pointed out that what I needed to be able to understand in AA was "The Language of the Heart." Scottish Jock from Parramatta used to say: "What keeps me sober might get you drunk." This allowed me to just be myself and get sober the way that works for me, not anybody else. I used to worry about my shakes in the meetings and not being able to sit still. I thought I might get thrown out for it, but then I heard Maureen from Edgecliff share about a similar concern. A member known as Greg the Dentist told her: "Maureen, remember that you are sitting in a room full of 'professional shakers,' so you just shake away."

The drinking stories and laughter were so important for me, helping me to identify as an alcoholic in order to accept myself as I was. I would follow certain members around to meetings to hear them share.

For example, 'Railway Norm' was a regular at the Kogarah Friday lunchtime meeting and I would hang on to every word he said. Railway Norm had been a

steam train driver and used to say: "If you were a passenger on my train and knew the condition of the driver up the front, you would want to get off straight away." He also had the habit of abandoning trains in the middle of nowhere, full of passengers, in order to get himself a drink, creating chaos on the train system. I can still vividly remember sitting at that meeting of laughter and love and slowly coming to the realization that AA can work for me.

Once he had my attention, Railway Norm would go on to speak about the deadly nature of alcoholism. His entry into AA was initiated by his brother, also an alcoholic, who took him to his first meeting in 1950. Norm got sober but, ironically, his brother would not accept the fact that he too was an alcoholic because he was a doctor. He considered himself to be too intelligent and too

well qualified to be an alcoholic. While Norm accepted his alcoholism and what AA had to offer, his brother refused to have anything to do with AA, committing suicide some years later. This is an all too familiar tragedy story we hear in the rooms of AA. The impact of this story on me was profound, bringing sharply into my mind the fact that my life was on the line. I began to take my sobriety very seriously and was determined to do what was necessary to avoid picking up that first drink.

I heard a number of precious one-liners at the meetings in the early days. I would hang on to a line I heard at a meeting and it would see me through the day. I was told: "You didn't get sick overnight, don't expect to get well overnight." Irish Des used to say: "If you don't get AA, maybe AA will get you," which is exactly what happened to me. Bryan from Ryde said that when he attended his first AA meeting in 1973, the secretary said to him: "If you're here looking for sympathy, you're not going to get any, but if you've come here looking for understanding, then you're in the right place."

Jimmy from Ramsgate used to quote Father Tom Dunlea, a Roman Catholic priest, alcoholic and co-founder of Australian AA. He used to say: "You can never be too stupid to get AA, but you can be too clever." And also, a bit of classic advice that bears repeating: "Keep it simple, take it easy and make haste slowly."

Curly Frank told me: "The Steps are your homework." I really appreciated this description of "my homework." I loved school and learning, always completing my homework in time for the next class. Frank helped me to see the Steps and sobriety as a way of learning to enjoy life and to be happy. Terry from Kogarah used to quote Sylvester Minogue, alcoholic, psychiatrist and also a co-founder of Australian AA. He said: "If you had a watch that kept perfect time, you wouldn't take it apart to see how it worked. You would just accept that it works and use it. So, treat the Steps the same way, don't take them apart, just use them."

In a similar vein, Leo from Newtown used to say: "You don't have to understand the workings of an internal combustion engine in order to drive a motor vehicle. You just need to know how to start the motor, engage drive, accelerate, brake and



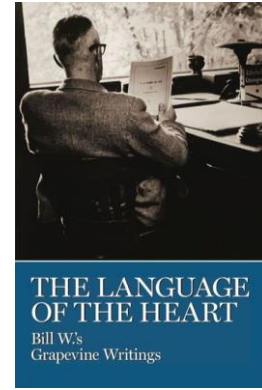
steer.” Metaphorically speaking, I began to drive my sobriety, no need to understand exactly how it all worked. I could see the positive and remarkable changes in my life as proof that what I was doing in AA was working.

When I didn’t like some meetings, I thought there was something wrong with me. I spoke to Jimmy from Ramsgate about this and he just said to me in a very matter of fact way: “Of course you realize that the roof won’t fall in if you don’t come back to that meeting.” I laughed and started to attend meetings where I felt comfortable. I thought I was the only person who suffered from ungrounded and unfounded fears until I heard Bill from Paddington share. Bill said: “My drinking got to a stage where I had to have a drink in order to answer a knock on the front door. Then it progressed to the stage where I had to have a drink in case I had to answer a knock on the front door.” What beautiful words for me to hear from someone who suffered from fears just like I did. I was no longer “terminally unique.”

Over time, AA has opened up for me and I have been able to live my sobriety in practical daily living. Here’s a final quote from Sylvester Minogue on living happily sober: “Forget yourself, help others and live twenty-four hours at a time.” I’m so grateful for the simple, practical advice given to me in those early shaky days.

P.J. L. | Epping, New South Wales  
Grapevine Online, November 2020

## BOOK OF THE MONTH



### The Language of the Heart

Bill W. was the Grapevine's most prolific contributor, writing more than 150 articles, from his first in June 1944 to his last in December 1970.

Here in one volume are all of Bill's Grapevine articles, including his first thoughts about the Traditions, his battles with chronic depression and spiritual pride, memories of an all-night drinking spree with Ebby, and a vivid description of how he came to organize the Steps (there were six in the first draft).

The Language of the Heart is available for purchase at a **special price of only \$10** through the month of May at our Central Office.



**San Mateo County Fellowship of Alcoholics  
Anonymous Delegates Committee Meeting Minutes  
April 13th, 2021**

**This was a Zoom meeting: ID: 81252369897**

**The SPIRIT of the discussion and all motions presented and passed have been recorded by Michelley Buffington.**

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

Delegates must sign in; new business must be submitted in writing. **All reports are to be submitted to the Recording Secretary Michelley B. by email [shellybear413@gmail.com](mailto:shellybear413@gmail.com)**

**New Delegates:** Michael Henshaw Young People Of All Ages, Sun 7pm

**Birthdays:** Nancy B. 34 years, Karen A. 26 years, Lori C. 8 years, Bob M, 10 years!!

**Minutes:** The March 2021 minutes were reviewed and approved.

**Financial Report:** The March 2021 financial report was reviewed and approved. ( **The Financial report is located in the High Sobriety, our Central Office's monthly newsletter**)

**SERVICE COMMITTEE REPORTS**

**Bridging the Gap Report:** Grant Vincent presenting, (415) 279-1188.  
[grant.vincent@gmail.com](mailto:grant.vincent@gmail.com).

Our 'Zoom' monthly business meeting, BTG 1st Monday of the month 7:30-8PM pm, is chaired by Grant Vincent, Panel 71, (415) 279-1188,  
[grant.vincent@gmail.com](mailto:grant.vincent@gmail.com).

Our program to implement phone reach-out to pending releases who request it, from detox/treatment centers/facilities in San Mateo Co. (District 5) during periods of Covid19 isolation/quarantine, allowing an assigned BTG volunteer to introduce and guide them to on-line ('Zoom') meetings. We are partnering with H&I to provide BTG pamphlets with other literature. We continue to pursue the reintroduction of weekly BTG presentations on-line (via Zoom) with area facilities.

**General Service:** Karen A. reported: Next week we will begin planning for Unity Day, when we will hear from our delegate about her experience at the General Service Conference this month. As of right

now, we are not sure whether it will be live or virtual. I welcome your ideas on how Central Office Delegates would like to participate in this event. The Post-Conference assembly will be held virtually Saturday, May 15 8:30am to 5pm

**H&I:** Michael Bee reported monthly business meetings for Area 65 are the fourth Tuesday of the month. Openings for coordinators are available. The next business meeting will be Tuesday April 27th via Zoom. Meeting ID 862 2384 3366. If you have questions regarding service opportunities please visit <https://aa-san-mateo.org/service-opportunities>

**NCCAA:** No report/ No representative. If you have any information on NCCAA please contact Central Office or recording secretary.

**PENYPAA:** No report. The San Mateo Central Office Delegates would love to hear from the PENYPAA group and how we can support them. If you are still together and reading this please contact Michelley B. recording secretary or Central Office.

**Grapevine:** No report/ no representative. If you would like to be of service and keep our delegates in the loop of all the exciting news from AA Grapevine and La Vina, please contact Central office or visit <https://www.aagrapevine.org/get-involved>

**PICPC:** Brent M. reported: BUSINESS MEETING IS ON SECOND TUESDAY!! Our next PI-CPC business meeting will be a zoom meeting on May 11th at 6:15pm. Log in information for the zoom meeting is: <https://us02web.zoom.us/j/84178773337>

Meeting ID: 841 7877 3337. Our April business meeting was held on the 13<sup>th</sup> in an online format. We had 4 participants. The committee discussed:  
\*Established mail chimp account to facilitate updated PI-CPC web page, \*What media platform(s) are professionals using, \*Generated a list of positions available: Coordinators, generate/manage contact lists, provide literature and generate speaking/education opportunities.

**Alkathons:** Becky N. reported that contributions were very low this past season. Storage and Zoom fees were paid but the committee did not have enough to contribute to Central Office. Becky and the committee are very grateful for the opportunity to be of service, and we thank them for keeping the spirit of AA alive throughout the holiday seasons! Thank you Alkathon committee!!!

**CENTRAL OFFICE COMMITTEE REPORTS**

**Advisory committee:** No report

**Teleservice:** Eden C. reported: We have back line shifts available on Thursdays and Fridays. 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 or for more information, please contact Erin S., Information Chair at (408) 431-4365 or Eden C., Chair at (650) 868-1116.

**Trusted Servants Workshop:** Bob M. reported the next Trusted Servants Workshop will be on Zoom, Saturday April 24th, and Saturday May 1st. More details can be found at aa-san-mateo.org

**Central Office Party:** Don reported nothing new to be updated, but noted that the venue for last year's party is on hold. No date or any other info is available.

**Central Office Report:** Don C. reported: If your meeting is going to open hybrid or just live, please let us know at C/O so we can get it on the schedule. We don't have to put it on the Live Meeting schedule online, but it will be good for us to get a written schedule going. A reminder Central Office is open back to regular hours Monday thru Friday 8:30-4:30. We do have a few openings for volunteers at Central Office and for now we are asking that all volunteers have their vaccine shots. Shifts are from 8:30-12:30 and 12:30-4:30.

## Service Opportunities

1. RGELNAE EVECSIR

2. EILEVCTESRE

3. UARTRERES

4. DBNIGGIR TEH GPA

5. ATELRCN OCFEFI TEEADLG

6. YEEARSRCT

7. TOSOHC

8. PENRGIAVE NSRTRIEPVAEETE

9. STASIO LHP & STITUITINOSN

10. PCBULI TIANONROIFM

## LAST MONTH'S PUZZLE ANSWERS

### STEP FOUR: From the Big Book and Twelve Steps & Twelve Traditions

Nearly every serious emotional problem can be seen as a case of misdirected

I N S T I N C T S

...to be envious when the ambitions of others seem to be realized while ours are

N O T

We have drunk for

V A I N G L O R Y

When the satisfaction of our instincts for sex, security, and society become the sole object of our lives, then pride steps in to justify our

E X C E S S E S

We eat, drink, and grab for more of everything than we

N E E D

...we ought to consider carefully all personal relationships which bring continuous or recurring

T R O U B L E

...fear that our instincts will not be satisfied drives us to covet the possessions of

O T H E R S

Did I try to cover up those feelings of inadequacy by bluffing, cheating, lying, or evading

R E S P O N S I B I L I T Y

...you have swallowed and digested some big chunks of truth about

Y O U R S E L F

**SAN MATEO COUNTY FELLOWSHIP INCOME STATEMENT  
APRIL 2021**

|                              | APR       | Total YTD  |                                  | APR      | Total YTD  |
|------------------------------|-----------|------------|----------------------------------|----------|------------|
| <b>Income</b>                |           |            | <b>Operating Expenses</b>        |          |            |
| Birthday Club Contributions  | 50.00     | 146.89     | Accounting Services              | 57.00    | 292.00     |
| Book sales                   | 870.79    | 2,328.62   | Books Purchased                  | 608.80   | 1,722.07   |
| Central Office Annual Party  | 0.00      | 0.00       | Chips                            | 47.10    | 226.75     |
| Chip sales                   | 100.91    | 286.43     | Central Office Annual Party Exp  | 0.00     | 0.00       |
| Delegates Collection         | 2.00      | 6.00       | Central Office Insurance         | 150.44   | 597.67     |
| Faithful Fivers              | 503.04    | 2,412.66   | Credit Card Charges              | 27.39    | 35.31      |
| Group Contributions          | 8,450.54  | 25,593.54  | Employee Insurance               | 255.00   | 1,020.00   |
| High Sobriety Subscriptions  | 0.00      | 10.00      | Miscellaneous                    | 0.00     | 5,000.00   |
| In Memoriam                  | 228.59    | 778.59     | Office Equipment Lease & Maint   | 326.85   | 1,170.86   |
| Individual Contributions     | 500.00    | 3,180.00   | Office supplies                  | 16.00    | 107.11     |
| Interest Income              | 0.00      | 0.00       | Outside Services                 | 0.00     | 638.82     |
| Other                        | 0.00      | 0.00       | Postage                          | 0.00     | 0.00       |
| Printing                     | 0.00      | 0.00       | Rent                             | 1,386.00 | 5,544.00   |
| Sales Tax on Books & Chips   | 102.00    | 274.50     | Salaries                         | 4,326.20 | 16,750.40  |
| Tax Refund                   | 0.00      | 100.00     | Sales Tax on books               | 173.00   | 352.00     |
| Covid-19 7th Tradition       | 306.33    | 1,948.71   | Taxes (Payroll)                  | 1,850.56 | 7,459.53   |
| <b>Total Income</b>          | 11,114.20 | 37,065.94  | Telephone & Tech                 | 136.25   | 625.44     |
|                              |           |            | Telephone Advertising            | 0.00     | 0.00       |
|                              |           |            | Teleservice                      | 151.00   | 604.00     |
| <b>Less Expenses</b>         | 9,511.59  | 42,145.96  | Travel Expenses                  | 0.00     | 0.00       |
|                              |           |            | Web Services                     |          | 0.00       |
| <b>Net Income (loss)</b>     | 1,602.61  | (5,080.02) |                                  |          |            |
| <b>Starting Balance</b>      |           | 51,999.51  |                                  |          |            |
| <b>Plus Net Income/Loss</b>  |           | 1,602.61   |                                  |          |            |
| <b>Ending Balance</b>        |           | 53,602.12  | <b>Total Operating Expenses</b>  | 9,511.59 | 42,145.96  |
|                              |           |            | <b>Net Income (loss)</b>         | 1,602.61 | (5,080.02) |
| <b>TOTAL PRUDENT RESERVE</b> |           | 50,111.51  | <b>2021 Year-to-Date Summary</b> |          |            |
|                              |           |            | Year-to-Date Income              |          | 37,065.94  |
|                              |           |            | Year-to-Date Expenses            |          | 42,145.96  |
| <b>TOTAL CASH POSITION</b>   |           | 103,713.63 | Year-to-Date Net Inc/(Deficit)   |          | (5,080.02) |

## SAN MATEO COUNTY FELLOWSHIP 2021 GROUP CONTRIBUTIONS

| ATHERTON                  | APRIL  | YTD      | MENLO PARK                        | APRIL    | YTD      | SAN BRUNO                         | APRIL  | YTD      |
|---------------------------|--------|----------|-----------------------------------|----------|----------|-----------------------------------|--------|----------|
| Sunday Spirituality       |        | 318.96   | Atherton AA                       | 401.37   | 401.37   | 12 Study Grp (Thurs)              | 38.50  | 199.00   |
| Horses Ass                | 288.00 | 1,336.10 | Cottonmouth                       | 159.79   | 294.79   | Big Book Study Fri (5pm)          |        | 233.26   |
|                           |        |          | Fri. Noon Women's                 |          | 200.05   | Come as You Are                   | 25.00  | 84.48    |
| BELMONT                   |        |          | Men's R4D Big Book                |          | 183.96   | Daily Reflections Women           | 31.20  | 97.20    |
| Belmont Tues. Noon Group  | 35.00  | 512.30   | Menlo Park Men's Group            | 189.24   | 425.24   | Friday Night Rap                  | 25.00  | 25.00    |
| Day At a Time             | 221.97 | 360.97   | Mon. 12:10 PM Happy Hour          |          | 369.48   | Grupo Serenidad                   | 20.00  | 40.00    |
| The Forum Group           |        | 105.00   | Sat Morning Sandhill              | 1,477.66 | 1,477.66 | Living Sober/ HH (Tues)           | 78.50  | 105.50   |
| One Line at a Time        |        | 40.00    | Sat Sunrise Grp MP 7:30           |          | 250.07   | Millbrae Group                    | 55.00  | 55.00    |
|                           |        |          | Tues Noon Book Worm               |          | 79.10    | Spkr/Disc - Happy Hour(Mon)       | 57.50  | 267.53   |
| BRISBANE                  |        |          | Women's 12- Step Thu Noon         | 50.00    | 188.82   | Tools of Recovery (Tue 6:30p)     |        | 30.00    |
| Brisbane Breakfast        |        | 120.00   |                                   |          |          |                                   |        |          |
|                           |        |          | MILLBRAE                          |          |          | SAN CARLOS                        |        |          |
| BURLINGAME                |        |          | 12 Step Study (Tues Noon)         | 67.20    | 258.90   | Bookies                           | 40.00  | 325.00   |
| Any Length                | 20.00  | 40.00    |                                   |          |          | Gifts of Grace Fri Women          | 97.50  | 102.09   |
| Back to the World Group   |        | 100.00   | PACIFICA                          |          |          | Growing Stronger                  | 8.00   | 32.00    |
| Burlingame Men's Grp      |        | 263.77   | 12 @ 6 Group                      |          | 65.01    | In Step with Bill                 | 154.53 | 412.87   |
| Burlingame Noon Men's Grp | 20.00  | 130.00   | Daily Reflections (Beach Mtg)     | 97.50    | 197.50   | S.C. Awareness Group              | 6.32   | 387.32   |
| Burlingame Read a Passage | 104.00 | 104.00   | Friday Night Lights Women's Big B | 45.00    | 65.00    | San Carlos Beginners              | 73.97  | 494.04   |
| Ham & Eggers              | 28.74  | 230.50   | New Comers & Old Timers           |          | 180.00   | SCPF- all meetings                | 200.00 | 800.00   |
| Hillsborough Men's Group  | 200.00 | 400.00   | Pacifica Men's Group              | 177.10   | 177.10   | Sequoia Recovery Grp              | 9.18   | 177.54   |
| Rap Group                 |        | 30.00    | Sharp Park 3rd & 11th Step        | 208.50   | 460.62   | Sober Sundays                     | 268.59 | 519.10   |
| Sat. Nite Disc. Group     |        | 506.00   | Wake Up Wake Up                   |          | 335.00   | Womens Read & Reflect.            |        | 20.00    |
| Senior Focus Group        |        | 50.00    | Women's Big Book Study            | 19.26    | 28.74    |                                   |        |          |
| Sharing Choices           |        | 185.00   | Women's Candlelight Grp           |          | 144.79   | SAN MATEO ETC.                    |        |          |
| Tuesday Nite Group        |        | 40.00    | Women who wear shoes              | 178.33   | 514.93   | Women's Home Grp (traveling)      | 120.00 | 154.66   |
|                           |        |          |                                   |          |          | Baseball Diamond Daily Reflection | 309.00 | 873.00   |
|                           |        |          | PORTOLA VALLEY                    |          |          | Covid-19 7th Tradition            | 306.33 | 1,948.71 |
| FOSTER CITY               |        |          | Portola Valley 11th Step          | 560.00   | 560.00   |                                   |        |          |
| Foster City Women (Sat)   |        | 100.00   |                                   |          |          | SAN MATEO                         |        |          |
| Friday Noon Big Book      | 90.00  | 296.13   |                                   |          |          | Bunker Young People               |        | 235.90   |
| Living Sober Groups (all) | 50.00  | 160.00   | REDWOOD CITY                      |          |          | Highlanders Grp.                  |        | 119.26   |
| Study theText Group       |        | 166.04   | A Vision for You                  |          | 1,067.30 | Lunch Bunch                       | 20.00  | 40.00    |
| The Old & the New         | 40.00  | 132.50   | Broken Elevator Thurs.            |          | 12.50    | Mid Peninsula Women               |        | 190.65   |
|                           |        |          | Foundation Stone Group            |          | 100.00   | Monday Night Men's 6:30           | 150.00 | 300.00   |
| HALF MOON BAY             |        |          | Phoenix Group                     |          | 72.05    | Morning Serenity (All)            | 850.99 | 1,230.99 |
| 3rd & 11th Step           |        | 348.75   | Wed. Woodside Meeting             | 37.22    | 88.32    | Off Broadway Beginners Mtg        |        | 2.00     |
| 7AM Coastsid Meet.M-F     | 428.00 | 1,381.00 |                                   |          |          | Sunday Sundowners                 |        | 20.00    |
| Coastside Talkers         |        | 276.74   |                                   |          |          | The Twelve Points Tradition Study |        | 50.00    |
| Friday Nite Group         | 296.88 | 296.88   |                                   |          |          |                                   |        |          |
| HMB Happy Hour Group      |        | 48.60    |                                   |          |          | WESTBAY ALANO                     |        |          |
| HMB Thurs Womens BB       |        | 175.00   |                                   |          |          | Duel Honesty Group                |        | 75.60    |
| Last Barn on the Block    |        | 125.90   |                                   |          |          | Grapevine (Mon)                   | 206.00 | 206.00   |
| Sat. Morning Eye-Opener   |        | 517.60   |                                   |          |          | Men's no BS                       |        | 233.21   |
| Saturday Nite Spkr/Disc   | 5.00   | 5.00     |                                   |          |          | Nada Podemos Solos                | 40.00  | 40.00    |
| Tues Womens 12th Step     |        | 174.30   |                                   |          |          | Smart Feet BB                     | 70.00  | 140.00   |

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