

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
aasanmateo@gmail.com

June 2021

SMC Fellowship News

Wanted...

It has been an honor and privilege to serve as your High Sobriety Editor, but the time has come to pass the baton. Candidates should have at least 1 year sobriety, possess good word processing and/or publishing software skills and be able to meet a monthly deadline. Attendance at the monthly Central Office Delegates Meeting is helpful but not required. (You need not be an actual delegate to attend). If you are interested, please contact Don C. at Central Office.

Be of Service in PI/CPC

Your Public Information and Cooperating with the Professional Community (PI-CPC) Committee has numerous positions available. There is no required level of commitment, and the Committee operates on a non-judgmental basis in our efforts to carry the message to those who encounter the Alcoholic and the Alcoholic. Eligibility is based on a working knowledge of the 12 steps rather than length of sobriety. All volunteers are welcome.

Coordinators:

Coordinators are the front-line positions and more than one coordinator is needed for each target group. Typically, this position involves generating/expanding contact lists and contact list management. The contact

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lists are used to keep regular contact with the target group ensuring we are continually offering literature, presentation and any other information of relevance to the target group. Coordinators should be willing to participate in presentations. **Training will be provided.** The Committee is also specifically seeking members with some experience/knowledge using social media platforms as we seek to grow our online outreach.

PI/CPC continued on page 4

Monthly Service Committee Meetings

BRIDGING THE GAP June 7th, 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 June 8th, 7:30pm on Zoom
Meeting ID: 812 5236 9897, To phone in: +1-669-900-6833

PI/CPC June 8th, 6:30pm on Zoom
Meeting ID: 841 7877 3337

GENERAL SERVICE June 15th 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) June 22nd, 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, July 5th
for Independence 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 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.

Celebrate America's Reopening



LIVE!! * LIVE!! * LIVE!!

AA Speaker & BBQ

at the

West Bay Alano Club

216 Mosswood Way, So. San Francisco



Sunday, July 4, 2021



AA Speaker starts at noon; BBQ Lunch served from noon 'til sold out - \$10 suggested donation**

****Lunch pre-orders appreciated so we get an idea of how many to serve - text Pablo at 650.290.4963 to reserve a meal**

Fun * Fellowship * 50/50 Raffle

Hosted by WBAC Friday Morning Step Study Meeting

"Each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing experience, strength, and hope."

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 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!



five



V



Does your Group have a Central Office Delegate?

All groups should! As a delegate, you attend a monthly meeting to learn about everything currently going on in our fellowship. You then report these things back to your group. You are also your group's voice in some of the decisions made in the fellowship. Only about 10% of our groups currently have a Central Office Delegate. Volunteer to be your group's now!



Birthday Club



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

Gordon L San Carlos 29yrs
Deborah O San Mateo 5yrs

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PI/CPC continued from front page.


Research Assistants:

Assist Coordinators in contact list generation and or expansion. Deliver literature and the opportunity exists to participate in health fair information tables.

The Target Groups for which Coordinator Positions are available are:

- Medical
 - Mental/Behavioral Health
 - Senior Living homes
- Spiritual Donna S.
 - All denominations
- Legal Brent M.
 - Probation/Parole
 - District Attorneys
 - County Sheriff and Local Police Depts.
- Education Matt G.
 - Contact High Schools to offer literature and a presentation
 - Contact Colleges to offer literature and a presentation
- Public Relations
 - Radio, TV (Radio List exists)
 - Social Media
 - Libraries/ Senior Centers
- Health Fair Coordinator (List Exists) John K.
 - Community Colleges, Reahb facilities, SM County Mental Health events

If you are interested, please contact us at picpc.dist05@gmail or attend our monthly business meeting on the second Tuesday of the month at 6:15PM. Meeting ID: 841 7877 3337



"The Twelve Concepts for World Service"

The what?

Want to learn more about the Twelve Concepts for World Service? Join us for a 20-25 minute Concepts Study Group 7pm Third Tuesday of the Month prior to the District Meeting. Meeting ID: 857 0421 3338, Passcode: 0571



FED UP

In working the Sixth Step, I've become acutely aware of those character defects, shortcomings and negative behavior patterns that I uncovered in my Fourth and Fifth Steps, and the pain and discomfort they created in my life and the lives of those around me. I've become ready to let them go. Initially, I thought that the Sixth Step was a passive Step. After many trials and tribulations, I have since learned differently. I now believe that my Higher Power removes my defects of character as part of a process, sometimes a long process.

There is no "magic" in the Sixth Step. I just got fed up with the character defects that were creating pain and suffering in my life. Sometimes, I interpret the consequences of my actions as messages from my Higher Power intended to teach me important lessons for my sobriety. If the consequences of my actions result in spiritual growth, sanity, serenity and peace of mind, then I'm reasonably sure I'm on the right track, I'm on the "AA beam," and my Higher Power is blessing my endeavors.

But on the other hand, if my actions and behaviors lead me to unmanageability, pain and insanity, then perhaps my Higher Power is giving me the message that something is amiss, that I need to reexamine my thinking and behavior and change my approach to recovery.

So it's simple, but not easy. In the morning I ask my Higher Power for help, direction and guidance to see what needs to be done, and then I ask for the strength, courage and willingness to do it.

My character defects often drove me into self-defeating thinking and behavior patterns that resulted in painful and problematic consequences. Even in my recovery I sometimes felt compelled to act out in unhealthy and dysfunctional ways. I needed to have the character defects that brought on destructive attitudes and behaviors removed. First I needed to become ready to do so.

With the Sixth Step, I acknowledged that my character defects and shortcomings gave me temporary pleasure that I enjoyed. They gave me as sick satisfaction and a passing gratification, but they also created pain. The Sixth Step enabled me to become ready to let go of those defects and shortcomings that make my sobriety irritable, restless and discontent.

I don't believe my Higher Power whisks away my character defects. My Higher Power gave me a rational brain and volitional consciousness. The Sixth Step for me was, and is, a process of living mindfully and learning from the consequences of my behavior.

My negative attitudes and behaviors could come back quite naturally, almost like second nature. My defects were deeply ingrained; it was going to take time for healing and growth.

But it's worth the effort, because healing and growth does happen. The Twelve Promises have come true for me, and the rewards have been beyond my wildest dreams.

GARY T. | Poughkeepsie, N.Y.
Grapevine, June 2010



A.A. Around the World

Return to Rwanda

With no meetings in his country, he reached out for help. Now he's sharing his hope.

I am the youngest of seven children and I'm Rwandan. When I was growing up, other children were crying for milk and porridge, but me? I was crying for beer.

In Rwanda, alcoholic drinks are a traditional symbol, used in events of happiness and sadness: weddings, birthdays, funerals. I started drinking when I was 5, but it was under the control and supervision of my parents. When I drank too much, they just put me in bed and fed me milk. But when I woke up, I was looking for beer again.

In the early 1990s, during the genocide against the Tutsis in Rwanda, I lost my father and other family members. That's when I started drinking way too much. I was 12 then. I drank beer to express my independence and maturity. There were no hospitals or doctors or churches or schools

then, and alcohol was the only way to take my focus off of what I saw around me.

I soon began to drink without any fear that anyone could stop me. The refrigerator at the house was always full of alcohol. Once I tried to ride my bicycle home drunk and I had a terrible accident. I tore my pants, cut my knee and scratched up my arms. Friends took me home along with my destroyed bicycle, but before I tended to my wounds, I went to the refrigerator for more beer.

In primary school, I drank heavy liquor at night to stop the bad memories and dreams so I could sleep. Then, in the morning, I needed alcohol to avoid the shakes and depression, and to “fit in” at school. I’d put cans of beer in my school bag, then drink in the bathroom before and after class. At boarding school, I’d come back home each weekend to restock my dorm liquor supply. I drank alone at night while other students were sleeping. If I ran out, I’d sneak out and run down through the river to get to town, returning with wet and muddy clothes.

Soon, my stomach began to give me trouble. I could not talk much in class or with friends. I was full of fear and shame for what I was doing. People began to avoid me. I was so lonely. I looked like a bad person on the outside, but in my heart I was not a bad person. By the time I reached university, my drinking was completely out of control. Despite being a good student, I had no relationship with my family. I was miserable and jealous of others who had less but were happy.

One day, my family broke through my bedroom door and took me to the hospital. Since my university was a very strict religious school, I knew I could be expelled for drinking. So I asked the doctors to stop my intravenous drip and had my brother take me back to school for my exam. When the exam was over, I returned to the hospital. The following day, I did the same. This went on for several weeks until I was finished with detox.

I began to start fights with my brothers and sometimes I’d stay at a friend’s home so I could avoid them calling the police on me. My family could not understand why I was behaving so destructively and immaturely.

I started developing problems with my liver and pancreas. My brothers were so tired of my drinking, they refused to come help me. Finally,

my cousin called a taxi to get me to the hospital. I stayed there several weeks and was finally diagnosed with acute pancreatitis. After I was released, the doctors told me not to drink anymore, so I managed to stop drinking for six months.

As soon as I resumed drinking, my stomach pain returned. A family friend recommended that I go away to an addiction clinic for help. I stayed there many days. My doctor there told me about alcoholism and gave me the yellow AA Living Sober book. She also advised me to go to meetings. So I did. At meetings there, I met many people who taught me about alcoholism. I’ll never forget the member named D, who told me that an addicted person can indeed change his behavior and turn his fate around.

Almost no one in my country understands the disease of alcoholism. Besides changing my own life by getting sober, I decided to break the silence in Rwanda about alcoholism and to speak loudly in my country. In 2008, a few others and I started the first AA meeting in my country. It met once a week and was the only meeting in the entire country. It met next to a bar, but we had no other choice for a meeting room. The American who owned the restaurant knew about AA, and said we were welcome to use it.

Sometimes Americans and Europeans came. When they returned to their home countries, I often sat alone in the room, reading my AA books. After a while I felt sad and lonely with no fellowship and no sponsor. Soon I felt like I could not stay sober. Besides, my church told me that I was a sinner because I drank and I would always be doomed as a sinner. So I packed my AA books and sat up at the bar.

The manager’s wife came in and saw me. She asked, “So, Marcellin, you are choosing to drink today instead of the AA meeting?” I told her, “Yes, it is my only choice.” She said, “I think it’s not a good idea.” After she left, I started crying and ordered another bottle. I returned home drunk.

I was now drinking daily and I became very depressed. I kept asking God for help to clear my thinking and guide my life. I kept reading the AA books and began to understand my disease more. But I couldn’t understand why I kept relapsing. Then one day, I met an American in recovery who

had 25 years, who helped me with understanding the program and the Steps. I got sober again. The two of us opened another meeting. And with the fellowship of other Rwandans, I stayed sober for nearly three years. The Step work was really hard. I skipped Step Four because it was just so hard and I didn't want to tell my sponsor the truth. One of the members was a woman named Donna. She was from Boston. She had come to my country more than four years ago when I was trying to get sober and move AA forward in my country. She contacted her home group in Boston and we got literature, sponsors and internet Skype contacts. Now, our country has four meetings a week! Donna, who loves me the same as her biological family, even brought me to visit the United States to meet other AAs. I learned so much there. I was surprised to see so many meetings going on each day with all the lovely people, happy, giving free hugs to each other, sharing coffee and donuts. It was so wonderful. I got to meet people with a lot of experience and knowledge about AA. Donna wanted me to see how AA works so that I could start my life again and bring these ideas back to my country. Unfortunately, while I was on my trip to the U.S., I relapsed. In stead of an AA meeting, my stupid mind sent me to a bar. I disappointed everyone. I could hear my father's voice saying, "I didn't raise you like this. You know better than this. Why are you drinking again?" I know in my heart I disappointed him too. But the nice people in AA did not judge me when I relapsed. They showed me love and kindness and patience. I got sober again. I felt welcomed unconditionally. On my trip, I got to see people with many years of recovery. I met someone with 44 years. And I met others with more than 20 years, with families and jobs! And I saw people with many responsibilities who start their day, every day, with AA. And in New York City, I was amazed to see people I had met before in Rwanda who were still staying sober a long time, like M, who helped me by being my first sponsor and D, who first explained AA to me. I was also surprised to see AA members of all ages. Some are very young. I joined in fellowship with them and did many fun things together. Some guys even took me to a baseball game!

D and two other friends took me to GSO Headquarters in New York and showed me the history of AA and all the departments they have working to support AA. The GSO representative there spent a lot of time with me. All the AA information for the entire world comes from that office. Any country, big or small, can receive it. I learned that the AA message can communicate in different languages, all over the world.

We do not have AA literature in my native language, Kinyarwanda. The GSO rep showed me that it is possible to translate the literature into my local language so that people in my country can understand the program. I told him that we translated some materials into Kinyarwanda, such as the Preamble and Serenity Prayer. In Boston, members L and G told me, "We help you because we love you. But remember the purpose is not only for you. Take this information back to your country."

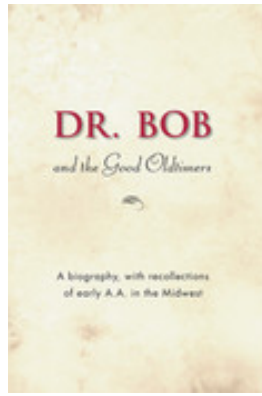
When Donna came back to Rwanda again, she was excited to see that I was there, trying to start a meeting in my own language. She brought with her a lot of literature donated from GSO and her home group. Together we helped Rwandan members get sponsors from Boston with our cyber-sponsor program. We also started a monthly international Skype meeting where members in Rwanda, Boston and New York got together to have an international meeting.

In Rwanda, people think that if someone stays sober many years, then they are cured of alcoholism. I learned from members in the U.S. with many years of recovery that we must keep going to AA. We should never be too busy for AA. When we make recovery first, then we can have a healthy home where we keep our friends and work healthy and protected, and we can have hope and a future.

I may not be happy to be an alcoholic, but I am so glad that I now understand my disease. My only hope is to be honest to God, to myself, to other people and to the AA program. I now want to help others. This is how my life can change.

Marcellin K. | Rwanda
Grapevine Online, May 2018

BOOK OF THE MONTH



Dr. Bob and the Good Oldtimers

A perfect read for AA's birth month!

Filled with interviews with friends and family, this deeply researched biography follows A.A. co-founder Dr. Bob S. from his New England childhood to his days as a surgeon and father who couldn't stop drinking; to his transformative meeting with Bill W. and the birth of A.A. in Akron; and finally to his untimely death in 1950. The early history of Alcoholics Anonymous in the Midwest is chronicled along the way. With 26 archival photographs.

General Service Conference-approved.

Hardcover

5.375" x 8.25"

384 pages

Dr. Bob and the Good Oldtimers is available for purchase at a **special price of only \$10** through the month of June at our Central Office.

Last month's puzzle answers

1. General Service
2. Teleservice
3. Treasurer
4. Bridging the Gap
5. Central Office Delegate
6. Secretary
7. Cohost
8. Grapevine Representative
9. Hospitals & Institutions
10. Public Information

Central Office Hours

Effective April 1st, our Central Office resumed 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 again, Central Office would like to begin putting together a printed meeting schedule. Therefore, if your meeting in San Mateo County is open, or going to open again soon, either hybrid or fully in person, please let Central Office know as soon as possible.

Happy Birthday AA!

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

Recovery Service Unity Fellowship Grapevine

General Service Big Book Twelve Traditions Twelve Steps

Oxford Group Bob Smith Bill Wilson Akron

San Mateo County Fellowship of Alcoholics Anonymous Delegates Committee Meeting Minutes

May 11th, 2021 This was a Zoom meeting: ID: 81252369897

Minutes: The April 2021 minutes were reviewed and approved.

Financial Report: The April 2021 financial report was reviewed and approved

Bridging the Gap Report: Grant Vincent presenting, (415) 279-1188. 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. 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: Coordinator Lori reported monthly orientation is helped on the fourth Tuesday of the month. Next general committee meeting: Sunday June 13, 2021 11:00 AM Pacific Time (US and Canada)

Zoom Meeting Info, Meeting ID: 872 5694 4555 Password: service Phone dial in: +1 669 900 6833

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: NOTE BUSINESS MEETING IS ON SECOND TUESDAY!! Our next PI-CPC business meeting will be a zoom meeting on June 14th at 6:15pm. Log in: Zoom <https://us02web.zoom.us/j/84178773337> Meeting ID: 841 7877 3337

Our May business meeting was held on the 11th in an online format. We had 6 participants. The committee discussed:

- Participation in Area sponsored PI-CPC event, funding request pending
- Participation in national PI-CPC event in July
 - Elected Coordinators for four of six positions (co-coordinators still needed). Coordinators, generate/manage contact lists, provide literature and generate speaking/education opportunities

- Medical
- Spiritual, Donna S. Coord.
- Legal, Brent M.
- Education, Matt G. Coord.
- Public Relations (Radio, TV, **Social Media**)
- Health Fair Coordinator, John K. Coord
- Research Assistants/Assist Coordinators

We have had one pending request for a presentation from the Sequoia Teen Resource Center, stay tuned. Interested in joining? **Please** contact us at dist05.picpc@gmail.com.

Alkathons: Becky N. reported that the Vicar of the Good Shepherd Church asked if the Alkathon's were planning on resuming this Holiday season. Becky and the Alkathon committee will keep us posted if any updates come up!

Advisory committee: Colleen G. -Advisory Committee Chair Your Advisory Committee Members will be reviewing the current "By-Laws of San Mateo County Fellowship". It was last amended in August 2010. The committee will meet monthly to discuss each Article to see if any updates/language should be recommended. The committee plans to have them all reviewed by the end of 2021 and to present them to the delegates, at the January 2022 meeting. Delegates will be given ample time to review any changes prior to voting. Also, if you have any information on a contact person for a Spanish Central Office in our area, please forward this information to Don, our C.O. Manager.

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 Trusted Servants Workshop were successful & well attended! The Trusted service workshop committee will continue to hold the workshops via Zoom.

Central Office Report: STATS FOR APRIL 2021: 12 STEP CALLS 1, OFFICE VISITS 56, PHONE INFO 138, WEB SITE HIT 11361. Other Information to Share: If a meeting on the Central Office account changes the host for the meeting, please let us know who the current host is. We still have some volunteer shifts available at the Central Office: Weds, Thurs, and Fri afternoon shifts (12:30-4:30) and Monday, Weds, and Fri morning shifts (8:30-12:30) open. You need to be vaccinated have 1 year of sobriety, a working knowledge of the steps and some computer knowledge. Meetings are starting to open. We are doing our best to keep the Live-in person meetings list up to date. If your meeting is opening and you want on the website, please let us know. Also, San Mateo County has moved into the Yellow tier, which means we are still at 50% of capacity. Our page on Guidelines to opening meetings still holds true. There are things your group needs to think about before opening your meeting. Check it out. Best of luck getting open and if there is anything Central Office can do to help please call.

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

	<u>MAY</u>	<u>Total YTD</u>		<u>MAY</u>	<u>Total YTD</u>
Income			Operating Expenses		
Birthday Club Contributions	84.00	230.89	Accounting Services	57.00	349.00
Book sales	541.82	2,870.44	Books Purchased	0.00	1,722.07
Central Office Annual Party	0.00	0.00	Chips	106.25	333.00
Chip sales	141.41	427.84	Central Office Annual Party Exp	0.00	0.00
Delegates Collection	2.00	8.00	Central Office Insurance	150.43	748.10
Faithful Fivers	767.52	3,180.18	Credit Card Charges	13.91	49.22
Group Contributions	4,035.50	29,629.04	Employee Insurance	255.00	1,275.00
High Sobriety Subscriptions	10.00	20.00	Miscellaneous	0.00	5,000.00
In Memoriam	0.00	778.59	Office Equipment Lease & Maint	326.85	1,497.71
Individual Contributions	697.50	3,877.50	Office supplies	22.78	129.89
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	6,930.00
Sales Tax on Books & Chips	71.72	346.22	Salaries	4,402.95	21,153.35
Tax Refund	0.00	100.00	Sales Tax on books	0.00	352.00
Covid-19 7th Tradition	343.63	2,292.34	Taxes (Payroll)	1,867.07	9,326.60
Total Income	6,695.10	43,761.04	Telephone & Tech	142.24	767.68
			Telephone Advertising	0.00	0.00
			Teleservice	151.00	755.00
Less Expenses	8,881.48	51,027.44	Travel Expenses	0.00	0.00
			Web Services	0.00	0.00
Net Income (loss)	(2,186.38)	(7,266.40)			
Starting Balance		53,602.12			
Plus Net Income/Loss		-2,186.38			
Ending Balance		51,415.74	Total Operating Expenses	8,881.48	51,027.44
TOTAL PRUDENT RESERVE		50,114.26	Net Income (loss)	(2,186.38)	(7,266.40)
TOTAL CASH POSITION		101,530.00	2021 Year-to-Date Summary		
			Year-to-Date Income		43,761.04
			Year-to-Date Expenses		51,027.44
			Year-to-Date Net Inc/(Deficit)		(7,266.40)

SAN MATEO COUNTY FELLOWSHIP 2021 GROUP CONTRIBUTIONS

ATHERTON	MAY	YTD	MENLO PARK	MAY	YTD	SAN BRUNO	MAY	YTD
Sunday Spirituality		318.96	Atherton AA		401.37	12 Study Grp (Thurs)	39.00	238.00
Horses Ass	410.00	1,746.10	Cottonmouth		294.79	Big Book Study Fri (5pm)	109.53	342.79
			Fri. Noon Women's		200.05	Come as You Are	414.80	499.28
BELMONT			Men's R4D Big Book		183.96	Daily Reflections Women		97.20
Belmont Tues. Noon Group	57.50	569.80	Menlo Park Men's Group		425.24	Friday Night Rap	20.00	45.00
Day At a Time		360.97	Mon. 12:10 PM Happy Hour		369.48	Grupo Serenidad		40.00
The Forum Group		105.00	Sat Morning Sandhill		1,477.66	Living Sober/ HH (Tues)	23.00	128.50
One Line at a Time	10.00	50.00	Sat Sunrise Grp MP 7:30		250.07	Millbrae Group	30.00	85.00
			Tues Noon Book Worm		79.10	Spkr/Disc - Happy Hour(Mon)	25.75	293.28
BRISBANE			Women's 12- Step Thu Noon	200.27	389.09	Tools of Recovery (Tue 6:30p)		30.00
Brisbane Breakfast		120.00	Tues Womens 12th Step	100.00	274.30			
						SAN CARLOS		
BURLINGAME			MILLBRAE			Bookies	104.59	429.59
Any Length		40.00	12 Step Study (Tues Noon)		258.90	Gifts of Grace Fri Women		102.09
Back to the World Group		100.00				Growing Stronger	8.00	40.00
Burlingame Men's Grp	177.05	440.82	PACIFICA			In Step with Bill		412.87
Burlingame Noon Men's Grp		130.00	12 @ 6 Group		65.01	S.C. Awareness Group	60.00	447.32
Burlingame Read a Passage		104.00	Daily Reflections (Beach Mtg)		197.50	San Carlos Beginners	8.00	502.04
Ham & Eggers		230.50	Friday Night Lights Women's Big Book		65.00	SCPF- all meetings		800.00
Hillsborough Men's Group		400.00	New Comers & Old Timers		180.00	Sequoia Recovery Grp	97.50	275.04
Rap Group		30.00	Pacifica Men's Group		177.10	Sober Sundays	10.00	529.10
Sat. Nite Disc. Group		506.00	Sharp Park 3rd & 11th Step		460.62	Womens Read & Reflect.		20.00
Senior Focus Group	50.00	100.00	Wake Up Wake Up		335.00			
Sharing Choices		185.00	Women's Big Book Study	19.26	48.00	SAN MATEO ETC.		
Tuesday Nite Group		40.00	Women's Candlelight Grp		144.79	Women's Home Grp (traveling)		154.66
			Women who wear shoes		514.93	Baseball Diamond Daily Reflection	438.00	1,311.00
FOSTER CITY						Covid-19 7th Tradition		1,642.38
FC Men's Sharing Group	355.10	355.10	PORTOLA VALLEY			Peninsula Women's Workshop	191.00	191.00
Foster City Women (Sat)		100.00	Portola Valley 11th Step		560.00			
Friday Noon Big Book	12.50	308.63				SAN MATEO		
Living Sober Groups (all)	50.00	210.00	REDWOOD CITY			Bunker Young People	172.90	408.80
Study theText Group		166.04	A Vision for You		1,067.30	Highlanders Grp.		119.26
The Old & the New	32.50	165.00	Broken Elevator Thurs.	12.50	25.00	Lunch Bunch		40.00
			Foundation Stone Group		100.00	Mid Peninsula Women	152.00	342.65
HALF MOON BAY			Phoenix Group		72.05	Monday Night Men's 6:30		300.00
3rd & 11th Step		348.75	Wed. Woodside Meeting		88.32	Morning Serenity (All)		1,230.99
7AM Coastside Meet.M-F	308.00	1,689.00				Off Broadway Beginners Mtg		2.00
Coastside Talkers		276.74				Sunday Sundowners		20.00
Friday Nite Group		296.88				The Twelve Points Tradition Study		50.00
HMB Happy Hour Group		48.60						
HMB Thurs Womens BB		175.00				SOUTH S.F.		
Last Barn on the Block		125.90				South City Womens	14.37	14.37
Sat. Morning Eye-Opener		517.60						
Saturday Nite Spkr/Disc		5.00				WESTBAY ALANO		
Stone Pine Noon Meet. M-F*	206.50	206.50				Duel Honesty Group		75.60
Tues Womens 12th Step	115.88	290.18				Grapevine (Mon)		206.00
						Men's no BS		233.21
						Nada Podemos Solos		40.00
						Smart Feet BB		140.00

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