

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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SMC Fellowship News *July 2021*

Farewell...

It has been bittersweet putting together this issue of High Sobriety, my final issue as editor. When I offered to help out after the previous editor passed away, I had no idea I would be here over five years later. A lot has happened in our Fellowship over that time which it has been my privilege to report on. Meetings have come and gone. Our Fellowship created a new website and became part of a mobile meeting schedule app. Long-time Central Office workers retired and new ones were hired. Events such as the Anniversary Party, Unity Day, Alkathons, and NCCAA Conferences happened. And last but not least, a global pandemic which forced the closure of in-person meetings for over a year and forever changed Alcoholics Anonymous.

I have enjoyed scouring the Grapevine archives searching for just the right stories, working with committee chairs to get up to date information on their activities, creating puzzles, and everything else that goes into each issue. While I had hoped to be able to introduce my successor here, the final decision has yet to be made, but I have no doubt High Sobriety will be in excellent hands. Thank you all for allowing me to be of service. It has truly been an honor.

-Tatiana S.

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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.

Monthly Service Committee Meetings

BRIDGING THE GAP July 5th, 7:30pm on Zoom
Meeting ID: 639 547 0157 Passcode: 54321 Dial in: 1-669-900-9128

TELESERVICE September 5th, 7:00pm on Zoom
Meeting ID: 971 3141 3389

DELEGATES TO CENTRAL OFFICE July 13th, 7:30pm on Zoom
Meeting ID: 812 5236 9897, To phone in: +1-669-900-6833

PI/CPC July 13th, 6:30pm on Zoom
Meeting ID: 841 7877 3337

GENERAL SERVICE July 20th 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) July 27th, 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

YOUR DISTRICT 05 – SAN MATEO COUNTY GENERAL SERVICE



The First Tradition: Our common welfare should come first; personal recovery depends upon A.A. unity.

**A fun-filled day to unite and learn more
about A.A. as a whole.**

Fun and Fellowship

WITH PARTICIPATION AND PRESENTATIONS FROM:

- Hospitals and Institutions (H&I)
- San Mateo County Intergroup (Central Office)
- Northern California Council of Alcoholics Anonymous (NCCAA)
- Bridging the Gap (BTG)
- Public Information/Cooperation with the Professional Community (PI/CPC)
- Grapevine
- Archives
- Teleservice
- And more...

PLUS:

- Hear a report on what happened at the 2021 General Service Conference from our CNCA Delegate, Jennifer B.

JOIN US VIRTUALLY

Saturday, July 10th

12:00pm – 3:00pm

[ZOOM LINK](#)

MEETING ID: 857 0421 3338

PASSWORD: 0571

FOR MORE INFO, CONTACT UNITY DAY CHAIR MICHELLEY B.
Shellybear413@gmail.com

“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

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.

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One Night on a Church Playground

A teenager shares how, with an old-timer's help, she learned to walk through the pain and love Step Seven.

STEP SEVEN: Humbly asked Him to remove our shortcomings.

I had no idea that on January 21, 1999 my life was going to change forever. I was barely 15 years old and terrified I was going to die a horrific alcoholic death. I had been coming to AA and taking the suggestions, but my desire to drink overpowered the one to stay sober. So many nights I had promised my parents I would stay dry, but I got drunk despite my best intentions.

But on January 20, I got drunk for what I pray was the last time. I cried as I confessed my slip to my family and peers at my therapy group. I then rushed to an AA meeting, and while sitting there that day, I felt the grace of a Higher Power enter my spirit. I chose to believe because I wanted to have faith that this solution could work for me.

So why did I keep getting drunk if I was going to meetings, praying and calling other women in the program? Why did I have no defense after months of AA? Members of my home group had warned me about “people, places and things,” but they didn’t know what it was like to try to change all your friends as a high school freshman. But I finally realized they were right and began to listen. I started going to 90 meetings in 90 days and drove with my home group all over New York to outgoing commitments. And I started doing the Steps right out of the Big Book. My sponsor Amy was the same age as my mother, but I respected her program. At young peoples’ meetings, it was easier to focus on boys, chain smoking (since we were still able to smoke in meetings), or the next party—so I needed the stability of old-timers in my life. Slowly, things started to improve. But it was when I got to Step Seven that I began to really see and feel a change. I still consider Step Seven my favorite Step.

When I did Step Five with Amy, we were able to identify my patterns and behaviors. We made a list of my defects, and I went home and sat quietly for

an hour making sure I was ready to move on. She felt I was holding on to some old behaviors and made me sit with Six and Seven for a period. Finally the pain of becoming “entirely ready” became unbearable. She was right. I didn’t exactly want to stop stealing; I didn’t want to stop sleeping around; I didn’t want to start going to all my classes. Frankly, some of my defects still felt good. I certainly didn’t want to have to start paying for things! Making changes was scary and hard. I was reluctant to try to start living a different way. I had no idea how or where to begin.

For the next few weeks, I acted out with my character defects. And I was painfully aware of exactly what I was doing as I was doing it. When I stole something, I knew it was wrong and I felt guilty. I felt regret after casual encounters with boys, and I began to recognize when they treated me poorly. When I had a fight and cursed at my parents, I felt remorse and saw how my actions hurt those around me. While sitting in Step Six, I came again to a jumping off point, but this time it was in sobriety. I felt if I didn’t do exactly as my sponsor asked me, I would surely drink again.

One Wednesday night at the Leonard Park Group, I sat outside on the church’s playground and cried and cried. I began to pray. I got up and called my sponsor and told her I was ready to have a Higher Power remove all these defects of character. As with Step One, my surrender had to be complete if I expected to continue in AA. Again, I made the choice to believe that the people in the rooms had a solution that could work for me. My sponsor and I came up with a list of substitute behaviors and traits that I could employ rather than defaulting to my self-destructive ones.

The effects I felt were immediate, and this is what I love about Step Seven. I could actually see what was changing in me. For months people in AA were telling me I looked and sounded better, but I didn’t really feel any better. Once I started changing the way I behaved, my growth became visible. I felt different. I felt sober.

I want to be clear: I did not take the Seventh Step and miraculously become a better person. I have battled with different incarnations of the same character defects throughout my entire sobriety. However, since that Wednesday night long ago, I think I have taken every single suggestion a sponsor has given me. Sometimes I kick and

scream, but I do as I'm asked because I know that these women have my best interests at heart. I have done the Seventh Step more than once, and each time I do, I feel the freedom of surrendering these defects. I find new, sober, and estimable ways to behave that allow me to move gently through each day.

Today is my anniversary, and it is a relief to reflect on these last 15 years and celebrate all the changes. I am not the girl who came in here. I am a young woman who is filled with hope and does her best to carry that light into the world around me.

Danna F. | Warren, Rhode Island
Grapevine, July 2014



A.A. Around the World

No Man Is an Island

My name is Garth and I'm an alcoholic. I'm a member of the Hornby Island Recycled Group, a small group of seven regular members. Hornby Island is situated just off the east coast of Vancouver Island, B.C. Our island is seven miles long at its longest point and four miles wide at its widest. To get to Hornby Island, you travel two hours north of Victoria on Vancouver Island's East Coast highway to a ferry terminal called Buckley Bay. A ten-minute ferry crossing to Denman Island, a fifteen-minute drive across Denman, and then another ten-minute ferry crossing will bring you to Hornby Island. The island hosts a year-round population of under 1,000 people, but will grow to 3,000 residents during the spring and summer months. Being a summer tourist destination, we can see up to 30,000 visitors in the peak season of July and August. Our group meets Monday and Friday in a small church tucked into a grove of trees. Visitors from all over the world return each year to share their experience, strength, and hope. This adds a delightful flavor to our spring and summer meetings. Our youngest member has less than one year and a recently-

arrived old-timer has eighteen years. I have recently passed the eight-year mark of sobriety.

I grew up in small town Manitoba in a dysfunctional home. With the exception of my mother, who was grossly abused by my alcoholic father, our family believed that you had to work, drink, and fight hard, and even the smallest mistakes were looked upon as a disgrace. Despite the hardships and cruelty, my mother was able to instill in each of us a small ray of hope. Her faith in Jesus, and her ability to look past evil and see the good in people planted a seed of faith in the hearts of each of my brothers and sisters.

When I was five years old, my father's alcoholism was at its worst and my elder brothers were in the early stages of the disease. The result was a ready supply of alcohol to sneak samples from. Actually, my older brothers and their friends thought it quite funny when I would take huge swigs from their bottles and become giddy and foolish.

My father died when I was ten and I recall feeling relieved. I was finally free to do what I wanted, and at the age of eleven I had my first drunk, complete with throwing up and a blackout. I never looked back.

The insanity grew through my teen years, into a shotgun marriage at the age of twenty, through a divorce from my wife and two children, and on through various stormy relationships. I tried many geographic cures as I worked my way across Saskatchewan, Alberta, and then British Columbia.

As I approached my thirtieth birthday, I met my current wife during another brief dry spell. We became very good friends but soon realized it was more than friendship. I was afraid. I wanted to be with her, but I knew if I started drinking heavily I could become violent and push her away. Two days after our marriage in 1983 we moved to Hornby Island, where we still live. We carved a homestead out of raw land and nurtured our family. But I was a volcano awaiting a fracture in my crust. After a five-year dry spell, I thought I was cured and started sampling wine with dinner. Before six months was up, I was making my own wine and drinking every night. One night in one of my foul drunken stupors, I slapped my wife quite hard because she suggested I might have a problem with alcohol. I will never forget the stunned look on her face, as she turned and crept away. My

whole insane life flashed before my eyes as I realized I was going to lose her. I made a solemn vow to both of us that I would not drink ever again, if she would give us another chance. Through the grace of God and the power of AA she is with me today.

That year my older brother (then three years sober) gave me a Big Book and a copy of the book *Twenty-Four Hours a Day*, published by Hazelden. I didn't attend AA meetings but I read and reread the Big Book. In December 1991 I took my last drink. About five months later I accompanied a friend to a neighboring island to attend an AA meeting. Sitting as far in the corner as I could get, I listened to the reading of the First Step. I knew I was powerless over alcohol, but now I heard "that our lives had become unmanageable." I immediately knew I had come home. At that meeting I took the First Step.

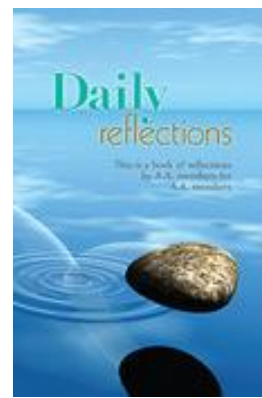
Two years later I was granted the courage to initiate a meeting on Hornby Island. Before I was to see regular attendance, I would endure four years of frustration at being a Loner, as well as tests of faith as my children started following my path of insanity, and sorrow at the alcoholic death of a member. Somehow I was able to cling to my fragile faith in a Higher Power and survive these four years. What I initially thought was unnecessary hell, I later came to see as my largest leap of spiritual growth. It was a true experience of gratitude the day I realized we were getting regular attendance at two meetings a week. And I was still sober.

There is no doubt in my mind that AA has reached inside my heart and touched the seed of faith planted long ago by my mother. Through many periods of self-doubt and agonizing pain when I thought I had lost a son and daughter to heroin and alcohol abuse, when I did not see my grandchildren for almost four years, and when it seemed nobody was interested in recovery on my island, AA was there for me and kept my faith strong. Every time I was about to give up, my prayers would be answered and God would send someone to strengthen my faith. I love this God-inspired program of recovery and pray each day for the strength to go on and the words to say when I encounter another alcoholic. I have reconnected with every member of my family and have developed a strong bond. There is much love and

we support each other. We all have learned to be there for each other, but not to judge or condemn. We enjoy every precious moment of our time together, because we all remember what it was like, what happened, and what it is like now.

Garth M. | Hornby Island, British Columbia
Grapevine, September 2000

BOOK OF THE MONTH



Daily Reflections

Regular or Large Print

A collection of readings that moves through the calendar year one day at a time: A.A. members reflect on favorite quotations from the literature of Alcoholics Anonymous. The volume focuses on all Three Legacies of Recovery, Unity and Service.

Softcover

384 pages

Daily Reflections is available for purchase at a special price of only \$10 through the month of July at our Central Office.



Three Lives

It wasn't easy to maintain so many secrets living in a convent.

In the mid-1950's there was a television program called "I Led Three Lives." The central character was a U.S. citizen, member of the Communist Party, and a counter spy for the FBI. His life was spent keeping these three lives a secret from each other. His family and members of his church never knew about these hidden lives. The weekly drama centered on the challenge of navigating among these three worlds and not getting found out.

I mention this show because I too came to know the strain of keeping three lives going at once: I was a Catholic nun, an acting-out lesbian, and an alcoholic. Drinking became for me the only thing that helped maintain some semblance of sanity in my insane world.

I left home when I was 17 and entered the convent convinced that God was calling me to be a Catholic nun. As I found out in Alcoholics Anonymous, "alcohol is no respecter of...social standing or intelligence." At first, I drank wine only on holidays or holy days.

Loved those days and looked forward to them! Then at the invitation of an Irish pastor, I was introduced to Scotch. That set me on the path of daily drinking, blackouts, and futile attempts to control my drinking and hangovers. To keep up the image of being a "good nun," I stuffed my feelings of anger, rage, fear, loneliness and pretended that all was fine in God's world. Well, it wasn't, and I certainly wasn't. And I hoped no one would find out.

My drinking career took off and lasted for the entire 22 years I spent in the convent. As I drank more and more, any semblance of spiritual growth vanished. I hid my bottles of Scotch, stole money from the community to buy it and taught others about a God I neither knew nor believed in.

I was spiritually, mentally and emotionally lost and tried to keep all of this a secret from everyone – especially from myself. My exterior Catholic nun life and my secret alcoholic life were two paths that I tried mightily to keep separate.

And then there was the third life I led, too. The Big Book says, "...our sex powers were God-given and therefore good, neither to be used lightly or

selfishly nor to be despised and loathed." Well, I loathed the fact that I was lesbian. Something was dreadfully wrong, sinful. I was psychologically sick, I thought. So, in addition to maintaining my outer life as a Catholic nun, and my progressively worsening alcoholism, I was also acting out sexually with other women and trying to hide this behavior from others and strangely from myself. It didn't work.

The three lives eventually exploded into a series of life-changing experiences. It began when I took an honest look at the lie my life had become as a nun. That life ended when I made the decision, with the guidance of a wise mentor, to leave my community and close the door on the fraudulent life I had been living.

Within a year of that decision, I began going to Alcoholics Anonymous. I wanted nothing to do with the whole "God thing." I just thought that AA would help me to figure out how to drink without experiencing the problems brought on by drinking. I didn't see the insanity of that thought.

Friends, sponsors, and professionals helped me to wade through the self-hatred, guilt, and ignorance brought on by my own homophobia. I have come to know and experience the truth that relationships, sexuality and spirituality are intimately connected. Thanks to AA and the Twelve Steps I live one life today – a sober life without alcohol. I have been living this one life for 28 years. I have a mature relationship, and a spiritual life that I did not find in the convent nor in alcohol, but did discover here. Alcoholism is my spiritual path and the Twelve Steps are the ones I take one day at a time as I walk that path. No more fear of being found out; just gratitude for being found at last.

V.O., Phoenix, AZ

Grapevine online, September 2014

"Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all."

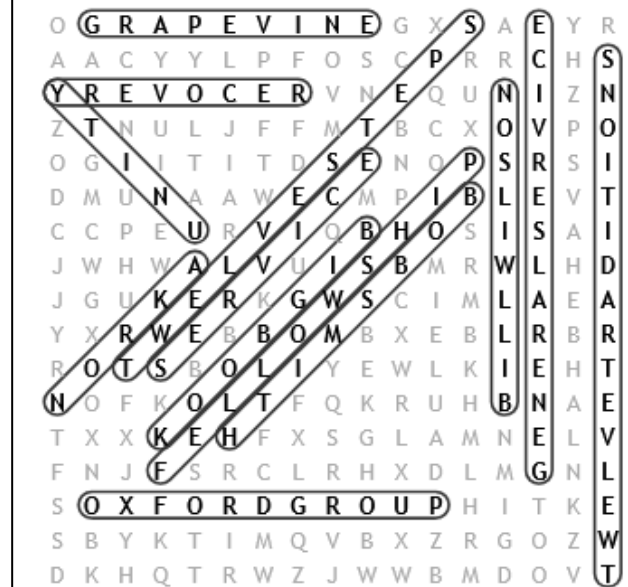
- "Twelve Steps and Twelve Traditions", page 70

Zoom Meeting Lingo

World Scramble

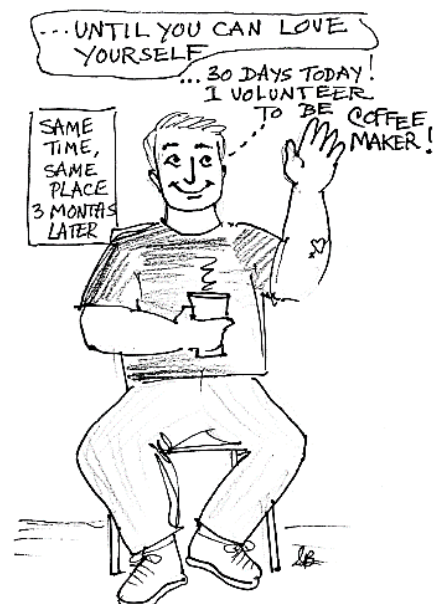
1. TCAH
2. EARHCNRSESE
3. NOEMV
4. NTRCPTIAAIPS
5. MROEBB
6. VIARTLU
7. AVEW
8. EDIOV
9. HSOCOT
10. AIRES ADNH
11. TMUUNE
12. OCETICNNON

Happy Birthday AA!



"I pray for help in identifying the fear underneath the defect, and then I ask God to relieve me of that fear."

- "Daily Reflections", page 196



The Strange Egg

Though he didn't grow up feeling out of place, because of alcoholism he would come to know great loneliness.

Strangely enough, one of the things that initially made me feel out of place in AA was that early in my life I did not feel out of place.

I had trouble relating when I heard people mention in their stories that they were outsiders when they were young. My whole family was a bunch of oddballs. I never knew any different. A genius brother, a loud, charismatic, alcoholic father, an eccentric grandmother who would give me aspirin and champagne, these were the characters in my life. I myself was odd enough to fit right in.

In grade school I had lots of friends. In high school, I was a nonconformist with many others in the early 1970s. I always was artistic and had a rebellious streak, but it was never something I was horribly self-conscious about. I thought of it as a benefit. I wasn't the best or the worst.

When I started drinking too much, my self-image became slowly distorted. I became more self-centered and selfish. Gradually as my alcoholism progressed, I perceived myself as being an outsider, a misfit at the center of the universe. In reality, I had become a misfit, but the center of the universe was a tiny bit of a distortion. Lost, misunderstood, self-pitying, isolated, seemingly rejected, I became lonely in the particular way alcoholics understand.

Initially that common understanding was what was so appealing about AA. "Here were people who understood." The way they treated me at first was entirely appropriate for someone who had been suffering that kind of traumatic aloneness. I was given space. I didn't trust enough for hugs so I didn't get any. I didn't have to do stuff I thought was stupid, like "share" and say the prayer at the end and go to coffee. What a relief! Had those things been required, my path in AA would have been very different. My perception of AA as a

place where I could be myself would have been greatly reduced.

I love AA for how it encompasses the outliers of society and provides a loose yet comprehensive unity for those of us who have suffered alcoholic loneliness. One thing I have tried to do in AA is preserve my positive unique qualities. I have many more good things about myself than when I walked through the doors. My first Fourth Step had only one positive thing I can remember, and at the time it took a lot of thinking to find it. It was that I was always kind to animals.

Now I am mostly nice to everyone, most of the time. What a gift! I am still a little bit of a weirdo, but I try not to have it be burdensome to others or look at it negatively myself.

I have a little trick I use to help me keep my seat in AA. I have often noticed that people in AA use their old ideas about being misunderstood as a way to avoid making progress. In other words, it is possible, and sometimes dangerous, to see myself as too much of an individual in AA. I might think that, after many years of sobriety, "I got this. I don't need meetings anymore." Or I may think I can't do a certain kind of service work because of my particular likes or dislikes. Or I might think I don't have to try to reach out to a certain type of newcomer. These are all ways I can miss out on being, "one among many" and "a worker among workers."

By being average and right-sized, I am in the middle of the AA pool. And the water's fine. So, all hail the rugged individual, the eccentric, the non-conformist, the oddball, the outcast, the strange egg. It's what makes AA beautiful and unique and by the grace of God, unified.

Tim M. | Alford, Massachusetts
Grapevine online, December 2014

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

	JUN	Total YTD		JUN	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	0.00	230.89	Accounting Services	57.00	406.00
Book sales	420.51	3,290.95	Books Purchased	676.45	2,398.52
Central Office Annual Party	0.00	0.00	Chips	0.00	333.00
Chip sales	74.21	502.05	Central Office Annual Party Exp	0.00	0.00
Delegates Collection	0.00	8.00	Central Office Insurance	150.43	898.53
Faithful Fivers	507.52	3,687.70	Credit Card Charges	0.00	49.22
Group Contributions	3,972.59	33,601.63	Employee Insurance	255.00	1,530.00
High Sobriety Subscriptions	16.00	36.00	Miscellaneous	0.00	5,000.00
In Memoriam	0.00	778.59	Office Equipment Lease & Maint	326.85	1,824.56
Individual Contributions	850.00	4,727.50	Office supplies	76.84	206.73
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	8,316.00
Sales Tax on Books & Chips	51.93	398.15	Salaries	3,904.09	25,057.44
Tax Refund	0.00	100.00	Sales Tax on books	0.00	352.00
Covid-19 7th Tradition	429.00	2,721.34	Taxes (Payroll)	1,759.78	11,086.38
Total Income	6,321.76	50,082.80	Telephone & Tech	289.19	1,056.87
			Telephone Advertising	0.00	0.00
			Teleservice	151.00	906.00
Less Expenses	9,032.63	60,060.07	Travel Expenses	0.00	0.00
			Web Services	0.00	0.00
Net Income (loss)	(2,710.87)	(9,977.27)			
Starting Balance		51,415.74			
Plus Net Income/Loss		-2,710.87			
Ending Balance		48,704.87	Total Operating Expenses	9,032.63	60,060.07
			Net Income (loss)	(2,710.87)	(9,977.27)
TOTAL PRUDENT RESERVE		50,116.73	2021 Year-to-Date Summary		
			Year-to-Date Income		50,082.80
			Year-to-Date Expenses		60,060.07
TOTAL CASH POSITION		98,821.60	Year-to-Date Net Inc/(Deficit)		(9,977.27)

SAN MATEO COUNTY FELLOWSHIP 2021 GROUP CONTRIBUTIONS

ATHERTON	JUNE	YTD	MENLO PARK	JUNE	YTD	SAN BRUNO	JUNE	YTD
Sunday Spirituality		318.96	Atherton AA		401.37	12 Study Grp (Thurs)	18.00	256.00
Horses Ass	331.00	2,077.10	Cottonmouth		294.79	Big Book Study Fri (5pm)	48.51	391.30
			Fri. Noon Women's		200.05	Come as You Are		499.28
BELMONT			Men's R4D Big Book		183.96	Daily Reflections Women		97.20
Belmont Tues. Noon Group	67.30	637.10	Menlo Park Men's Group		425.24	Friday Night Rap	50.00	95.00
Day At a Time	2.00	362.97	Mon. 12:10 PM Happy Hour	10.00	379.48	Grupo Serenidad	20.00	60.00
The Forum Group		105.00	Sat Morning Sandhill		1,477.66	Living Sober/ HH (Tues)	28.75	157.25
One Line at a Time	70.00	120.00	Sat Sunrise Grp MP 7:30		250.07	Millbrae Group		85.00
			Tues Noon Book Worm		79.10	Spkr/Disc - Happy Hour(Mon)		293.28
BRISBANE			Women's 12- Step Thu Noon		389.09	Tools of Recovery (Tue 6:30p)		30.00
Brisbane Breakfast		120.00	Tues Womens 12th Step		274.30			
						SAN CARLOS		
BURLINGAME			MILLBRAE			Bookies	56.00	485.59
Any Length	20.00	60.00	12 Step Study (Tues Noon)	30.00	288.90	Gifts of Grace Fri Women		102.09
Back to the World Group		100.00				Growing Stronger		40.00
Burlingame Men's Grp		440.82	PACIFICA			In Step with Bill		412.87
Burlingame Noon Men's Grp	20.00	150.00	12 @ 6 Group		65.01	S.C. Awareness Group		447.32
Burlingame Read a Passage		104.00	Daily Reflections (Beach Mtg)		197.50	San Carlos Beginners		502.04
Ham & Eggers		230.50	Fri Discussion Noon	55.00	55.00	SCPF- all meetings		800.00
Hillsborough Men's Group		400.00	Friday Night Lights Women's Big Book		65.00	Sequoia Recovery Grp		275.04
Rap Group		30.00	New Comers & Old Timers		180.00	Sober Sundays		529.10
Sat. Nite Disc. Group		506.00	Pacifica Men's Group		177.10	Womens Read & Reflect.		20.00
Senior Focus Group	50.00	150.00	Sharp Park 3rd & 11th Step		460.62			
Sharing Choices		185.00	Wake Up Wake Up		335.00	SAN MATEO ETC.		
Tuesday Nite Group		40.00	Women's Big Book Study	9.48	57.48	Women's Home Grp (traveling)		154.66
			Women's Candlelight Grp		144.79	Baseball Diamond Daily Reflection	460.00	1,771.00
FOSTER CITY			Women who wear shoes		514.93	Covid-19 7th Tradition	429.00	2,721.34
FC Men's Sharing Group		355.10				Peninsula Women's Workshop		191.00
Foster City Women (Sat)		100.00	PORTOLA VALLEY					
Friday Noon Big Book	72.50	381.13	Portola Valley 11th Step		560.00	SAN MATEO		
Living Sober Groups (all)	50.00	260.00				Bunker Young People		408.80
Study theText Group		166.04	REDWOOD CITY			Highlanders Grp.		119.26
The Old & the New	52.50	217.50	A Vision for You		1,067.30	Hillsborough Group	100.00	100.00
			Broken Elevator Thurs.	12.50	37.50	Lunch Bunch	20.00	60.00
HALF MOON BAY			Foundation Stone Group		100.00	Mid Peninsula Women		342.65
3rd & 11th Step		348.75	Phoenix Group		72.05	Monday Night Men's 6:30		300.00
7AM Coastside Meet.M-F	277.00	1,966.00	Wed. Woodside Meeting		88.32	Morning Serenity (All)	50.00	1,280.99
Coastside Talkers		276.74				Off Broadway Beginners Mtg		2.00
Friday Nite Group	1,302.70	1,599.58				Sunday Sundowners		20.00
HMB Happy Hour Group		48.60				The Twelve Points Tradition Study		50.00
HMB Thurs Womens BB		175.00						
Last Barn on the Block		125.90				SOUTH S.F.		
Sat. Morning Eye-Opener		517.60				South City Womens		14.37
Saturday Nite Spkr/Disc	100.00	105.00						
Stone Pine Noon Meet. M-F*		206.50				WESTBAY ALANO		
Tues Womens 12th Step		290.18				Colma Eye Opener	469.35	469.35
						Duel Honesty Group		75.60
						Grapevine (Mon)		206.00
						Monday Night Men's WBAC	120.00	120.00
						Men's no BS		233.21
						Nada Podemos Solos		40.00
						Smart Feet BB		140.00

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