

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

February 2022

SMC Fellowship News



"In February one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch." — Patience Strong

The bridge between winter and spring, February is the shortest month of the year, but sometimes feels like the longest. While the weather has been fine, further Covid restrictions have kept many of us isolated over the holiday season and beyond. Let's hope February brings more rain, longer days, and – I was going to say a Super Bowl victory for the 9ers – but it looks like the best we can ask for is an exciting game.

Annual Central Office Elections were held on January 11. See results in the Delegates Meeting Minutes on Page 9.

Reminder for in-person meetings: Face coverings are required indoors regardless of vaccination status.

Holiday Closures: Central Office will be closed on Monday, February 22 in observance of Presidents' Day.

Table of Contents

• • •

Monthly Service Committee Meetings ... 2

Upcoming Events ... 2

Book of the Month ... 3

Step Two – Simple Rules ... 5

Tradition Two – A Word in Edgewise... 6

Valentine's Day In the Detox ... 7

Puzzle ... 8

Central Office Minutes ... 9

Central Office Financial Report ... 10

Group Contributions ... 11

Service Opportunities:

PICPC: Public Relations Coordinators, Co-coordinators, and research assistants needed.

TELESERVICE: Backline shift currently available and daily coordinators needed, beginning in April.

For more information on both, see this month's Minutes on page 9.

CENTRAL OFFICE also needs volunteers. Shifts are available (mornings from 8:30-12:30 and afternoons from 1:30 -4:30). Contact Central Office for more information.

Monthly Service Committee Meetings

BRIDGING THE GAP**February 7, 7:30pm on Zoom**

Meeting ID: 639 547 0157 Passcode: 54321 Dial in: 1-669-900-9128

TELESERVICE

Meeting ID: 971 3141 3389

Quarterly Meeting Sunday, March 6, 7:00pm on Zoom**DELEGATES TO CENTRAL OFFICE****February 8, 7:30pm on Zoom**

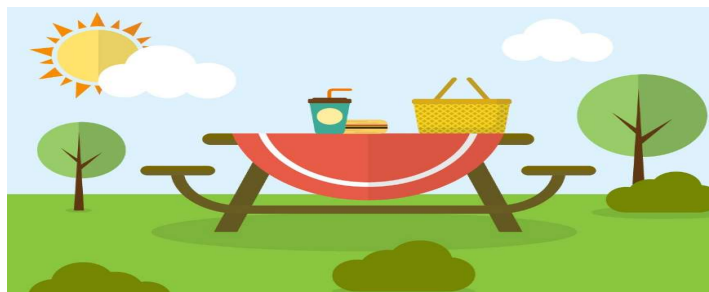
Meeting ID: 812 5236 9897, To phone in: +1-669-900-6833

PI/CPC**February 8, 6:30 pm on Zoom** Meeting ID: 841 7877 3337**GENERAL SERVICE****February 15, 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)**February 22, 7:15 orientation; 8 p.m. business meeting****St. Andrews Lutheran Church, 1501 S. El Camino Real, San Mateo****PENNYPA (Peninsula Young People in AA)****cxl'd until further notice**

UPCOMING EVENTS



Special BBQ and Potluck

February 6 @ 12:00 pm - 4:00 pm**SAN CARLOS PENINSULA FELLOWSHIP****San Mateo Central Park****50 E 5th Ave****San Mateo**

58th Annual Women's Conference



VIRTUAL CONFERENCE REGISTRATION 2022

We invite women from all over the world to attend the 58th IWC virtually. The virtual conference will run simultaneously to the in-person event and will include opportunities to connect with the women attending in person in the host city of Santa Fe, NM.

For More Information go to: <https://www.aaanoc.org/event/58th-international-womens-conference/>

BOOK OF THE MONTH



This book captures the first 365 days of the Grapevine Daily Quote, which first appeared in June 2012. The quotes—contributed by AA members, with many written by AA's co-founders—were selected by the Grapevine staff. All of these passages first appeared in the pages of Grapevine as part of members' stories and other submissions, and many of them can now be found in Grapevine's themed book anthologies. Each page offers an inspiring passage of experience, strength and hope to bring into your daily life.

DAILY QUOTE can be purchased at our Central office for \$10.00

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*!



BIRTHDAY CLUB



Happy Birthday

Ringit G San Mateo 1year
Lynn K San Mateo 27 years

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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STEP TWO: *Came to believe that a power greater than ourselves could restore us to sanity.*



SIMPLE RULES

During my 44 years in sobriety, I have heard a lot of AA sayings and I've heard them many times. I know a great many people who get a lot of relief from these sayings but I must admit that one means more to me than all the others: "We came. We came to. We came to believe."

I went to my first meeting because I was trying to get my brother to sober up. It seems he got a bit too drunk and left our mother at Disney World. Because she was worried about him, I told her I'd get him to an AA meeting. Where I got that idea, I'll never know. I'd heard of AA but I had never been to a meeting.

He agreed to go, but said wouldn't go with me until he had a chance to "check it out" first. So I went to the next week's meeting (We came). When I saw the poster of the Twelve Steps on the wall, it struck me hard. It looked like the answer to all the strange problems of my life. I wasn't crazy, I was an alcoholic (We came to). This was the place where I could be "restored to sanity."

I married at a young age to a very good man, but alcohol had already become my true loved one. I left my husband and children many times to go out drinking, coming home at all hours. Over time, I was convinced that my husband was my problem. He was the reason I drank and couldn't get my life under control. I ultimately left him and spent many years looking for a geographic cure and getting "saved" in one church after another. I spent my fair share of time in asylums too, but nothing seemed to help. But when I saw those Twelve Steps that day, a light turned on in my head.

The next day, standing by the road at a pay phone with my two small girls, I called the AA hotline. I asked if they could put me in touch with someone who could help me gain an understanding of the program and my problem. To my great good fortune, a woman named Mary called me back and agreed to take me to a meeting.

For the next 38 years, Mary walked me through AA and coached me through life. One of the first things we talked about was a need for me to come to grips with some sort of Higher Power. I had no use for God when Mary and I met. He was to blame, in my mind, for causing my father's death at a relatively young age and for causing my brother to contract polio when he was still a teenager. I couldn't even stand to hear the word God. But Mary taught me many things, including her belief that God acts in this world through other people. I kept going to meetings and I talked to Mary every day. I had a hard time understanding what "God's will" was for me. Mary explained that God doesn't care which hamburger place you eat at. He just wants you to eat and stay healthy.

With a lot of help, I arrived at my "We came to believe" moment. I came to believe in a God of my understanding and I came to believe in the power of sponsorship. I have sponsored dozens of women over the years. Some have slept on my couch until they got on their feet. Some came and some are gone. My rules are simple: Get a Big Book and read it, go to meetings and call me every day. Be where you are supposed to be when you are supposed to be there. And I do not deal with two things: romance and finance.

Now I'm 88 years old and I try to get to at least one meeting a day. I speak when I'm asked to and I talk to a lot of men and women before and after my meetings. Some tell me they learn from me and I know that I learn from each and every one of them. The craziness of my life is gone, except that it serves to remind me of what life was like before "I came, came to and came to believe."

FAYE B. - LAKELAND, FLORIDA

TRADITION TWO: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

A WORD IN EDGEWISE

The “informed group conscience” is a topic that I love to talk about. I believe it is one of the most important things we strive for as a Fellowship.

Tradition One reminds us that personal recovery depends upon AA unity. The informed group conscience is one of the main building blocks of that unity. Tradition Two states that our single, ultimate authority is a loving God as he may express himself in our group conscience. So, the group conscience is how God has a voice in our decisions. In other words, if there is no group conscience, God can’t get a word in edgewise.

The group conscience is the collective conscience of all the group members. An informed group conscience requires that all information be shared before a vote is taken. It requires that we listen to minority opinions with an open mind and that we treat all members of the group as equals. It requires us to practice all of AA’s principles in our interactions with other group members and to use caution when dealing with dominant opinions. It requires a willingness to work with patience and tolerance for each other, sometimes discussing things many times before a final decision is made. Many of us have exclaimed, what an order!

It is important for long-timers to realize that their opinions might carry more weight than the opinions of other group members. It is important to allow the group to work through items without exerting too much influence. Perhaps it is best that long-timers keep silent while the group speaks its mind and offer thoughts only after others have had their say. This can help guard against other members playing follow-the-leader.

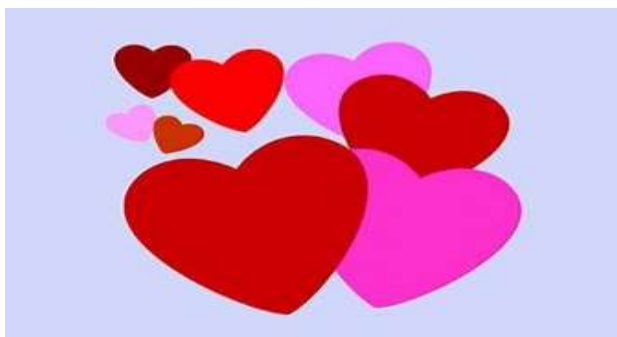
Probably the greatest enemy of the informed group conscience is prematurely calling the question. This is the one problem that I have seen the most and I think it is the most destructive of all. This practice stops the discussion and if a majority of members have decided they have heard enough to make a decision, it takes the measure directly to a vote. This is a ripe environment for a group to make a huge mistake. You might be thinking, That is why we have minority opinion. And you would be correct, that is why we have minority opinion. But hearing minority opinion is not the same as allowing open discussion because minority opinion is, by definition, one-sided.

The real problem with all of the things that damage the ability of a group to reach an informed group conscience is that individual members are left feeling marginalized and unheard. When the discussion is not allowed to completely unfold, allowing all members to be heard, there can be disagreement that remains long after the vote. This unspoken dissension can, and often does, lead to divisiveness and taking sides, which can put our group in danger.

Personal recovery does, after all, depend upon AA unity. And our one ultimate authority is God, presuming he can get a word in edgewise.

The informed group conscience is about more than a count of “yes” and “no” votes. It is the spiritual expression of the collective group. It takes great care to arrive at that expression in a way that respects each individual, as well as the autonomy of the group. Practicing all of our principles in all of our affairs to the best of our ability is the only path.

BETTY H. – SALT LAKE CITY



Valentine's Day in the Detox

I'm coming up on a year now and I will tell you, it has been fun. I've heard a lot of people on annual birthday nights say, "This has been a real hard year for me!" And maybe it has, but for me it has been a wonderful journey.

On February 9, 2008 around 5:30 in the afternoon, I was arrested outside my home in front of my family and all the people on my street. I remember very little about that day. I do remember that I was very drunk, very angry, and very mean—I wish I could forget the whole damn day but I cannot. A lady once told me that, "If you can't remember your last drunk, you probably haven't had it yet." Makes sense to me. The more time that I get, I start to remember the day more and more. I have even had dreams of it, but things are still a little foggy at times

Getting out of jail the following morning, things became very clear to me. I thought to myself, "You have really done it this time." No one was there to get me and no one would answer the phone calls. As the day progressed, I finally got hold of my boss at my job. He too was fed up, and as we talked he kept hinting about the fact that I needed help and if I didn't get any help, that my time with the company was over too. I had been to treatment two times before. This would be the third time in five years that I would have to go through this again. How could I honestly think that this time was to be any different? I really was hopeless. I went through detox and treatment in West Texas before and it didn't work. But I didn't give it any effort either. I wanted people to hand me the gift of sobriety. One of my character defects to this day is being lazy. It is something that I really have to work on on a daily basis. I do a pretty good job at it, but it is tough at times.

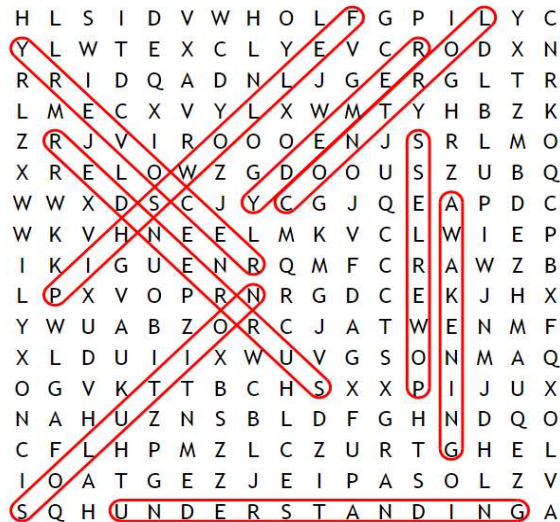
While in treatment I was hit with divorce papers—on February 14th to be exact. What a way to spend Valentine's Day: in detox signing divorce papers. There was also a restraining order and I was not allowed to be around my two-year-old son. That was tough to swallow. I love my son very much, but I used to love to drink more. Bill W. once wrote, "Alcohol was my master." I know what he was talking about, but today it is not!

After treatment, I went to a halfway house for men with drinking and drug problems, and that is where I learned who I was. I finally found myself, and honestly I really didn't like what I found. This is where I learned that alcohol and drugs weren't the problem, I was. Finally, I started to understand what you folks were talking about.

One of the many things you learn in AA is who we really are, what we like and what we really don't like. And, I really didn't care for myself in any way. So here is where I changed, or should I say tried to start making some changes. I finally turned it over to God—I can't run the show anymore. I got a sponsor, an old timer with a lot of time. The sponsor that I use today is one I had before in 2005. He is the perfect fit for me. If you saw us together you would think we were two fellows that would not normally mix. I think I've read somewhere and I believe that God puts certain people in our lives for a reason. He is one of those people. I feel very lucky to have him as a sponsor and a friend. He would be the first one to tell you though that he is just doing what you people taught him—so, thank you! Thank you for giving me hope! Thank you for always leaving the doors open! Those promises that I have heard about are indeed coming true!

ANONYMOUS | LUBBOCK, TEXAS

JANUARY PUZZLE STEP ONE



SOLUTION	REMEDY	FELLOWSHIP
UNDERSTANDING	AWAKENING	POWERLESS
RECOVERY	CONTROL	SURRENDER



I have come to believe that the gift of sobriety is what gives value and dignity to my life. It is this that I have to share, and it grows as it is shared.

-Came to Believe, p. 4

FEBRUARY PUZZLE STEP TWO

1. SITNYA _____
2. EDMLAMI _____
3. EPSENLLSSHE _____
4. ILCAMER _____
5. PILHYOOSHP _____
6. SORNOPS _____
7. SMIOSDAIN _____
8. AAMTSNRFRONTOI _____
9. AIFHT _____
10. CESUSSC _____



Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they might mean to you.

- Bill W.

Central Office Delegates Minutes – January 11, 2022

Annual Central Office Elections - Sarah B., DCMC, assisted. Election results: Chairperson, Dan K.; Vice-Chair, Karen A.; Secretary, Janice C.; Advisory Committee: Rich F.; Advisory Committee: John B.; Treasurer: Gordon L.

Opened Delegates Meeting - 8:49 pm; Closed meeting - 9:18 pm; 12 Traditions - Ted B.; Responsibility Statement – Dennis; AA Birthday - Janice C., 37 years; New Delegates - Steve B., San Bruno 5 PM Big Book Study; Ted B., San Bruno 5 PM Step Study; Michelle C., Pacifica Monday Noon Women's meeting. Minutes- approved; Financial Report- approved.

General Service- Karen A.

- New address for 7th Tradition contributions to GSO in New York:
 - General Service Office, P.O. Box 2407, James A Farley Station, New York, NY 10116-2407
- AA Podcast: <https://www.aagrapevine.org/podcast>
- PRAASA to be held virtually on March 4-6, 2022, (Portland, OR)
- Area meeting at Petaluma postponed, in-person hoped for in March
- District inventory for group has been completed.

Hospitals & Institutions- Lori C.

- No meeting in December; meetings begin in person, January 25th, 2022, at St. Andrew's Lutheran Church, 1501 S. El Camino, SM. Orientation at 7:15 and business meeting at 8:00 pm, 4th Tuesdays.
- October General Committee meeting approved 2022 budget, including a disbursement to All areas equal to 5% of funds contributed by each Area for 2021. A-65 will end up contributing approximately \$12,000 by the end of 2021.
- Monthly meeting cost of \$44 will be covered by the disbursement of funds from NorCal. Committee will receive about \$600 to help meet expenses for our Area.

PICPC- Brent M.

- Business meeting is on 2nd Tuesday of the month - January meeting had 3 participants. Next business meeting: February 8th, 6:15. Zoom Meeting ID: 841 7877 3337
- In the last month, PICPC has given one presentation, the parolee meeting, and had an informational table at Sobriety By The Bay. We sold 18 books- 13 AAWS and 5 Grapevine, also distributed pamphlets and Bridging the Gap cards.

- Next presentation scheduled is Feb. 3 – with CA parolees being released in SM County (PACT)
- Coordinators & co-coordinators needed: Public Relations/ Radio, TV and Social Media; and Church's/Clergy; Research Assistants/ Assistant Coordinators
 - Contact dist05.picpc@gmail.com

Alkathons- Becky N.

- Our Holiday Alkathon went smoothly. Thank you to all the volunteers.
- Donations can still be made to the Alkathon to cover costs.

Advisory Committee- Colleen G.

- The Advisory Committee will hold its first Quarterly meeting of 2022 on Wednesday, February 2, 2022.
- Don C., Central Office Manager, will send the invite to all Advisory Committee Members with time and Zoom info. Congratulations and Welcome to the newest members.

Teleservice – Eden C.

We have a backline shift available on the 5th Wednesday 4:30-8:30pm. The requirements to volunteer for Teleservice are one year of sobriety, a working knowledge of the steps and a working telephone. We are also looking for people interested in being daily coordinators starting in April. This is a one-year sobriety requirement, and it is a two-year commitment. 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.

Central Office Report for December 2021 – Don C.

- 1- 12th Step Call
- 53 Office Visits
- 105 Phone Information Calls
- 11,286 Website Hits

Other Information to Share:

- The 20% off book sale went well. We sold a little over 200 books. We may try to do some things like this during the year.
- If you are the host of a zoom meeting on the Central Office account, please don't add a photo, change the title of the account or anything else. Just go in and start your meeting and remember to sign out after the meeting.

No Old Business

No New Business

Next meeting: Tuesday, February 8th, 7:30 pm

JANUARY 2022

FINANCIAL REPORT

	JAN	Total YTD		JAN	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	28.00	28.00	Accounting Services	53.50	53.50
Book sales	777.13	777.13	Books Purchased	141.60	141.60
Central Office Annual Party	0.00	0.00	Chips	111.00	111.00
Chip sales	133.08	133.08	Central Office Annual Party Exp	0.00	0.00
Delegates Collection	2.00	2.00	Central Office Insurance	296.80	296.80
Faithful Fivers	606.14	606.14	Credit Card Charges	0.00	0.00
Group Contributions	10,993.85	10,993.85	Employee Insurance	271.00	271.00
High Sobriety Subscriptions	20.00	20.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	0.00	Office Equipment Lease & Maint	342.63	342.63
Individual Contributions	2,846.44	2,846.44	Office supplies	33.15	33.15
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other	0.00	0.00	Postage	500.00	500.00
Printing	0.00	0.00	Rent	1,386.00	1,386.00
Sales Tax on Books & Chips	96.94	96.94	Salaries	3,689.76	3,689.76
Tax Refund	0.00	0.00	Sales Tax on books	437.00	437.00
	0.00	0.00	Taxes (Payroll)	1,780.81	1,780.81
Total Income	15,503.58	15,503.58	Telephone & Tech	234.53	234.53
			Telephone Advertising	0.00	0.00
Less Expenses	9,277.78	9,277.78	Teleservice	0.00	0.00
			Travel Expenses	0.00	0.00
Net Income (loss)	6,225.80	6,225.80	Web Services		0.00
Starting Balance		64,625.82			
Plus Net Income/Loss		6,225.80			
Ending Balance		70,851.62	Total Operating Expenses	9,277.78	9,277.78
TOTAL PRUDENT RESERVE		50,133.41	Net Income (loss)	6,225.80	6,225.80
			2022 Year-to-Date Summary		
TOTAL CASH POSITION		120,985.03	Year-to-Date Income		15,503.58
			Year-to-Date Expenses		9,277.78
			Year-to-Date Net Inc/(Deficit)		6,225.80

SAN MATEO COUNTY FELLOWSHIP 2022 GROUP CONTRIBUTIONS

ATHERTON	JAN	YTD	PACIFICA	JAN	YTD
Horses Ass	395.00	395.00	Daily Reflections (Beach Mtg)	124.63	124.63
Sunday Spirituality	100.00	100.00	Fri Discussion Noon	60.00	60.00
			Pacifica BB Study Mon 11:00am	180.25	180.25
BELMONT			Pacifica Men's Group	160.30	160.30
Belmont Tues. Noon Group	301.80	301.80	Pedro Valley Pacifica	120.00	120.00
Day At a Time	175.70	175.70	Sharp Park 3rd & 11th Step	238.17	238.17
The Forum Group	9.31	9.31	Sun. Afternoon Daily Reflections	81.62	81.62
			Weds Noon Discussion Baptist Church	100.00	100.00
BURLINGAME			Women who wear shoes	134.40	134.40
Any Length	20.00	20.00			
Burlingame Men's Grp	387.60	387.60	PORTOLA VALLEY		
Burlingame Noon Men's Grp	20.00	20.00	Portola Valley 11th Step	450.00	450.00
Ham & Eggers	1,060.00	1,060.00			
Reason to Come to AA	215.15	215.15	SAN BRUNO		
Sharing Choices	97.02	97.02	12 Study Grp (Thurs)	65.50	65.50
			Big Book Study Fri (5pm)	92.46	92.46
FOSTER CITY			Experience, Strength, Hope	45.55	45.55
FC Women's Pop Up Gazebo	633.79	633.79	Friday Night Rap	100.00	100.00
Friday Noon Big Book	20.00	20.00	Living Sober/ HH (Tues)	39.06	39.06
Living Sober Groups (all)	378.95	378.95	Spkr/Disc - Happy Hour(Mon)	62.65	62.65
The Old & the New	40.00	40.00			
			SAN CARLOS		
HALF MOON BAY			Growing Stronger	8.00	8.00
7AM Coastside Meet.M-F	316.00	316.00	In Step with Bill	213.84	213.84
Coastside Big Book	280.00	280.00	San Carlos Beginners	10.00	10.00
Coastside Talkers	81.38	81.38	SCPF- all meetings	156.17	156.17
HMB Happy Hour Group	220.80	220.80	Sober Sundays	8.00	8.00
Last Barn on the Block	166.29	166.29			
Saturday Nite Spkr/Disc	4.81	4.81	SAN MATEO ETC.		
			Women's Home Grp (traveling)	50.00	50.00
MENLO PARK			Women's Online Meeting	50.00	50.00
Atherton AA	31.00	31.00			
Cottonmouth	106.80	106.80	SAN MATEO		
Men's R4D Big Book	182.05	182.05	Bunker Young People	230.76	230.76
Menlo Park Men's Group	64.80	64.80	Fireside Group	242.90	242.90
Mon. 12:10 PM Happy Hour	23.03	23.03	Lunch Bunch	20.00	20.00
Sat Morning Sandhill	573.41	573.41	Mid Peninsula Women	155.67	155.67
Sat Sunrise Grp MP 7:30	401.10	401.10	Monday Night Men's 6:30	100.00	100.00
Sunday Sober Sisters	300.00	300.00	Sunday Sundowners	4.81	4.81
Tues Noon Book Worm	105.07	105.07	Wednesday Afternoon Group	63.00	63.00
			SOUTH S.F.		
			South City Womens	70.00	70.00
			WESTBAY ALANO		
			Colma Eye Opener	543.55	543.55
			Women's Happy Hour	301.70	301.70

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