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

April 2022

SMC Fellowship News



The day the Lord created hope was probably the same day He created spring."

– Bernard Williams

Happy Spring and Happy Easter!

Reminder About In-person Meetings:

While County Mask Mandates have expired, our Fourth Tradition states "Each group should be autonomous except in matters affecting other groups or AA as a whole." It is recommended that in-person meetings take a group conscience on this issue so that all attendees can feel safe and comfortable.

Grapevine and La Vina are on Instagram and YouTube:

Instagram: alcoholicsanonymous.gv

YouTube: AA Grapevine

Grapevine AA Podcast:

www.aagrapevine.org/podcast

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Service Opportunities: Service is a great way to connect with others in the fellowship. For a detailed description of each committee and its functions, please see the SERVICE OPPORTUNITIES tab on the home page at aa-san-mateo.org.

PICPC: Volunteers Needed: Coordinators and Cocoordinators, Public Relations – Radio, TV and Social Media.

TELESERVICE: Three frontline shifts are currently available.

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

CENTRAL OFFICE needs volunteers. Morning and afternoon shifts are available. Contact Central Office for more information.

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Monthly Service Committee Meetings

BRIDGING THE GAP April 4, 7:30pm on Zoom

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

TELESERVICE Quarterly Meeting Sunday, June 5, 7:00pm on Zoom

Meeting ID: 971 3141 3389

DELEGATES TO CENTRAL OFFICE April 12, 7:30pm on Zoom

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

PI/CPC April 12, 6:30 pm on ZoomMeeting ID: 841 7877 3337

GENERAL SERVICE April 19, 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) April 26, 7:15 orientation; 8 p.m. business meeting

St. Andrews Lutheran Church, 1501 S. El Camino Real, San Mateo

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

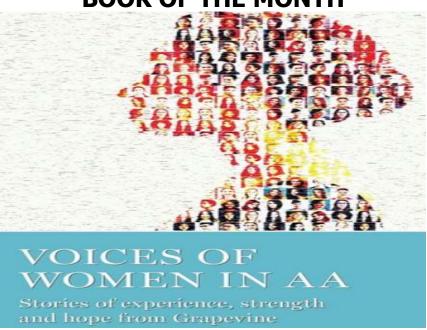
UPCOMING EVENTS

woodstock west
Los Angeles, CA
May 13-15, 2022

FOUR POINTS BY SHERATON AT LAX

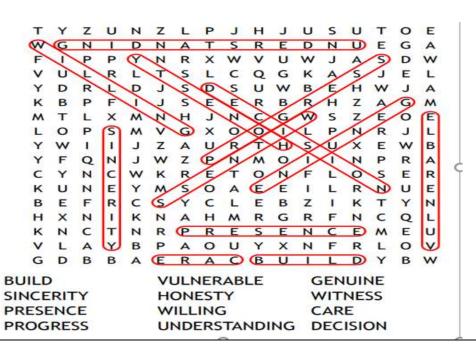
For more information see see www.woodstockwest.biz

BOOK OF THE MONTH



Voices of Women in AA is a collection of 61 stories from Grapevine. The soft cover book begins with articles by or about women who contributed to AA early in its history, followed by stories by some of the program's earliest female members. Sections are devoted to spirituality, sponsorship, life changes, relationships, family, careers and friendships. The collection concludes with a chapter devoted to women's meetings. The stories demonstrate the various ways women alcoholics—often with great courage—find sobriety in AA and embrace the program to live rich and rewarding lives. VOICES OF WOMEN IN AA can be purchased at our Central office for \$10.00.

ANSWER KEY -STEP THREE



High Sobriety 4 April 2022

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 stillsuffering 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

Tom L - San Mateo – 9 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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High Sobriety 5 April 2022

STEP FOUR: Made a searching and fearless moral inventory of ourselves.



POPPING UP EVERYWHERE
His fear of past wrongs overwhelming him was put to
rest with a thorough Step Four

In reading Step Four, I realized my main character defects were already listed: selfishness, dishonesty, resentment and fear. Resentment, per my grudge list, was easy to recognize. Dishonesty was also easy, since I lied about everything so you wouldn't discover my secrets. Fear was a defect because it was about losing something I had or not getting something I wanted.

These three defects boiled down to selfishness and selfcenteredness. These got me into trouble in so many ways, especially when I believed I was all-powerful and could control every aspect of my life.

Writing my moral inventory of what I had done wrong in my past was a liberating experience. For once, I could be honest with myself and didn't have to keep those skeletons in my closet any more. They were like zombies. They wouldn't stay dead and kept popping up where they weren't wanted. When they did, I was flooded with shame and guilt. The committee in my head got fired up. Fear set in about what I did yesterday while in a blackout and what might happen tomorrow after all was discovered.

So I did Step Four exactly as it's suggested in the book, with a lot of help from my sponsor. I wrote about how I resented my parents, wife, family, boss, coworkers, neighbors, people from my childhood and some who had died long ago. I wrote about the injustices I had so stoically endured and

all of my justified anger. I wrote about my fear of dying a long, slow, painful death from cancer and my fear of going broke and fear of people hating me...and my fear of never being loved.

I wrote about my inability to have any kind of healthy or fulfilling relationship with anyone and why that was. I wrote about people I had harmed more than they had harmed me and some who hadn't harmed me at all. I listed character defects I had never acknowledged or accepted as mine. As I saw it, those defects had always been someone else's. I wrote about how much easier it was to play the victim and blame others for my messed up life rather than be accountable for my own role in my miserable life.

At the end, I couldn't believe the mountain of manure I had created. It reeked. And it was all mine. I hadn't cleaned house, I had cleaned out my insides.

The book says, "When we decide who is to hear our story, we waste no time." No problem there. I wanted that pile of muck gone. So I did Step Five right away. It was long and a little scary, but it was such a relief. I could finally let go of the guilt and shame from my past, and see that maybe, just maybe, I could actually start a new life.

BY: ALEX M. | LOUISVILLE, KENTUCKY

FOURTH STEP PRAYER

Dear God,

It is I who have made my life a mess.
I have done it, but I cannot undo it.
My mistakes are mine &
I will begin a searching & fearless moral inventory.

I will write down my wrongs
But I will also include that which is good
I pray for the strength to complete the task

High Sobriety 6 April 2022

TRADITION FOUR: Each group should be autonomous except in matters affecting other groups or AA as a whole.



TRADITION FOUR: Autonomy--Not Self-Will

A political science professor at the University of Missouri once said, "The reason that the Constitution of the United States has been so successful for more than 200 years is that it is so general and so flexible that people don't feel they have to change it every time they have an argument." I have come to believe that there might just be some of that flexibility in our Traditions, particularly Tradition Four.

Through the years I have learned to take arguments about the Traditions, or instances of using a given Tradition to support a personal position, with a little grain of salt. As Bill W. explains Rule 62 in Twelve Steps and Twelve Traditions, let's not take ourselves too damn seriously. This is the real beauty in the Traditions. They have survived intact, even more so than the U.S. Constitution, in spite of the many ways we as individuals have used and misused them on our AA travels.

I have heard an argument supported with one part of a Tradition while the second part is completely ignored. This phenomenon seems to occur quite often in Tradition Four: "Each group should be autonomous except in matters affecting other groups or AA as a whole."

Autonomy most often seems to be used as an argument to explain or defend why a group ought to do what a certain member wants it to do. It occurs to me that the framework that we build around autonomy is the same framework that we build around self, which the Big Book warns us we must get rid of if we are to expect a life of sobriety and serenity. In other words, we often use autonomy to get our way.

I remember a wise old-timer saying to me many years ago that the most important thing that we had to remember about our relations with each other in AA is Tradition One: everything we do and say should have our common welfare uppermost in our minds and be in support of AA unity.

And so it is with Tradition Four. It should not be used so much to strike home the point that a group can do anything it darned well wants to. It should also remind us to ask ourselves, in the context of all the Traditions: "Is this decision good for all the groups around us? Will we hurt someone? Are we helping the AA Fellowship as a whole?"

Through trial and error, we have found two very important facts about ourselves and about Tradition Four. First, we have discovered that we must take responsibility for ourselves if we are to recover and have complete freedom, or autonomy within our groups. So we cannot use autonomy for selfish means.

Second, we must depend on each other or die alone. No heritage from our AA predecessors is so precious and so clear. We cannot look inward when we talk about autonomy. We must look always to the greater good. There is no one else who will care for the survival of the Fellowship if we do not. We know our own lives depend on the well-being of all the groups and all the members if the Fellowship and its members are to survive.

I believe any document, whether it's the Constitution or the Traditions of our Fellowship, which has survived all trials and remained for the common good of many people, is spiritual in its origins. Tradition Four exemplifies in its true meaning this spiritual foundation of our Society. Taken in this context, all that we do and say should be for the good of the greatest number. The future of the Fellowship and our own futures depend on it.

RICHARD B. | ISELIN, NEW JERSEY

High Sobriety 7 April 2022

A Very Good April



It's now many years later. I will go out and hide the Easter eggs before anyone else gets up. Finding AA and getting sober was a miracle of my life.

Early one morning in 1988, I made a call to my wife from my office. I was in a blackout and crying, "I can't live like this anymore." Pam, who was 30 miles away at our home, knew who to call because she had met the people at my job who had been trying to help me. They all quickly mobilized what I called the "AA Army" and eventually located a bed for me in a rehab in Canaan, Connecticut.

So on April 1, Good Friday, I entered a detox unit. The alcohol in my system soon began to wear off and the shakes were unbelievable. I had had the shakes for several years, but I had always been able to locate one of my hidden bottles of vodka to quiet my nerves. Obviously, the detox that morning had no vodka. When I got into the shower, I thought I would rip the support bars off the wall I was shaking so bad.

I don't ever want to forget that awful feeling and that this was where my 25-year love affair with alcohol had taken me. Over the next 28 days something amazing happened to me. I came to realize that I didn't have to ever drink again, a day at a time.

Shortly after getting out of treatment, I was told by someone at an AA meeting that if I got on my knees every morning and asked God to remove my desire to drink, he would. I was so afraid that I'd drink again, I tried it, and I've been doing it every day since.

It's now April Fool's Day, many years later, and it's my 30th sober anniversary. It's also Easter Sunday. I woke up (not came to!) in a house full of loving family, wife, daughters, sons—in—law and grandchildren, all who love and respect me. I will spend my normal time in prayer and meditation and then go out and hide the Easter eggs before anyone else gets up. This would not be happening if I had not suffered on that horrible day in 1988, and if those loving hands had not been there to help me.

Although April 1 is always my sobriety date, it doesn't always coincide with Easter Week. The irony of April Fool's Day being Good Friday in 1988 and here I am celebrating my 30 years on Easter Sunday is not lost on me. Finding AA and getting sober was a miracle of my life.

BY: DANA M. | LEBANON, NEW HAMPSHIRE

High Sobriety 8 April 2022

STEP FOUR

1	TINEVOYNR				

2. TSENOH

3. ERLSNAOP

4. ALFSEESR

5. MORTCDSIOF

6. TSSSSANEME

7. IEGELSFN

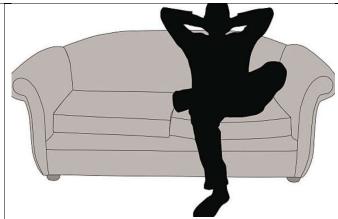
8. AERYSL

9. NDIMASIOS

10. EICEEXERNP



I'm not saying you can't come in, I'm just suggesting that there's virtual meeting attire and in-person meeting attire."



Now that's a problem

Furniture Salesman: Our new line of sofas will sit five people with no problems.

AA member: I don't know five people with no problems.

High Sobriety 9 April 2022

Central Office Delegates Minutes - March 9, 2022

Opened Delegates Meeting 7:35 p.m. & closed- 8:00 p.m. 12 Traditions: Linda. Responsibility Stmt: Corrine B. A.A. Birthdays: John B., 8 years. Minutes: approved; Financial Report: approved.

BTG- Bridging the Gap- Grant V.

- The BTG monthly business meeting occurs the 1st Monday of the month, 7:30-8 p.m., online format. (Zoom Meeting ID: 639 547 0157; Passcode: 54321).
- Our program provides phone reach-out to pending releases who request it from detox/treatment centers/facilities in SMC and those attending facilities outside the county who live here. We assign BTG volunteers to introduce and guide them to online meetings and in-person meetings where available. We received 2 blue cards over the last month and assigned volunteers. We refresh the volunteer list on an ongoing basis.
- Our 2 main facilities remain closed Mills Peninsula and Palm Ave. We are actively working to get involved with Kaiser SSF
- Presentation with PICPC on March 3rd to the parole board, and we have sent literature.
- Planning continues with H&I to partner with presentations, as facilities open to us.
- Contact Grant Vincent at (415) 279-1188 or grant.vincent@gmail.com.

General Service- Karen A.

- Grapevine and La Vina now have a social media presence including a podcast, YouTube channel, and Instagram account.
- General Service Conference Agenda Topics are here; summaries have been provided. We will bring group consciences to the Pre-Conference Assembly on April 2-3.
- Chitra S., our Area Treasurer, presented on agenda topics.
 Our delegate is the chair of the Trustees Committee- she would like to get group consciences that she can bring directly to her committee. She will not hear group consciences on the topic and theme of the 2023 General Service Conference, or Grapevine book topics at this assembly.
- Agenda Topics Workshop: Saturday, March 12th, 11:00
 A.M.-12:30 p.m.
- New business: Gathering group consciences
- Special contribution to GSO for \$2000
- Co-host an inter-district workshop with SF and Marin

NCCAA - Colleen G.

 NCCAA 73rd Annual Conference March 11-13 in San Jose. Registration fee \$25.00. Location: Holiday Inn San Jose-Silicon Valley. See the website: www.norcalaa.org

PICPC- Brent M.

- Business meeting is on 2nd Tuesday of the month. Next meeting: April 12th, 6:15.
- Zoom Meeting ID: 841 7877 3337 https://us02web.zoom.us/j/84178773337
- February meeting: 1. Discussed February Area meeting-how AA can better serve the agnostic and atheist.
 2.Committee continues to investigate generation of request for Tagalog (Filipino)- define need. 3. Revisit our mailing list of religious organizations.
- Volunteers needed: 1. Coordinators for one of six positions (co-coordinators still needed): Public Relations- Radio, TV and Social Media. 2. Research Assistants and Assist. Coordinators
- Presentations- Two in past month: 1. Feb. 27th, we presented to a group of twenty 8th-12th graders through the Young Men's Service League. 2. Our monthly presentation. 3. Upcoming- April 7th, with the CA parolees being released in San Mateo County (PACT).
- If you are interested in participating, contact Brent at dist05.picpc@gmail.com.

Teleservice - Eden C.

• We have three frontline shifts available: 1st Friday 8:30pm-12:30 a.m., 2nd Friday 4:30-8:30 p.m. and the 5th Saturday from 8:30 a.m.-12:30 p.m. 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.

Central Office Report for February 2022 – Don C.

1- 12th Step Call; 52 - Office Visits; 117 - Phone Information Calls; 10,164 Website Hits

Other Information: The mask mandate is over but there may be some meetings that would prefer to wear masks. Central Office has no opinion on what the meetings do (per 4th Tradition). There is a blurb in the High Sobriety that states each meeting can take a group conscience on whether they want masks or not.

We had about 100 newsletters returned to C/O yesterday! I have not been able to find out why they were returned (this has never happened before). If you didn't get your newsletter and would like it- visit Central Office. Unfortunately, we cannot resend them because they have been stamped with a postal code.

No Old Business; No New Business Next meeting: Tuesday April 12 7:30 p.m.

MARCH 2022 FINANCIAL REPORT

	MAR	Total YTD		MAR	Total YTD
Income		11111	Operating Expenses		
Birthday Club Contributions	9.00	149.75	Accounting Services	57.00	1,761.75
Book sales	1,025.35	2,673.38	Books Purchased	1,611.00	2,807.85
Central Office Annual Party	0.00	0.00	Chips	150.45	333.30
Chip sales	170.81	619.98	Central Office Annual Party Exp	0.00	0.00
Delegates Collection	2.00	6.00	Central Office Insurance	150.43	447.23
Faithful Fivers	541.27	1,712.94	Credit Card Charges	18.15	51.80
Group Contributions	8,739.23	24,992.90	Employee Insurance	271.00	813.00
High Sobriety Subscriptions	0.00	20.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	0.00	Office Equipment Lease & Maint	190.53	875.79
Individual Contributions	554.29	4,056.60	Office supplies	27.20	168.58
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other (Comcast refund)	175.55	175.55	Postage	0.00	500.00
Printing	0.00	20.00	Rent	1,386.00	4,158.00
Sales Tax on Books & Chips	127.39	350.74	Salaries	4,744.76	12,407.72
Tax Refund	100.00	100.00	Sales Tax on books	0.00	437.00
		0.00	Taxes (Payroll)	1,983.83	5,586.27
Total Income	11,444.89	34,877.84	Telephone & Tech	135.19	504.77
Total Income			Telephone Advertising	0.00	0.00
			Teleservice	165.00	495.00
Less Expenses	10,890.54	31,348.06	Travel Expenses	0.00	0.00
	10,000	3.113.00.00	Web Services	0.00	0.00
Net Income (loss)	554.35	3,529.78	1		
Starting Balance		67,601.25			
Plus Net Income/Loss		554.35			
		See and the second	Total Operating Expenses	10,890.54	31,348.06
Ending Balance		68,155.60	Net Income (loss)	554.35	3,529.78
TOTAL PRUDENT RESERVE		50,137.20			
			Year-to-Date Income		34,877.84
			Year-to-Date Expenses	4	31,348.06
TOTAL CASH POSITION		118,292.80	Year-to-Date Net Inc/(Deficit)	,	3,529.78

11	April 2022
	11

SAN MATEO COUNTY FELLOWSHIP MARCH 2022 GROUP CONTRIBUTIONS

ATHERTON	MARCH	YTD	HALF MOON BAY	MARCH	YTD	PACIFICA	MARCH	YTD	SAN CARLOS	MARCH	YTD
Horses Ass	355.00	1,099.00	7AM Coastside Meet.M-F	274.00	958.00	12 @ 6 Group	92.00	92.00	Bookies	19.11	19.11
Sunday Spirituality		100.00	Coastside Big Book		280.00	Daily Reflections (Beach Mtg)	293.71	418.34	Growing Stronger	8.00	24.00
			Coastside Talkers		81.38	Fri Discussion Noon		60.00	In Step with Bill	1	213.84
BELMONT			HMB Happy Hour Group		220.80	Pacifica BB Study Mon 11:00am		180.25	S.C. Awareness Group	230.29	233.76
Belmont Tues. Noon Group	65.40	405,20	HMB Thurs Womens BB	210.00	210.00	Pacifica Men's Group		160.30	San Carlos Beginners	208.29	226.29
Day At a Time		175.70	Last Barn on the Block		166.29	Pedro Valley Pacifica		120.00	SCPF- all meetings	385.99	554.09
The Forum Group	10.02	29.35	Saturday Nite Spkr/Disc		4.81	Sharp Park 3rd & 11th Step		238.17	Sober Sundays	10.00	28.00
One Line at a Time	10.00	20.00	777 Miramontes Noon Meet.M-F*	229.29	229.29	Sun. Afternoon Daily Reflections		81.62	CONFORMACIONOS V	G SUSPENSE	
Singleness of Purpose	20.04	20.04	NAN ALII KIVOLOO OVERRAK ISKAIII II BASIVA III II Tara ili alii alii alii alii	- AERWA	1017/101	Thurs Noon Disc	100.00	195.00	SAN MATEO ETC.		
Diministration of the second materials and second of the s	N CONTRACTOR	o resource St	MENLO PARK			Tues Noon Disc. Grp	100.00	100.00	Women's Home Grp (traveling)		50.00
BRISBANE		ý	Atherton AA	20.04	76.09	Weds Noon Discussion Baptist Church		100.00	Women's Online Meeting		50.00
Brisbane Breakfast	239.46	239,46	Cottonmouth		106.80	Women's Big Book Study		70.53	Baseball Diamond Daily Reflection		206.00
transcription of the second	0	o r - o- anner-mens os	Men's R4D Big Book		182.05	Women's Candlelight Grp	250.42	250.42			
BURLINGAME			Menlo Park Men's Group		64.80	Women who wear shoes	3.000	134.40	SAN MATEO		
Any Length		40.00	Mon. 12:10 PM Happy Hour		23.03				Bunker Young People		230,76
Burlingame Men's Grp		387.60	Sat Morning Sandhill		573.41	PESCADERO			Fireside Group		385.85
Burlingame Noon Men's Grp	392.00	432.00	Sat Sunrise Grp MP 7:30		401.10	Grass Roots	1,581.85	1,581.85	Lunch Bunch		40.00
Ham & Eggers		1,065.00	Sunday Sober Sisters		300.00	100,000,000			Mid Peninsula Women	85.61	283,13
Hillsborough Men's Group		100.00	Tues Noon Book Worm		105.07	PORTOLA VALLEY			Monday Night Men's 6:30		100.00
Reason to Come to AA		215.15	Women's 12- Step Thu Noon	280.00	280.00	Portola Valley 11th Step		450.00	Morning Serenity (All)	1,088.09	1,488.09
Senior Focus Group		49.93							Sunday Sundowners		4.81
Sharing Choices		97.02	MILLBRAE			REDWOOD CITY			Wednesday Afternoon Group	125.00	355.00
Tuesday Nite Group		487.00	12 Step Study (Tues Noon)		250.00	Freedom Group		489.56			
			Shelter in Place	105.00	105.00	Horse's Ass Loving Fellowship	126.00	126.00	SOUTH S.F.		
FOSTER CITY			TOTAL STATE OF THE			Wed. Woodside Meeting	1100000	226.38	New Beginnings	100.00	100.00
FC Women's Pop Up Gazebo	506.77	1,140.56							South City Womens		75.00
Foster City Women (Sat)	0 1000000	200.00				SAN BRUNO			000000000000000000000000000000000000000		
Friday Noon Big Book	50.06	90.06				12 Study Grp (Thurs)	46.00	154.90	WESTBAY ALANO		
Living Sober Groups (all)	657.74	1,436.69				Big Book Study Fri (5pm)		140.82	Colma Eye Opener		543.55
Study theText Group	100.00	100.00				Come as You Are	60.00	450.00	Monday Night Men's WBAC		108.50
The Old & the New	20.00	100.00		100		Experience, Strength, Hope	38.00	136.05	Tues 7am Big Book		45.00
30000000000000000000000000000000000000	0	3				Friday Night Rap		110.00	179 100 100 100 100 100 100 100 100 100 10		
						Grupo Serenidad	10.00	10.00			
						Living Sober/ HH (Tues)	to HILL A	64.98			
		Ŷ.				Spkr/Disc - Happy Hour(Mon)	236.05	507.17		ŷ	
						Tools of Recovery (Tue 6:30p)		20.00			

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San Mateo, CA 94403-1898

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