

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

November 2022

SMC Fellowship News



When asked if my cup is half full or half empty, my only response is that I am thankful I have a cup. – Sam Lefkowitz

Holiday Alkathons: The Thanksgiving, Christmas and New Year's Alkathons are back! The Alkathons will be both in-person and by Zoom. See p. 3 for details. Thanks to the planning committee for all of their hard work getting these set up.

If your group would like to host a meeting, the deadline for doing so is November 12. You can find the sign-up sheet on the website at <http://aasanmateo.org/> or at this link: <https://forms.gle/q4tkdB4snZByN7D69>

Central Office News: Central Office will be closed for the Thanksgiving Holiday on Thursday and Friday, November 24 and 25. Also, please note: we will be closed from December 26 to January 3 for carpet replacement.

Table of Contents

| | |
|--|-----|
| Monthly Service Committee Meetings ... | 2 |
| Upcoming Events ... | 2-3 |
| Step Eleven – Make Me A Channel... | 5 |
| Better Than Football and Pie ... | 6 |
| Puzzle ... | 7 |
| Central Office Minutes ... | 8-9 |
| Central Office Financial Report ... | 10 |
| Group Contributions ... | 11 |

Note: The back door at Central Office is now permanently locked. If you need to get in the back door, call (650-577-1310) and we'll let you in. The front door is still unlocked during business hours

As more facilities are starting to reopen, there are plenty of service opportunities available. If you are looking to get more involved or volunteer, check out the minutes on pages 8 - 9 and/or the website at: <https://aa-san-mateo.org/service-opportunities>

Printed meeting schedules are now available at Central Office. The **Meeting Guide In Person And Zoom** on the website continues to be updated regularly.

Monthly Service Committee Meetings

BRIDGING THE GAP

November 14, 7:30pm on Zoom

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

TELESERVICE

Quarterly Meeting – January 8, 2023 7:00pm on Zoom

Meeting ID: 858 4259 6364

DELEGATES TO CENTRAL OFFICE

November 8, 7:30 pm on Zoom

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

PI/CPC

November 8, 6:15 pm on Zoom

Meeting ID: 841 7877 3337

GENERAL SERVICE

November 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)

November 22, 7:15 orientation; 8 p.m. business meeting

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

PENYPAA (Peninsula Young People in AA) Nov. 13 and Nov. 27 5: 30 p.m., 225 Tilton, San Mateo

UPCOMING EVENTS

**West Bay Alano Club**
216 Mosswood Way - South San Francisco
Thursday, Nov. 24, 2022**LIVE AA meetings every 2 hours –
Starting at 6AM; last meeting at 8PM****Thanksgiving Feast****1:30 pm -3:30 pm****All are Welcome !**

Greetings to the San Mateo County Alcoholics Anonymous community.

We are excited to announce our upcoming 2022 - 2023 A.A. Alkathon. The San Mateo County Alkathon started 48 years ago to provide round-the-clock meetings during the holidays. This year's Alkathon will be partially in-person and on Zoom. The first meeting starts at Noon on the first day, and the last meeting starts at Noon on the last day. Meetings will start every even hour, 24/7, and are 90 minutes.

The Zoom portion of the Alkathon is open to groups outside San Mateo County, including international. **Your Submission must be received by Saturday November 12 2022 at 8 AM. All group submissions will be drawn randomly on Sunday November 13 2022 at 2:00PM**

THANKSGIVING ALKATHON

IN-PERSON: Wednesday, November 23, 2022, from 12:00 PM - 10:00 PM (Last meeting ends at 12:00 AM)

ZOOM: Thursday, November 24, 2022, from 12:00 AM ending at 08:00 AM (Pacific Time)

IN-PERSON: Thursday, November 24, 2022, from 08:00 AM - 10:00 PM (Last meeting ends at 12:00 AM)

ZOOM: Friday, November 25, 2022, from 12:00 AM ending at 08:00 AM (Pacific Time)

IN-PERSON: Friday, November 25, 2022, from 08:00 AM to 1:00 PM

CHRISTMAS ALKATHON

IN-PERSON: Saturday, December 24, 2022, from 12:00 PM - 10:00 PM (Last meeting ends at 12:00 AM)

ZOOM: Sunday, December 25, 2022, from 12:00 AM ending at 08:00 AM (Pacific Time)

IN-PERSON: Sunday, December 25, 2022, from 08:00 AM - 10:00 PM (Last meeting ends at 12:00 AM)

ZOOM: Monday, December 26, 2022, from 12:00 AM ending at 08:00 AM (Pacific Time)

IN-PERSON: Monday, December 26, 2022, from 08:00 AM to 1:00 PM

NEW YEAR'S ALKATHON

IN-PERSON: Saturday, December 31, 2022, from 12:00 PM - 10:00 PM (Last meeting ends at 12:00 AM)

ZOOM: Sunday, January 1, 2023, from 12:00 AM ending at 08:00 AM (Pacific Time)

IN-PERSON: Sunday, January 1, 2023, from 08:00 AM - 10:00 PM (Last meeting ends at 10:00 PM)

ZOOM: Monday, January 2, 2023, from 12:00 AM ending at 08:00 AM (Pacific Time)

IN-PERSON: Monday, January 2, 2023, from 08:00 AM to 1:00 PM

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.



Happy Birthday

Robin D 39 years RWC
Shirley Y 47 years SM

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.

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!



STEP ELEVEN: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.



MAKE ME A CHANNEL

I remember when my sponsor gave me an assignment for Step Eleven. After we reviewed the Step in our book Twelve Steps and Twelve Traditions, he told me to read the Eleventh Step Prayer every day for 30 days and develop a routine for daily prayer and meditation.

I had been sober for approximately nine months at that time. I was going through a divorce and I was an assistant manager of a sober living environment, but not fully employed.

During this time, I had visitation with my sons every Sunday for a few hours. Just about every week, my soon-to-be ex-wife and I would engage in a heated argument just prior to my visit with my boys, which created a cloud that dampened our visit. To be clear, the cloud quickly disappeared once my boys and I got busy visiting, but they could feel the tension when I picked them up and dropped them off.

But one day, when I made the usual call to my wife to make sure that we were all agreed on the hand-over process (the time the argument usually would start) something really strange happened. Without any forethought or plan on my part, I asked her what she meant by something she said. I was not being sarcastic; I really wanted to understand what she meant, and she could tell I really wanted to understand. As you might imagine, she was a little skeptical, so she was cautious with her response. I restated what she said and asked if that was what she meant. She said yes and I told her

that we agreed. We did not argue. In fact, I have found that this technique works well with most people most of the time.

Then it hit me. The Eleventh Step Prayer was taking hold of me. The prayer says, in part, “Lord, grant that I may seek rather to comfort, than to be comforted—to understand, than to be understood.” The lesson here is that prayers must be followed by action. The prayer taught me to give others what I want for myself, and then I will receive. This is consistent with most things in AA. We have to give it away to keep it, we pray for the people we resent to have everything we want for ourselves and we sponsor others so we can stay sober.

Going through the divorce made me feel very lonely, but attending AA meetings helped. I eventually took service commitment as a greeter, which required that I arrive at meetings early to greet people at the door. That’s when I made another discovery. I noticed that I was not lonely anymore after the second or third handshake.

My conscious contact with God is the biggest thing in my life today. I am never alone. My only dilemma is who to thank. Do I thank God for bringing me to AA or AA for showing me how to develop a better relationship with God?

I told a very dear friend of mine in the program that I knew that God has been doing his best to help me, but sometimes I could not see how exactly. Eventually, I realized that God had removed everything that was distracting me (job, family, etc.) so I could focus. Left with nothing, I was desperate and had nowhere to go. So he put a few others in my life who showed me to AA. And it was there that I learned how to communicate with him, when I “Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out.”

BY: MICHAEL J. | OMAHA, NEB.

THANKSGIVING 2022



BETTER THAN FOOTBALL AND PIE

I turned my life around in April of 1989. It still amazes me that one day at a time, I could actually live a sober, God-centered life for the next 30 years.

My first few months in AA were hard. After all, this was the longest amount of time that this 50-year-old had ever gone without drinking.

But I was about to be tested. Thanksgiving was approaching. Would I actually be able to pull off an alcohol-free Thanksgiving? Would God give me the strength and courage for that?

How could I go to a holiday get-together without a few drinks first? How would I ever watch football games without beer? How could I go to the Thanksgiving parade without a few “nips” to warm up? How would I enjoy the dinner without a nice bottle of red wine?

Luckily, AA members offered some amazing advice. On Thanksgiving Day, our local meetings held an AA marathon at the church where we met. There were meetings every hour on the hour, from morning to night, with food! Everyone was welcome. It was a safe place to be for us newcomers.

Everyone in our group took part. It was “suggested” that I volunteer to help. At first I told them I was much too busy, but the looks they gave me reminded me of the ones my mother gave me when I was a teenager. I soon realized that their “suggestion” was not really a suggestion, so I pitched in.

So Thanksgiving morning, before my family’s celebration began, and before the first football game started, I headed over to the church to help out. When I got to the alcathon, what I saw was amazing. The meeting room was already filled with people, some familiar faces and many I didn’t know. Some just came for the coffee, others hung out all day. Many enjoyed the dinner members made, others just ate the amazing desserts. I loved it.

That day, Thanksgiving took on a totally new meaning for me. Instead of worrying and thinking of myself and all my problems, I served food to everyone. Instead of thinking of myself, I spoke with members who had no family at all. Instead of thinking of myself, I listened to newcomers who were close to picking up a drink and needed to talk. Instead of thinking of myself, I met people who actually had no other place to go. And most importantly, instead of thinking of myself, I met spiritual, God-loving people, who taught me the true meaning of Thanksgiving.

That day 30 years ago, in that church basement, my life changed. It became clear to me that compared to many other people’s problems, mine weren’t so bad. And it also became obvious that in order for me to stay sober and truly live a spiritual life, I’d have to reach out and extend a hand to others.

When I returned home to be with my family that day, I had a whole new attitude. I learned that it’s not the food. It’s not the football games. It’s not the parade. It’s not the small talk with a bunch of people I only see on holidays. And it’s certainly not the expensive wine! It’s about the impact I can have on the life of another human by being useful.

Reach out this Thanksgiving. Hug your kids. Call a friend in trouble. Pray for those less fortunate. These things help me; they can help you too. And I learned all this at an AA alcathon.

BY: DEFINITELY STEVE | NASHVILLE, TENN.

STEP ELEVEN

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

COPING

PRACTICE

CALM

ROUTINE

QUIET

PEACEFUL

SIMPLE

GUIDANCE

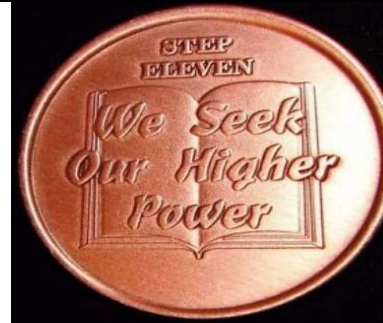
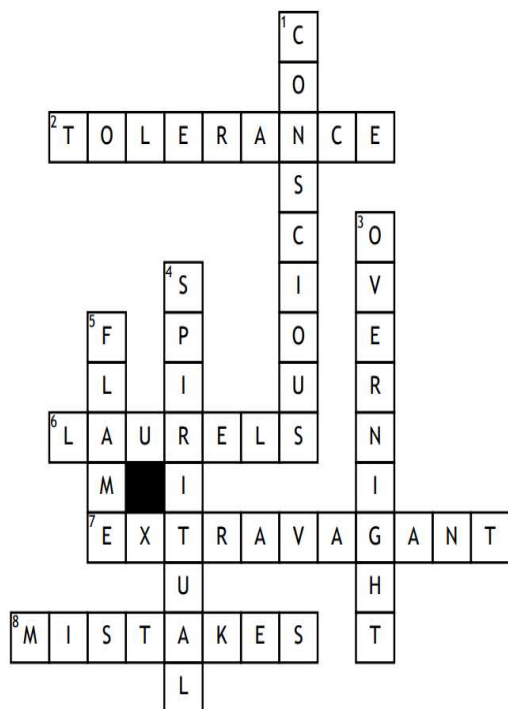
CONTACT

SPIRITUALITY

MEDITATION

PRAYER

Step Ten (answer key)



Make me an instrument of Thy peace;
 Where there is hatred, let me sow love;
 Where there is injury, pardon;
 Where there is error, the truth;
 Where there is doubt, the faith;
 Where there is despair, hope;
 Where there is darkness, light;
 And where there is sadness, joy.

Central Office Delegates Meeting Minutes – Tuesday, October 11, 2022

Opened Delegates Meeting – 7:30 pm & Closed- 8:15. 12 Traditions: Harry Z. Responsibility Statement: Edgar. Birthdays: Faye J., 13 years; Paula V., 37 years. New delegates: Brian S., Day at a Time, Belmont; Edgar, Nada Podemos Solos, SSF. Minutes- Approved. Financial Report-Approved with amended Financial Report.

Service Committee Reports:

BTG- Bridging the Gap- Grant V.

- The BTG monthly business meeting occurs the 2nd Monday of the month, 7:30-8 pm in an online format -updated schedule. (Zoom -Meeting ID: 639 547 0157; Passcode: 54321). Monthly business meeting was October 3.
- 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 refresh the volunteer list on an ongoing basis.
- We received 3 blue cards in the last month and assigned volunteers.
- Palm Avenue detox is now open, and we are in contact with them to begin presentations. And last month, we resumed presentations at the Menlo Park VA.
- A new volunteer is now attending the Parole Board meeting, that is held on a monthly basis- we are partnering with PICPC.
- To be of service, contact Grant Vincent at (415) 279-1188 or grant.vincent@gmail.com.

General Service- Karen A.

- Fall Election Assembly: November 5th, in Vacaville.
- Our district funded our DCMC, Sarah B., to attend PRAASA in Salt Lake City.
- Visiting Area Officer, Richard W., CNCA Literature/Grapevine/La Vina Chair, presented on contributing to AA Literature. In addition to the 5th edition of the Big Book and the 4th edition of Alcoholicos Anonimos, "AA for the Black and African-American Alcoholic" and "AA for the Older Alcoholic-Never Too Late" pamphlets are also being updated. Play the YouTube video at your business meetings! Talk about the Carry the Message Project, Instagram page and podcast. Send in stories, jokes, photos of your meeting. They will also be developing smartphone apps that they would like to receive feedback on.

H & I

- Contact Joey D. at (650) 207-3525 to be of service or if you have questions.
- H & I is back in person at the VA in Menlo Park on Wednesday evenings. Contact Lori C. at cancilla.lori@gmail.com
- The H & I (Hospitals and Institutions) business meeting is held on the 4th Tuesday of the month. (Orientation at 7:15 pm and Business Meeting at 8:00 pm)

PENYPAA – Kevin L.

- Business meetings are now held in person, on the 2nd and 4th Sundays of the month, 5:30 pm, at 225 Tilton Ave, SM. Service positions are available, no age requirement for participating with PENYPAA.
- The "Baywide Halloween Dance" will be held October 29th, in Dublin. Poster with information will be available soon on the Central Office website: <https://aa-san-mateo.org/>

PICPC- Brent M.

- Business meeting is on 2nd Tuesday of the month. Next meeting: November 8th, 6:15 pm.
 - Zoom Meeting ID: 841 7877 3337 or <https://us02web.zoom.us/j/84178773337>

The committee discussed:

- Packets-finalizing the list of religious facilities, we only have 90 packets and there are many more religious facilities in SM County.
- Repurposing pamphlets intended for medical professionals to target waiting rooms. Would members of the fellowship be willing to take pamphlets to their physicians waiting rooms?
- Reaching out to groups for donations of old Grapevines and La Vinas

Recent activities include:

- Information table at the Health Fair associated with National Recovery Month, Sept 14. A table at the Picnic/Health Fair associated with Recovery Month, September 28.
- Facilitated the AA Survey with a SM County group on October 4. Survey is used to upgrade Pamphlet-48, "Alcoholics Anonymous Membership Survey."
- Presentation with Bridging the Gap at Parolee Action Community Team (PACT) meeting, Oct 6.
- Coordinators still needed: Public Relations: Radio, TV, and social media. Research Assistants & Assistant Coordinators are also needed. If you are interested in participating, contact Brent at dist05.picpc@gmail.com

Alkathons – Becky N.

- Alkathon Planning Meeting on zoom: Monday, October 17, 7:30 pm. The Thanksgiving Alkathon needs planning support and volunteers.
 - <https://us02web.zoom.us/j/81620074900>
 - Meeting ID: 816 2007 4900
 - One tap mobile
 - +16692192599,,81620074900#
- Contact Becky at rnassarre@ymail.com or call her at (415)706-3460 for information.

Advisory Committee – Colleen G.

Your Central Office Advisory Board Members meet quarterly. Our next Meeting is Wednesday, November 2nd @ 6:30pm. Advisory Board members will receive Zoom info from Don prior to this meeting.

Teleservice

- To be of service or for more information, please contact Michelle C., Information Chair, at (650) 303-1208 or Erin S., Chair, at (408) 431-4365.

Trusted Servants Workshop – Bob M.

- 2nd Trusted Servants Workshop at San Carlos Peninsula Fellowship:
 - Saturday, October 15th, at 1:15 pm- meeting will be hybrid- in person and on zoom.
- The workshop on October 8th was successful and Sarah B., GSR Area Representative, assisted in facilitating the workshop.

Anniversary Party – Becky N.

- Becky and Colleen G. expressed their gratitude for everyone who volunteered to make the party a success. A wrap-up meeting was recently held to discuss the event.

Central Office Report - Don C.**Statistics for September 2022:**

- 34 - Office Visits; 144- Phone Information Calls
- **Other information to share:**
 - The Central Office Party statistics were down this year, but past years have been very good. Don shared with the delegates the income and expense figures of the event.
 - Book Drive: Central Office was contacted by an AA member who is collecting Big Books to send to areas of Florida impacted by Hurricane Ian. SM Central Office sold 3 cases of books, at a small discount, to the member. For more information contact John S. at 415- 307-9624, or jhshea@outlook.com
 - Book of the Month for October- a Combo: The Big Book and the Twelve & Twelve.

No Old Business. No New Business.

Next Meeting: Tuesday, November 8, 7:30

OCTOBER 2022

FINANCIAL REPORT

| | OCT | Total YTD | | OCT | Total YTD |
|------------------------------|------------------|-------------------|----------------------------------|------------------|-------------------|
| Income | | | Operating Expenses | | |
| Birthday Club Contributions | 89.00 | 581.75 | Accounting Services | 109.00 | 2,419.75 |
| Book sales | 1,217.38 | 10,167.07 | Books Purchased | 1,005.20 | 9,958.14 |
| Central Office Annual Party | 0.00 | 7,222.92 | Chips | 130.95 | 1,277.45 |
| Chip sales | 176.63 | 2,153.89 | Central Office Annual Party Exp | 407.00 | 7,043.28 |
| Delegates Collection | 2.00 | 18.00 | Central Office Insurance | 139.24 | 1,533.20 |
| Faithful Fivers | 479.19 | 5,390.51 | Credit Card Charges | 47.19 | 157.10 |
| Group Contributions | 15,456.05 | 82,906.87 | Employee Insurance | 271.00 | 2,710.00 |
| High Sobriety Subscriptions | 10.00 | 62.00 | Miscellaneous | 0.00 | 0.00 |
| In Memoriam | 0.00 | 50.00 | Office Equipment Lease & Maint | 362.68 | 3,677.60 |
| Individual Contributions | 59.24 | 6,274.71 | Office supplies | 238.98 | 2,207.34 |
| Interest Income | 0.00 | 0.00 | Outside Services | 0.00 | 0.00 |
| Other (Comcast refund) | 0.00 | 175.55 | Postage | 0.00 | 775.00 |
| Printing | 0.00 | 130.10 | Rent | 1,499.00 | 14,199.00 |
| Sales Tax on Books & Chips | 148.89 | 1,314.94 | Salaries | 4,663.41 | 44,706.71 |
| Tax Refund | 0.00 | 100.00 | Sales Tax on books | 324.00 | 1,533.10 |
| | | 0.00 | Taxes (Payroll) | 1,940.49 | 19,230.80 |
| Total Income | 17,638.38 | 116,548.31 | Telephone & Tech | 138.22 | 1,800.16 |
| | | | Telephone Advertising | 0.00 | 0.00 |
| Less Expenses | 11,441.36 | 114,878.63 | Teleservice | 165.00 | 1,650.00 |
| | | | Travel Expenses | 0.00 | 0.00 |
| Net Income (loss) | 6,197.02 | 1,669.68 | Web Services | | 0.00 |
| | | | | | |
| Starting Balance | | 60,098.48 | | | |
| Plus Net Income/Loss | | 6,197.02 | | | |
| Ending Balance | | 66,295.50 | Total Operating Expenses | 11,441.36 | 114,878.63 |
| | | | Net Income (loss) | 6,197.02 | 1,669.68 |
| TOTAL PRUDENT RESERVE | | 50,150.96 | 2022 Year-to-Date Summary | | |
| | | | Year-to-Date Income | | 116,548.31 |
| TOTAL CASH POSITION | | 116,446.46 | Year-to-Date Expenses | | 114,878.63 |
| | | | Year-to-Date Net Inc/(Deficit) | | 1,669.68 |

SAN MATEO COUNTY OCTOBER 2022 GROUP CONTRIBUTIONS

| ATHERTON | OCT | YTD | HALF MOON BAY | OCT | YTD | PACIFICA | OCT | YTD | SAN CARLOS | OCT | YTD | |
|---------------------------|--------|----------|-------------------------------|--------|----------|-------------------------------------|--------------|----------|-----------------------------------|----------------------------|----------|----------|
| Horses Ass | 424.00 | 3,322.00 | 3rd & 11th Step | | | 0.00 | 12 @ 6 Group | | 92.00 | Bookies | 509.31 | 547.53 |
| Sunday Spirituality | | 506.27 | 7AM Coastsid Meet.M-F | 316.76 | 3,063.32 | 12 Noon Disc. (Mon) | | | 42.35 | Growing Stronger | 8.00 | 80.00 |
| | | | Coastside Big Book | | 592.00 | B.Y.O.B. Group | | | 432.00 | In Step with Bill | 290.68 | 1,144.10 |
| BELMONT | | | Coastside Talkers | 105.00 | 326.38 | Daily Reflections (Beach Mtg) | 107.32 | 975.53 | S.C. Awareness Group | | 31.47 | 476.34 |
| Belmont Tues. Noon Group | 90.00 | 966.51 | Friday Nite Group | | 288.97 | Fri Discussion Noon | | | 180.00 | San Carlos Beginners | 138.93 | 523.83 |
| Day At a Time | 875.86 | 1,511.41 | HMB Happy Hour Group | | 313.80 | Pacifica BB Study Mon 11:00am | 327.00 | 1,074.25 | SCPF- all meetings | | 75.00 | 1,005.24 |
| The Forum Group | 50.11 | 644.46 | HMB Thurs Womens BB | 2.00 | 402.10 | Pacifica Coastside | | | 240.10 | Sequoia Recovery Grp | 293.54 | 594.08 |
| One Line at a Time | 10.00 | 90.00 | Last Barn on the Block | | 486.85 | Pacifica Discussion (Fri) | | | 90.00 | Sober Sundays | 53.16 | 340.02 |
| Singleness of Purpose | | 171.33 | Sat Night Step | | 112.80 | Pacifica Men's Group | 294.70 | 798.40 | Womens Read & Reflect. | | | 31.25 |
| | | | Sat. Morning Eye-Opener | | 496.00 | Page 133 Group | | | 150.51 | | | |
| BRISBANE | | | Saturday Nite Spkr/Disc | | 4.81 | Pedro Valley Pacifica | | | 796.00 | SAN MATEO ETC. | | |
| Brisbane Breakfast | 75.08 | 725.20 | 777 Miramonte's Noon Meet.M-F | | 649.29 | Serenity in Pacifica | 40.00 | 410.80 | Women's Home Grp (traveling) | 5.00 | 370.93 | |
| | | | Tues Womens 12th Step | 140.00 | 443.74 | Sharp Park 3rd & 11th Step | | | 892.15 | Women's Online Meeting | | 50.00 |
| BURLINGAME | | | | | | Sun. Afternoon Daily Reflections | 129.50 | 514.02 | Baseball Diamond Daily Reflection | 212.00 | 938.00 | |
| Any Length | 20.00 | 1,174.42 | MENLO PARK | | | Thurs Noon Disc | | | 295.00 | | | |
| Back to the World Group | 80.81 | 80.81 | Atherton AA | | 335.94 | Tues Noon Disc. Grp | | | 300.00 | SAN MATEO | | |
| Burlingame Men's Grp | | 565.20 | Atherton Grp Wed Noon | | 50.11 | Wake Up Wake Up | | | 255.23 | Bunker Young People | | 769.31 |
| Burlingame Noon Men's Grp | 130.00 | 1,047.00 | Beginners Menlo | | 10.00 | Wake Up Zoom | | | 20.00 | Fireside Group | | 1,240.01 |
| Burlingame Read a Passage | | 126.00 | Cottonmouth | 379.59 | 908.79 | Weds Noon Discussion Baptist Church | | | 320.00 | Joy of Living | | 20.00 |
| Ham & Eggers | 79.81 | 2,060.01 | Fri. Noon Women's | 279.93 | 572.53 | Women's Big Book Study | | | 130.53 | Lunch Bunch | 20.00 | 982.20 |
| Hillsborough Men's Group | 300.00 | 650.00 | Men's R4D Big Book | | 182.05 | Women's Candlelight Grp | | | 265.42 | Mid Peninsula Women | | 632.60 |
| Rap Group | | 20.00 | Menlo Park Men's Group | 260.40 | 731.40 | Women who wear shoes | 55.31 | 506.59 | Monday Night Men's 6:30 | | | 281.00 |
| Reason to Come to AA | | 544.45 | Mon. 12:10 PM Happy Hour | | 23.03 | | | | | Morning Serenity (All) | 5,300.00 | 8,291.92 |
| SeniorFocus Group | 96.60 | 320.19 | Sat Morning Sandhill | 803.67 | 3,144.79 | PESCADERO | | | | Off Broadway Beginners Mtg | | 147.63 |
| Sharing Choices | | 194.54 | Sat Sunrise Grp MP 7:30 | | 995.18 | Grass Roots | 1,581.85 | | | San Mateo Forum | | 20.00 |
| Tuesday Nite Group | | 615.67 | Sunday Sober Sisters | 330.00 | 1,435.00 | | | | | Sunday Sundowners | | 4.81 |
| Wednesday Night Disc | | 162.09 | Tues Noon Book Wom | | 259.07 | PORTOLA VALLEY | | | | Wednesday Afternoon Group | 106.00 | 1,188.00 |
| | | | Women's 12- Step Thu Noon | | 611.40 | Portola Valley 11th Step | 10.02 | 1,172.02 | | | | |
| FOSTER CITY | | | | | | | | | | SOUTH S.F. | | |
| BB 103 North | | 318.04 | MILLBRAE | | | REDWOOD CITY | | | | New Beginnings | 5.00 | 205.00 |
| FC Men's Sharing Group | | 30.00 | 12 Step Study (Tues Noon) | | 485.00 | Broken Elevator Thurs. | 44.91 | 291.18 | | South City Womens | 10.00 | 225.00 |
| FC Women's Pop Up Gazebo | 705.04 | 2,087.19 | Sobriety in the Park | 102.00 | 350.80 | Don't Drink Group | 80.34 | 426.16 | | | | |
| Foster City Women (Sat) | 75.00 | 370.04 | | | | Freedom Group | | | 489.56 | WESTBAY ALANO | | |
| Friday Noon Big Book | 70.00 | 511.98 | MOSS BEACH | | | Horse's Ass Loving Fellowship | 161.00 | 654.00 | | Colma Eye Opener | | 745.85 |
| Living Sober Groups (all) | 20.04 | 2,205.04 | Men's Language of the Heart | | 535.30 | The Sewer Group | | | 19.11 | Daily Reflect. (Mon) | | 60.00 |
| Study theText Group | | 220.40 | | | | Thumpers | 496.32 | 1,837.52 | | Early Birds (Fri) | | 185.00 |
| The Old & the New | 40.00 | 320.00 | | | | Wed. Woodside Meeting | 415.37 | 1,088.15 | | Men's no BS | | 57.38 |
| | | | | | | | | | | Monday Night Men's WBAC | | 348.50 |
| | | | | | | SAN BRUNO | | | | Sun Night Step | 162.00 | 162.00 |
| | | | | | | 12 Study Grp (Thurs) | 30.00 | 276.21 | | Tues 7am Big Book | | 105.00 |
| | | | | | | Big Book Study Fri (5pm) | 44.93 | 496.83 | | West Bay All Groups | | 225.47 |
| | | | | | | Come as You Are | 5.00 | 955.00 | | Women's Happy Hour | 15.00 | 590.66 |
| | | | | | | Early Enders | | | | | | |
| | | | | | | Experience, Strength, Hope | | | | | | |
| | | | | | | Friday Night Rap | 10.00 | 130.00 | | | | |
| | | | | | | Grupo Serenidad | 20.00 | 130.00 | | | | |
| | | | | | | Living Sober/ HH (Tues) | 33.00 | 239.98 | | | | |
| | | | | | | Spkr/Disc - Happy Hour(Mon) | 62.54 | 1,136.82 | | | | |
| | | | | | | Tools of Recovery (Tue 6:30p) | 10.00 | 30.00 | | | | |
| | | | | | | Women Step Together | | 9.83 | | | | |

**2215 S. El Camino Real, Ste. 204
San Mateo, CA 94403-1898**

**NON-PROFIT ORG
US POSTAGE
PAID
San Mateo, CA
Permit No. 411**

Would you like to receive your own Newsletter every month?

Mail Subscriptions to:

Central Office

2215 S. El Camino Real, Suite 204

San Mateo, CA 94403-1898

Individual Subscriptions \$6.00/year or 2 years for \$10

Enclosed find: New _____ Renewal _____ Gift _____

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip code: _____