

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

December 2022

SMC Fellowship News



I will honor Christmas in my heart,
and try to keep it all year long. —
Charles Dickens, A Christmas Carol

Best wishes to all for a safe and happy holiday!

MESSAGE FROM GENERAL SERVICE:

Greetings, San Mateo County! My name is Sarah B. I'm your alcoholic District Committee Member Chair (DCMC) for San Mateo general service. General Service District Committee positions follow a two-year rotation starting January of odd-numbered years. That means my service as chair is ending. As I transition out, I wanted to share some important updates and opportunities.

I'm excited to announce that Brent M. was elected as DCMC for San Mateo General Service for the next two years. Congrats, Brent! While this vital position and a few others have been elected, several district committee positions are still vacant as of my writing of this report. They are Treasurer, Recording Secretary, Public Information/Cooperation with the Professional Community (PI/CPC) chair, Bridging the Gap (BTG) chair, Literature Representative, Grapevine/La Viña Representative, Facilities Coordinator, Central Office Liaison, and Hospitals and Institutions (H&I) representative. Some of the district committee positions are completely virtual and others are a combination of virtual and in-person. There

are also many groups in District San Mateo that do not have a general service representative (GSR). It is generally suggested that individuals have two years of continuous sobriety before making themselves available as a GSR and/or service on the District Committee.

If you would like to know more about any of these positions, please reach out to me at sarahbabcockcnca@gmail.com or (805) 895-7448. The next opportunity to elect the open positions is our December business meeting on Tuesday, December 20th, 7:30 – 9:30 pm. These district committee meetings are on the third Tuesday of each month 7:30 – 9:30 pm on Zoom. Meeting ID: 857 0421 3338 Passcode 0571 There's also a new GSR orientation and General Service Manual/12 Concept Study just before the business meeting at 7:00 that I'd recommend. Visitors are always welcome to these monthly meetings!

You're also welcome to attend our upcoming General Service fellowship dinner at Rainbow Pizza in San Mateo on Saturday, December 10th at 6:30 pm to meet some of the people in service. If you plan to attend, please RSVP with me so that we have an accurate headcount!

Finally, thank you to those groups making contributions or planning to contribute to our local California Northern Coastal Area (checks payable to CNCA 06)! The Area finance committee kindly asks that you please mail your contributions to their new address at 1390 N. McDowell Blvd., Suite G 339, Petaluma, CA 94954. Our area treasurer recently reported that 75% of contributions are still going to their old address in San Francisco.

It's been a pleasure serving San Mateo General Service for the past two years. Thank you for this wonderful opportunity.

Monthly Service Committee Meetings

BRIDGING THE GAP**December 12, 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**December 13, 7:30 pm on Zoom**

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

PI/CPC**December 13, 6:15 pm on Zoom**

Meeting ID: 841 7877 3337

GENERAL SERVICE**December 20, 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)**December 27, 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) Dec. 11 and Dec. 18 at 5: 30 p.m., 225 Tilton, San Mateo**

UPCOMING EVENTS

PENYPAA
presents:

A HOLIDAY PENY-POTLUCK
our first ever event!

Sunday December 11th
5:30pm to 10pm
225 Tilton Ave. - San Mateo, CA

Bring a dish or a \$5 suggested donation

5:30 - 6:30 Potluck
6:30 - 7:30 Speaker Meeting
7:30 - 9:30 Games
(icebreakers, board games, fellowship!)
9:30 - 10 Gratitude Circle

Questions?
contact Rameez at 650.745.5570



**1st Tradition
ALKATHON**
Christmas & New Year's

Eve: 6 pm - 12 am & Day: 8 am - 12 am

ZOOM: 885 6921 2237

Host a Meeting.
Groups & Individuals are needed to host speaker or book study meetings
www.firsttraditionalkathon.com

Be of Service

- Zoom Trainers
- Hosts
- Co-Hosts
- Coordinators

**1st TRADITION
CHRISTMAS AND NEW YEAR'S
ALKATHONS**

CHRISTMAS:

December 24 at 6:00 p.m. to
December 25 at 11:30 p.m.

NEW YEAR'S:

December 31 at 6:00 p.m. to
January 1 at 11:30 p.m.

For more info:

www.firsttraditionalkathon.com



Christmas Alcathon

WEST BAY ALANO CLUB
216 MOSSWOOD WAY - SO. SAN FRANCISCO

SUNDAY, DECEMBER 25, 2022

6:00 a.m. to 9:30 p.m.

(AA Speaker meetings start every even hour. Last meeting starts at 8:00 pm.)

HOLIDAY FEAST

Served 1:30 to 3:30 p.m.

Everyone Welcome!



**New Year's
Alcathon**

WEST BAY ALANO CLUB
216 MOSSWOOD WAY - SOUTH SAN FRANCISCO

SUNDAY JANUARY 1, 2023

6:00 a.m. to 9:30 p.m.

(AA Speaker meetings start every even hour. Last meeting starts at 8:00 pm.)

HOLIDAY FEAST

Served 1:30 to 3:30 p.m.

Everyone Welcome!

2022 SAN MATEO COUNTY ALKATHON



Meetings Start Every Even Hour (PST)



In Person Meetings

Meetings starting between 8AM and 10PM

Good Shepherd Episcopal Church
1300 5th Ave. Belmont, CA

Zoom Meetings

Meetings starting between 12AM and 6AM

Zoom ID: 852 5273 4522

Thanksgiving (11/23 - 11/25)

Christmas (12/24 - 12/26)

New Year's (12/31 - 1/2)

FOR MORE INFORMATION AND FULL SCHEDULE:

www.alkathonsmc.org

SOBER HOLIDAYS

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

KINDNESS	FAMILY	TRADITIONS
CELEBRATION	ALKATHON	SPIRIT
ACTIVITIES	REBIRTH	FELLOWSHIP

ANSWER KEY (STEP 11)

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 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 TWELVE: *“Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”*



A COLD DECEMBER NIGHT

Christmas of 1976 was to be a grand adventure. It began with a ride of more than 24 hours on a bus from Houston, Texas to Chicago. But the trip was not a traditional Christmas visit. My friend was a psychiatric resident, in a large hospital in downtown Chicago. He was scheduled for on-call duty on Christmas Eve. I was a graduate student in clinical psychology and my friend had arranged for me to accompany him while he was on-call.

The early evening was interesting but routine. About 11:30 P.M., we were called to the emergency room and advised that my friend was to evaluate was an alcoholic who had been brought in by people from AA. The patient was a big man, intoxicated but not sloppy drunk. He was red-faced and had graying hair. What I remember most about him was a pervasive sadness. From his dress and grooming he did not appear to be homeless, but it was apparent he was not welcome at home on Christmas Eve.

My friend determined that he was not appropriate for hospital admission. The people who brought him asked if there were any alternatives. On determining the patient was a veteran, my friend contacted the on-call resident physician at the closest VA hospital. My friend's immediate comment after he got off the phone with the VA was that the resident taking the call had just "laughed at me." He wasn't about to admit an alcoholic in the middle of the night on Christmas Eve.

My friend was ready to simply send the man on his way, but those AA people accompanying him pleaded with him to do otherwise. I actually intervened and asked if there was another VA in the area where he might be

admitted. My friend yielded, but said the only other possible VA was far, clear across Chicago from where we were. He made the call and the resident there said they were willing to admit him. "Are you sure he'll go?" my friend asked the people who had brought him in. "Oh, he'll go," they assured us. Did I mention this was Chicago in December? It was cold, snowing and windy. I could see through the glass doors of the emergency room that it was really dark out there. But these two people from AA took off as happily as if they had been given a nice Christmas present.

I had heard of Alcoholics Anonymous before but knew nothing about the organization. My ignorance influenced my perception of the situation. I assumed that like other large service or charitable organizations, AA had volunteers. As soon as I looked at these people from AA, I decided they were not alcoholics but instead were probably volunteers for the organization. These two AA members were about my age, well-spoken and apparently middle-class. They could no more have been alcoholics than I could have been.

But there was no reason to think I was an alcoholic. I had graduated from college and was in a doctoral program. It probably wasn't relevant that I was in my ninth year of a program that was supposed to be completed in five years and had an absolute seven-year deadline. I overlooked the fact that I'd almost flunked out six years before because of drinking and smoking pot every night.

The memory of these "volunteers" stayed with me. I knew something about organizations in general and believed that any organization that could attract volunteers that dedicated and unselfish must have some real substance.

I retained a warm feeling about AA until I arrived on the Fellowship's doorstep about a decade later. It wasn't until after I was in AA that I truly understood that those AA folks had Twelfth Stepped me, as well as the gentleman they were hauling around that cold December night. God bless all three of them.

BY: JOE G. | ATHENS, OHIO

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.



RESTRAINT OF TONGUE AND MOUSE

Recently, I harmed a fellow AA by using email carelessly and in a way that went against the spirit of our anonymity Traditions. Here's what happened:

Early one morning, I sat down at my computer to spend some time on a website I visit to find out about things going on in local AA. As I clicked on various links, I came across a document that had some content I thought needed to be corrected.

Thinking that I was being helpful, I sent an email to the webmaster of the site. I pointed out the problem and insisted that the document be removed from the website. I included a note to the person who had created the document, suggesting that revisions be made before putting the document back up. I also copied half a dozen or so other AA members on the email, thinking that they might be interested and that they should be informed about the situation. It was early morning, and I needed to get out of the house and on my way about my day, so the email I sent was pretty brief and to-the-point.

The AA member who had created the document replied to everyone, apologizing for any problem with the document and agreeing to make some changes. A revised version was posted shortly, and it seemed that all was well. But then I received a personal reply from the fellow AA who had originally posted the document. It was addressed to me only, and it asked if it had really been necessary for me to include so many people when I distributed the email to address the situation. My fellow AA member felt criticized in front of others and was distressed and unhappy with the way I had handled things.

I felt terrible. I knew that this good AA member hadn't meant to cause harm. The document posted had been intended to generate enthusiasm and interest about an AA event and my fellow alcoholic had only the best in mind for AA when the document was put together. I realized that I had responded in a way that was heavy-handed, clumsy, and not very thoughtful.

I knew about the limitations of email--how the nuance of a smile, a kind tone of voice, and a friendly handshake are missing. The email I had sent and copied to others had been quick and brief--making it come across as cold and business-like. Through a series of exchanges, I made amends and reflected on the lessons. I realized that how I use email can go against our anonymity Traditions, even when everyone addressed in an email exchange already knows that all involved are in AA.

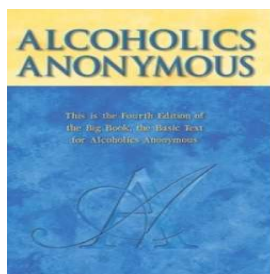
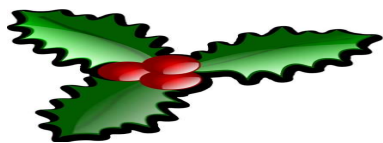
The spirit of Tradition Twelve calls on us to address each other as equals who deserve dignity and respect, and to practice a genuine humility. But instead, I acted like the AA Traditions police, and I had done so in front of others.

Most of the time, when we think about anonymity and new media, we tend to focus on Tradition Eleven and the issue of last names, pictures, and the Internet. Is the Internet the same as "press, radio, and films"? Do we need to guard our own and others' anonymity when posting to social networking sites? Is an obscure AA website, most likely accessed only by AA members, something that we need to police with diligence to make sure there are no anonymity breaks on it?

We can have disagreements and spirited discussions about these sorts of questions. But if we feel a need to address something we see, we need to remember the spirit of Tradition Twelve and respond with humility and a spirit of equality. So, the next time I see something posted on the Internet that moves me to raise these issues with a fellow member, I pray that I will remember to pause and do it the old-fashioned AA way--by making a simple phone call so that one alcoholic can talk to another.

BY: DEFINITELY STEVE | NASHVILLE, TENN.

ATTENTION! Book Sale at Central Office



**20 percent discount on all books purchased at
Central Office in December!**

**It's a good time for gift giving and stocking up
for the New Year!**

REMINDER FROM CENTRAL OFFICE



Central Office will be closed from December 26 to January 3 for carpet replacement.

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.

HAPPY BIRTHDAY



Julian T
Rich F
Don C

19yrs
14yrs
35yrs

SSF
Bur
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.

Central Office Delegates Meeting Minutes – Tuesday, NOVEMBER 8, 2022

Opened Delegates Meeting –. –7:30 pm & Closed 8:21.12 Traditions: Janice C. Responsibility Statement: Taylor C. New delegates: Taylor C., PENYPAA liaison. Birthdays: Taylor C. 90 days, Colleen G. 13years, Valerie M. 2 years, Carol Y. 30 years. Minutes- Approved. Financial Report- Approved.

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 over 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.

Accessibilities Committee Area 06 – Claudia G.

- The Deaf Access Project ASL (American Sign Language) presentation- please refer to the pdf document from the Committee.
- The Area 06 Accessibilities Committee is asking each Intergroup to determine, in consultation with the Districts and YPAAs, if it can offer one meeting, type 3, per week. Type 3 meeting is a blended meeting: an in-person meeting with an ASL interpreter

General Service- Karen A.

- General Service Office is now open for visitors! Register before you go at gsotours.aa.org
- Visiting Area Officer, Claudia N., CNCA Registrar, presented on the topic of what it means to be available for service.
- Most subdistrict DCM positions are available. This is the first step to greater A.A. service opportunities.

H & I

- Contact Joey D. at (650) 207-3525 to be of service or if you have questions.
- 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 – Taylor C.

- 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 Halloween Dance that was held October 29th, in Dublin, and went well.

PICPC- Brent M.

- Business meeting is on 2nd Tuesday of the month. Next meeting: December 13, 6:15 pm.
 - Zoom Meeting ID: 841 7877 3337 or <https://us02web.zoom.us/j/84178773337>

The committee discussed:

- Filling the Chair position
- Staffing our upcoming informational table at Canada College
- Sending out follow up letters to High Schools that we sent AA pamphlets
- Getting volunteers to help deliver church packets

Recent activities:

- Presentation with Bridging the Gap at Parolee Action Community Team (PACT) meeting Nov 3rd
- Information table at Health Fair at College of San Mateo Nov 23rd

Upcoming Activities:

- Information table at Health Fair at Canada College Nov 9th
- Presentation with Bridging the Gap at Parolee Action Community Team (PACT) meeting Dec 1st (meeting going in-person in 2023)
- Alkathon

Coordinators still needed:

- Public Relations: Radio, TV, and social media.
- Research Assistants - Assistant Coordinators - Help generate and maintain contact lists.
- Interested in joining? Contact Brent at dist05.picpc@gmail.com

Alkathons – Becky N.

- 2nd Alkathon Planning Meeting on zoom: Thursday, November 10, 7:30 pm..
 - <https://us02web.zoom.us/j/83242462950>
 - Meeting ID: 832 4246 2950

- One tap mobile
16692192599,,83242462950#

Volunteer positions needed:

- Treasurer
- 4 Daily monitors (Organize their own committee to see that the trash is taken out, make sure there is limited food and that each group takes care of their leftovers, make sure there is enough coffee etc.)
- Set Up (Tuesday night)
- Clean up monitor (Friday 1pm)
- Christmas decoration Chair (Friday 1 pm start)

Note: Food donations are recommended to be commercially prepared for sanitation.

- Contact Becky at rnassarre@ymail.com or call her at (415)706-3460 for information.

Advisory Committee – Colleen G.

I'd like to congratulate Rich F., who will be your new Advisory Committee Member Chair for the year 2023. Congratulations Rich! We had 4 motions to vote on:

- The Advisory Committee recommends replacing the existing Central Office iPad w/data.
 - In Favor: 27. Opposed: 0. Abstaining: 2.
- The Advisory Committee recommends approving a 20% discount to be offered on all books at Central Office for December 2022.
 - In Favor: 26. Opposed: 0. Abstaining: 2.
- The Advisory Committee recommends approving the 10 Paid Holidays for our Central Office Special Workers for 2023.
 - In Favor: 26. Opposed: 0. Abstaining: 3.
- The Advisory Committee recommends approving an 8.7% Cost Of Living (COLA) raise for our Central Office Special Workers for the year 2023, beginning January 2023.
 - In Favor: 26. Opposed: 0. Abstaining: 1.

Central Office Annual Anniversary Party:

- The new Chair for the 2023 Party is Colleen G. This event typically happens on Labor Day Weekend in September. There will be more information in the new year about how to get involved.
- We would like to give a HUGE THANK YOU to Becky N for her 25+ years of service to this event. She is a wealth of knowledge on how to put on a successful party, and I look forward to all the information she has to pass on. Thanks again Becky!

In Love & Service, Colleen G-Advisory Committee Chair (Rotating Out)

Teleservice Michelle C. and Erin Shannon

- Teleservice Openings: 1st Tuesday from 12:30 a.m. to 8:30 a.m.
- 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.

Central Office Report - Don C.

Statistics for October 2022:

- 1 - 12th Step Call
- 54 - Office Visits
- 122 - Phone Information Calls
- Other information to share:
 - We will have a 20% off sale on all books for the month of December.
 - Reminder for new Delegates, if you would like to be mailed the High Sobriety, email me at aasanmateo@gmail.com with your name, address, and meeting you represent, and we will put you on the mailing list.
- Central Office will be closed the week between Christmas and New Years for new carpet. We will still answer the phone, retrieve the mail, and answer emails- but the office will be closed.
- No Old Business. No New Business.
- Next Meeting: Tuesday, DECEMBER 13, 7:30

NOVEMBER 2022

FINANCIAL REPORT

	NOV	Total YTD		NOV	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	135.00	716.75	Accounting Services	94.00	2,513.75
Book sales	858.01	11,025.08	Books Purchased	184.80	10,142.94
Central Office Annual Party	0.00	7,222.92	Chips	179.35	1,456.80
Chip sales	274.44	2,428.33	Central Office Annual Party Exp	0.00	7,043.28
Delegates Collection	2.00	20.00	Central Office Insurance	0.00	1,533.20
Faithful Fivers	517.27	5,907.78	Credit Card Charges	0.00	157.10
Group Contributions	7,829.29	90,736.16	Employee Insurance	271.00	2,981.00
High Sobriety Subscriptions	0.00	62.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	50.00	Office Equipment Lease & Maint	360.20	4,037.80
Individual Contributions	3,309.31	9,584.02	Office supplies	116.53	2,323.87
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other (Comcast refund)	50.00	225.55	Postage	0.00	775.00
Printing	0.00	130.10	Rent	1,499.00	15,698.00
Sales Tax on Books & Chips	120.95	1,435.89	Salaries	4,744.82	49,451.53
Tax Refund	0.00	100.00	Sales Tax on books	0.00	1,533.10
		0.00	Taxes (Payroll)	1,955.03	21,185.83
Total Income	13,096.27	129,644.58	Telephone & Tech	136.63	1,936.79
			Telephone Advertising	0.00	0.00
Less Expenses	9,706.36	124,584.99	Teleservice	165.00	1,815.00
			Travel Expenses	0.00	0.00
Net Income (loss)	3,389.91	5,059.59	Web Services		0.00
Starting Balance		60,098.48			
Plus Net Income/Loss		3,389.91	Total Operating Expenses	9,706.36	124,584.99
Ending Balance		63,488.39	Net Income (loss)	3,389.91	5,059.59
TOTAL PRUDENT RESERVE		50,152.96	2022 Year-to-Date Summary		
			Year-to-Date Income		129,644.58
TOTAL CASH POSITION		113,641.35	Year-to-Date Expenses		124,584.99
			Year-to-Date Net Inc/(Deficit)		5,059.59

SAN MATEO COUNTY NOVEMBER 2022 GROUP CONTRIBUTIONS

ATHERTON	NOV	YTD	HALF MOON BAY	NOV	YTD	PACIFICA	NOV	YTD	SAN CARLOS	NOV	YTD
Horses Ass	407.00	3,729.00	3rd & 11th Step		0.00	12 @ 6 Group		92.00	Bookies		547.53
Sunday Spirituality		506.27	7AM Coastsid Meet.M-F	363.88	3,427.20	12 Noon Disc. (Mon)		42.35	Growing Stronger	8.00	90.00
			Coastside Big Book		592.00	B.Y.O.B. Group		412.00	In Step with Bill		1,144.10
			Coastside Talkers		326.38	Daily Reflections (Beach Mtg)		975.53	S.C. Awareness Group	34.41	510.75
BELMONT			Friday Nite Group	264.00	552.97	Fri Discussion Noon		100.00	San Carlos Beginners	8.00	529.83
Belmont Tues. Noon Group		966.51	HMB Happy Hour Group	98.50	412.30	Pacifica BB Study Mon 11:00am	1,074.25		SCPF- all meetings	150.20	1,155.44
Day At a Time	20.04	1,531.45	HMB Thurs Womens BB	34.89	436.99	Pacifica Coastside		240.10	Sequoia Recovery Grp		594.08
The Forum Group	30.02	674.48	Last Barn on the Block		486.85	Pacifica Discussion (Fri)		90.00	Sober Sundays		340.02
One Line at a Time	10.00	100.00	Sat Night Step		112.80	Pacifica Men's Group		708.40	Womens Read & Reflect.		31.25
Singleness of Purpose		171.33	Sat. Morning Eye-Opener		496.00	Page 130 Group		150.51			
			Saturday Nite Spkr/Disc		4.81	Pedro Valley Pacifica		796.00	SAN MATEO ETC.		
BRISBANE			777 Miramontes Noon Meet.M-F*		649.29	Serenity in Pacifica		410.80	Women's Home Grp (traveling)	90.00	460.93
Brisbane Breakfast	48.47	773.57	Tues Womens 12th Step		443.74	Sharp Park 3rd & 11th Step	224.00	1,116.15	Women's Online Meeting		50.00
						Sun. Afternoon Daily Reflections		514.02	Baseball Diamond Daily Reflection		838.00
BURLINGAME						Thurs Noon Disc		295.00			
Anson Group	182.44	182.44	MENLO PARK			Tues Noon Disc. Grp	325.00	625.00	SAN MATEO		
Any Length		1,874.42	Atherton AA		335.94	Wake Up Wake Up		255.23	Bunker Young People	153.88	923.19
Back to the World Group		80.81	Atherton Grp Wed Noon		50.11	Wake Up Zoom		20.00	Fireside Group	415.80	1,655.81
Burlingame Men's Grp		565.20	Beginners Menlo		10.00	Weds Noon Discussion Baptist Church		320.00	Joy of Living		20.00
Burlingame Noon Men's Grp		1,047.00	Cottonmouth		908.79	Women's Big Book Study		130.53	Lunch Bunch	233.10	915.30
Burlingame Read a Passage		126.00	Fri. Noon Women's		572.53	Women's Candlelight Grp	100.23	365.65	Mid Peninsula Women		632.60
Ham & Eggers	538.74	2,598.75	Men's R4D Big Book		182.05	Women who wear shoes		506.59	Monday Night Men's 6:30		281.00
Hillsborough Men's Group		650.00	Menlo Park Men's Group		731.40				Morning Serenity (All)	1,233.34	9,525.26
Just For Today	172.00	172.00	Mon. 12:10 PM Happy Hour		23.03	PESCADERO			Off Broadway Beginners Mtg		147.63
Rap Group		20.00	Sat Morning Sandhill		3,144.79	Grass Roots		1,381.83	San Mateo Forum		20.00
Reason to Come to AA		344.45	Sat Sunrise Grp MP 7:30		993.18				Sunday Sundowners		4.81
Senior Focus Group		320.19	Sunday Sober Sisters		1,435.00	PORTOLA VALLEY			Wednesday Afternoon Group	165.00	1,353.00
Sharing Choices	501.21	695.75	Tues Noon Book Worm		259.07	Portola Valley 11th Step	375.00	1,547.02			
Tuesday Nite Group	64.40	680.07	Women's 12- Step Thu Noon		611.40						
Wednesday Night Disc		162.09									
			MILLBRAE			REDWOOD CITY			SOUTH S.F.		
FOSTER CITY			12 Step Study (Tues Noon)		485.00	Broken Elevator Thurs.		291.18	New Beginnings		205.00
BB 103 North		318.04	Sobriety in the Park		350.60	Don't Drink Group		426.16	South City Womens		225.00
FC Men's Sharing Group		30.00				Freedom Group		489.56			
FC Women's Pop Up Gazebo		2,687.19	MOSS BEACH			Horse's Ass Loving Fellowship		654.00	WE STBAY ALANO		
Foster City Women (Sat)		370.04	Men's Language of the Heart		535.30	The Sewer Group		19.11	Colma Eye Opener		745.85
Friday Noon Big Book	20.00	531.98				Thumpers		1,837.52	Daily Reflect. (Mon)		60.00
Living Sober Groups (all)		2,205.04	Misc.			Wed. Woodside Meeting		1,088.15	Early Birds (Fri)		185.00
Study theText Group		220.40	unknown	260.00	260.00				Men's no BS		57.38
The Old & the New	30.00	350.00				SAN BRUNO			Monday Night Men's WBAC		348.50
						12 Study Grp (Thurs)		276.21	Sun Night Step		162.00
						Big Book Study Fri (5pm)	54.92	551.75	Tues 7am Big Book		105.00
						Come as You Are	407.40	1,342.40	West Bay All Groups		225.47
						Early Enders		157.31	Tues Westlake	112.50	112.50
						Experience, Strength, Hope	52.50	207.80	Women's Happy Hour	390.95	981.61
						Friday Night Rap	19.86	149.86			
						Grupo Serenidad		130.00			
						Living Sober/ HH (Tues)		219.98			
						Spkr/Disc - Happy Hour(Mon)	129.61	1,246.43			
						Tools of Recovery (Tue 6:30p)	100.00	130.00			
						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: _____