

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

August 2023

SMC Fellowship News August 2023



Some days in late August at home are like this, the air thin and eager, with something in it sad and nostalgic and familiar.

— William Faulkner

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!



Table of Contents

Upcoming Events ... 2-5

Monthly Service Committee Meetings ... 6

Birthdays ... 6

Humor ... 6

Step 8 – Torn Apart ... 7

Central Office Minutes ... 8-9

Central Office Financial Report ... 10

Group Contributions ... 11

CENTRAL OFFICE: The 59th Annual Central Office party is scheduled for Saturday, September 30 at the San Mateo Fairgrounds. If you are interested in volunteering or contributing an item for the Silent Auction, please see page 2 (and the Minutes on page 9) for more information. Raffle tickets can be purchased via the QR code on p. 2 (and on the home page of the website (www.aa-san-mateo.org)).

The Early Enders Group in San Bruno is back!
Speaker/discussion meeting on Wednesdays at 7:30 pm. SEA Episcopal Church (formerly St. Andrews), 1600 Santa Lucia Avenue, San Bruno.

UPCOMING EVENTS

59th Annual San Mateo Fellowship Anniversary Party

Saturday, Sept. 30th

S.M. Fair Grounds - Cypress Hall
2495 S. Delaware St. San Mateo, CA (Gate 13)

Free Parking!!

Schedule

3:30 PM Fellowship/Silent Auction

5:00 PM Dinner

6:15 PM Sobriety Countdown

6:30 PM Speaker Meeting

8:00 PM Raffle



QR Code for Raffle Tickets

\$10 ea

In the "Add a Note" section please put
"For Raffle Ticket"

Raffle

1st Prize: 6 Day, 5 Night Trip for two to The Big Island Bash

(Airfare, Hotel, & Registration included)

2nd Prize: Weekend Accommodation to a NCCAA Conference

(Hotel & Registration included)

3rd Prize: 1st Edition Big Book

Your homegroup can help by:

contributing a basket, individual items, or cash contributions

Please have baskets to C.O. by **Sept 23rd**

(For cash contributions, please note that contribution is for C.O. Party)

It takes a lot of people to make this event possible and we need help!!

No matter what your length of sobriety, come get involved!!

Upcoming Committee Meetings: Aug 10th & 31st

Zoom ID: 825-1613-6372 meeting starts at 7:00 pm

For more information contact:

Colleen at (510) 334-7894 or cgillaspy59@yahoo.com

San Mateo County AA Campout August 17th – 20st 2023

LOCATION: Memorial Park, 9500 Pescadero Creek Rd. Loma Mar, CA 94021
Wurr Flat #2 group campsite

COST: \$25.00 per tent / per night \$6.00 per vehicle / per night

Facility: Large campfire pit, beautiful hiking trails, swimming hole, clean modern restrooms w/showers, BBQ pits, close to beaches

Activities: This weekend is all yours...check with the park for weekend events.

We have 3 Fireside AA Meetings scheduled:

Friday 8:00pm Campfire/ get acquainted speaker meeting

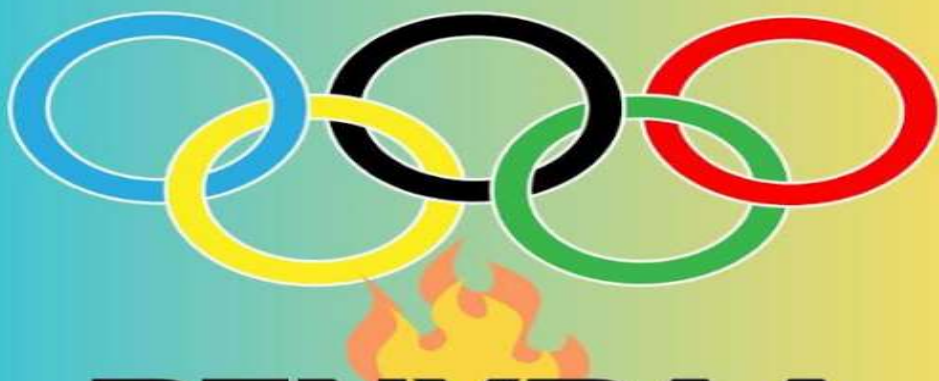
Saturday 8:00pm Campfire Speaker-discussion meeting

Sunday 8:00am Daily reflections meeting

For Information and Reservations contact:

Jamie Beard 650-465-2269

Ken Kettell 650-454-6899



AUG 19 **PENYPAA** **AUG 19**
OLYMPICS

Saturday, August 19, 2023 at Greer Park, Palo Alto
Meeting at 12, Olympic Games to follow
Suggested Donation: \$10
Prizes, Pizza, & More
Newcomers always eat and play for free

penypaa.org
More questions? Contact Rameez at
(650) 745-5570

AA END OF SUMMER SPEAKER JAM

August 19th, 2023
10AM-5PM

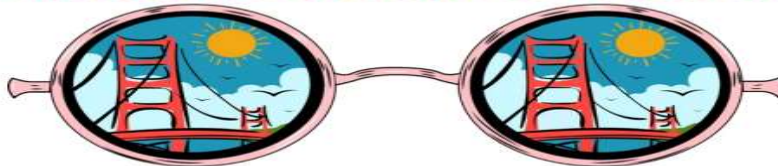
The Congregational Church of
Belmont

751 Alameda de las Pulgas

For more information contact:

Billie B. 650-771-7862

Watch Loneliness Vanish



The 63rd ICYPAA

International Conference of Young People
in Alcoholics Anonymous

Labor Day Weekend

Friday – Monday

September 1 – 4, 2023

San Francisco Marriott Marquis

780 Mission Street

San Francisco

www.ICYPAA.org

Pre-reg and book your room now!



AA Speaker & BBQ Eventat the **West Bay Alano Club**

216 Mosswood Way, So. San Francisco

Monday, September 4

1 p.m. AA Speaker

2 p.m. Barbeque lunch

50/50 Raffle

\$10 suggested donation

Hosted by WBAC Tuesday Morning BB Study Group

Brisbane Breakfast BunchInvites You to Our **REGULAR A.A. MEEING**

At the community center

(Under old library)

250 Visitacion Avenue

Brisbane CA 94005

each Sunday, at 11:00 a.m. for an A.A. meeting
and 10:45 for arms length**Speakers for SEPTEMBER 2023 are:**September 3
September 10
September 17
September 24Sally L.
Mary Ann B.
Mike C.
George A.San Bruno Church Nazarene
Wit's End Step Study
San Bruno Book Study
Ham & Eggers, Burlingame


NCCAA
74th Annual
Fall Conference

**Northern California Council of
Alcoholics Anonymous***Oldest AA Conference Since 1947!***Fresno, CA****DoubleTree by Hilton**

2233 Ventura St, Fresno, CA 93721

October 13, 14, 15, 2023**PRE-REGISTRATION CUT OFF DATE IS OCTOBER 1st, 2023****CONFERENCE RATE FOR HOTEL CUT OFF DATE IS September 28th, 2023****PRE-REGISTRATION - \$20.00 (per person) - AT THE CONFERENCE - \$25.00****VISIT OUR WEBSITE AT --<http://www.norcalaa.org>**

Monthly Service Committee Meetings

BRIDGING THE GAP**Aug. 9, 7:00 p.m. on Zoom**

Meeting ID: 563 554 9920 Passcode: 54321

TELESERVICE**Aug. 13, 7:00pm on Zoom**

Meeting ID: 858 4259 6364

DELEGATES TO CENTRAL OFFICE**Aug. 8, 7:30 pm on Zoom**

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

PI/CPC**Aug. 8, 6:15 pm on Zoom**

Meeting ID: 841 7877 3337

GENERAL SERVICE**Aug. 16, 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)**Aug. 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) Aug. 13 and Aug. 27 at 5: 30 p.m., 225 Tilton, San Mateo**CENTRAL OFFICE PARTY COMMITTEE** Aug. 10 and Aug. 31, 7:00 pm on Zoom

Meeting ID: 825 1613 6372

HAPPY BIRTHDAY



Mary K. 44 yrs. San Carlos
Tim M. 2 yrs. San Mateo
Jeff M. 20 yrs. San Mateo

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.

HUMOR

Do you ever get drunk?

☐ Yes

☐ No

X

Grapevine Daily Quote

“The laughter in AA is what attracted me from the very beginning. The restorative power of laughter should never be underestimated ... I have come to believe that I’m being restored to sanity when my sense of humor is restored and I cease to take myself so seriously.”

STEP 8: *Made a list of all persons we had harmed, and became willing to make amends to them all.*



TORN APART

Recently I was reading a story in the Steps section of Grapevine and I remembered how, in early sobriety, I learned the true meaning of the Eighth Step. What I found interesting about gaining understanding about this Step is that the lesson didn't come from a fellow member of AA. It came from my sister.

When I first heard about the Eighth Step, I understood it to mean that I would need to go around saying sorry to everyone for all the harm that I'd caused. And because I still had a lot of guilt and shame about the things I had done in my past, I almost felt like I needed to go around introducing myself, saying, "Hi, I'm sorry and I'm Gail."

The relationship I had with my sister, who's six years younger than me, had been very unhealthy. I got sober when I was 18. She was just a kid then and I had been an abusive tornado in her life.

I was about two years sober when one evening, she and I got into a verbal fight. Today I can't recall what the fight was about, and neither can she. At the time though, it was important to us. During the fight, she ran upstairs to her room and slammed the door. I instantly felt bad about my behavior toward her and how I had reacted. I didn't want to be that person anymore and I was disappointed in myself. I wanted to go up to her room and tell her that I was sorry for yelling and fighting with her, but I knew she wasn't going to listen to me. Instead, I wrote her a letter. It was a letter of amends. In it, I did something I had never done before. I listed out a plan of action describing how I was going to change the way I behaved and the different types of tools I was going to use to implement that change.

I slid the letter under her door and went to my AA meeting. When I returned from the meeting, I found at my bedroom door my letter ripped up, with a sign saying, "I don't think so, not this time," followed by some more colorful language. My immediate impulse was to run upstairs to her room, grab her and shake her and yell, "Didn't you read the letter? I said I was sorry and that I love you!" I didn't do that, thank God. Instead I realized it didn't matter that she didn't believe me because I didn't want to be that type of sister anymore. I decided to follow through with the plan of action that I had outlined in the letter.

I once heard someone share at a meeting that the word "amend" does not mean "to say sorry" as much as it means "to change." If I say I'm going to amend a document that means I am going to change something in it. That was the lesson I learned that day with my sister. Instead of just saying that I was sorry, I had written out for her—but mostly for me—a plan of action to change.

This realization has had a big impact on the way I now approach the Eighth Step. Not only do I look at what I've done to harm others, but I think about what I'll be doing now to change and not be that person again. Then I have to ask myself whether I'm truly ready to follow through on that plan, because nothing sucks more than having to go back and make an amend on an amend that I already made!

So now before I move on to the Ninth Step, I make sure that the plan of action that I listed in my Eighth Step is solid and realistic. I go over it with my sponsor and other close AA friends and I pray about it.

I will always be grateful for that lesson from my sister, as I feel it has improved my recovery. Sometimes we can learn valuable AA lessons from people outside of our meetings.

BY: GAIL V. | BURLINGTON, ONTARIO

Central Office Delegates Meeting Minutes – Tuesday, July 11, 2023

Opened Delegates Meeting – 7:30 pm & closed at 8:14 pm. 12 Traditions: Harry Z. Responsibility Statement: Carol Y. New Delegates: Gordon L., San Carlos Beginners; Chris P., Wednesday Woodside Group. A.A. Birthdays: Becky N., 28 years. Minutes- Approved with corrections. Financial Report- Approved.

Service Committee Reports:**BTG- Bridging the Gap- Charles B.**

The Bridging the Gap monthly (BTG) meeting occurs the 2nd Tuesday of the month 7:00-7:30 pm, in an online format (Zoom - Meeting ID: 563 554 9920; Passcode: 54321); monthly meeting was July 11.

- Our program provides phone reach-out to pending releases who request it from detox/treatment centers/facilities in San Mateo Co. and those attending facilities outside the county who live here. We assign BTG volunteers to introduce and guide them to online and in-person meetings.
- We received 7 blue cards over the last month and assigned volunteers.
- Presentations at the VA in Menlo Park are occurring weekly; Palm Avenue Detox was on a weekly basis; we are currently waiting to resume the presentation. The SM County Paroles meeting is occurring monthly.
- Contact Charles Bolton, (415) 722-7253, dist5btg@gmail.com -if you would like to be of service.

General Service- Becky N.

- Monthly Meeting: 3rd Tuesday of the month, 7:00 pm Orientation/ Concepts Study; 7:30 pm for the Business meeting. Meeting ID: 857 0421 3338 Passcode: 0571
- Unity Day, July 16, 12:00 - 4:00 pm, doors open at noon.
 - Beresford Park Recreation Center, 2720 Alameda de las Pulgas, San Mateo, 94403.
 - The announcement is in the July High Sobriety, page 4.

H & I – Brent M.

- 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 p.m.
- Facilities are opening for meetings and volunteers are needed for badged facilities; 5 years sobriety and 5 years off probation are required. Men are needed for the Monday to Friday, 4:00 – 5:00 pm men's meetings. For badging information contact Joey D. at joeydemar64@gmail.com. The badging process is primarily through email.

NCCAA

- The NCCAA 74th Annual Fall Conference: October 13 - 15th. Location will be in Fresno, CA at the Double Tree by Hilton. Address- 2233 Ventura St, Fresno, CA 93721. High Sobriety announcement, page 5.

PENYPAA .

We represent the Peninsula's young people of Alcoholics Anonymous. Our goal is to spread the word of young people in AA, with the hope of helping younger alcoholics get into recovery. Website: Penypaa.org

- Our committee meets on the 2nd and 4th Sunday at 5:30 pm, location is at 225 Tilton Ave, SM.
 - There are open positions, and more committee members are needed. Come to the business meeting if you are interested in being of service.

PI-CPC- Susan C.

- Business meeting 2nd Tuesday of the month. Zoom Meeting ID: 841 7877 3337 or [https://us02web .zoom.us/j/84178773337](https://us02web.zoom.us/j/84178773337)
- Literature: Provided to First Chance Detox; also, to First Chance Sobering Station- a 24-hr program that serves as an alternative to jail for persons arrested for driving under the influence or public intoxication. The program operates 365 days per year.
- San Mateo Daily Journal Ad: Our ad ran June 15-July 11, located in the classified section 200 Announcements. The second ad will run October 15 – approximately November 11.
- July 6: PACT (Parolee Action Community Team), was an in-person meeting in EPA. Parolees attended this event which included presenters for job training, housing resources, substance abuse, domestic violence, and anger management- all provided by SM County. AA provided BTG (bridging the gap) cards, various pamphlets, the meeting app for phones and Grapevines.

- July 8-9: Veterans Stand Down event. Santa Clara PI-CPC asked San Mateo PI-CPC to assist. We staffed an AA literature table both days. Housing, medical, haircuts, mental health, food assistance and substance abuse services were provided to Veterans at no cost. We sold two Big Books and gave away literature. Spanish-speaking District 17 volunteered to assist in staffing the PI-CPC table.
- PI-CPC will be staffing a table at Unity Day on Saturday, July 16th. Many upcoming events, in Sept.– Nov.

Advisory Committee – Richard F.

- The next meeting of the Advisory Committee is Wednesday, August 2, 2023.

Teleservice - Michelle C.

- We have back-line positions and need more volunteers. Currently, there are 3 front line Saturday shifts and 1 Sunday shift. Contact Michelle C., at (650) 303-1208.

Central Office Anniversary Party- Colleen G.

- Date: Saturday, September 30, 2023
- Location: San Mateo County Fairgrounds - Cypress Hall. FREE PARKING
- Time: 3:00 pm – 9:00 pm. (Help needed for Setup Noon - 3:00 pm; and Cleanup 9:00 -10:00 pm)
- The next 2 planning meetings are: Thursday, July 13th @7pm and Thursday, Aug 10th @ 7pm. Zoom ID: 825 1613 6372 - The room will open @ 6:45pm
- Please spread the word to anyone who would like to get involved. We have positions available for everyone no matter your length of sobriety.
- Information on the Event and future planning meetings are listed on Page 2 of High Sobriety and on the Central Office Website.
- Flyers to bring to your groups are available at Central Office.
- **Exciting News!** There will be a Silent Auction and we welcome contributions from groups or individuals. This can be either a Gift Basket, Gift Cards or services offered by members (i.e., Haircuts, massage, yard services, etc.). If you would like to make a monetary contribution, please note that it is for the Anniversary Party. Contributions should be dropped off at Central Office or call Colleen & I'll come pick up.
- For questions call, text, or email: Colleen G., Event Chair, at 510-334-7894 or cgillaspy59@yahoo.com
 - Note- Colleen's email has been corrected, please be sure to use this email address.
 - OR Jump on one of our planning meetings. All are Welcome

Central Office Report - Don C.**Statistics for June 2023:**

- 2-12 Step Call; 65 - Office Visits; 114- Phone Information Calls

Other information to share:

- Anniversary Party Raffle Tickets are here! Price is \$10 per ticket. Grand Prize: 6 days/ 5 nights for two at the Big Island Bash in May. Second Prize: Weekend at a Conference. Third Prize: 1st Edition Big Book. In addition to volunteers selling tickets, a QR code will be on the website to purchase tickets.
- Reminder- Be 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 or stop by Central Office to enroll, all Fivers receive a copy of High Sobriety.

No Old Business. No New Business.

Next Meeting: Tuesday, **August 8**, 2023, 7:30 p.m.

FINANCIAL REPORT**JULY 2023**

	JUL	Total YTD		JUL	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	122.00	235.00	Accounting Services	98.00	2,373.90
Book sales	779.27	8,108.88	Books Purchased	2,981.64	8,967.80
Central Office Annual Party	178.83	278.83	Chips	320.80	1,169.40
Chip sales	272.86	1,869.07	Central Office Annual Party Exp	1,044.03	2,544.03
Delegates Collection	0.00	24.00	Central Office Insurance	161.49	1,126.02
Faithful Fivers	648.86	3,983.17	Credit Card Charges	50.68	188.57
Group Contributions	16,511.82	64,534.65	Employee Insurance	249.00	1,750.00
High Sobriety Subscriptions	10.00	76.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	0.00	Office Equipment Lease & Maint	279.20	1,987.41
Individual Contributions	459.45	1,733.80	Office supplies	27.20	572.95
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other (Comcast refund)	0.00	0.00	Postage	310.00	914.75
Printing	0.00	100.00	Rent	1,501.00	10,507.00
Sales Tax on Books & Chips	112.37	1,070.95	Salaries	5,219.85	36,888.21
Tax Refund	0.00	315.97	Sales Tax on books	470.00	1,251.00
		0.00	Taxes (Payroll)	1,958.62	14,731.37
Total Income	19,095.46	82,330.32	Telephone & Tech	270.17	1,552.51
			Telephone Advertising	0.00	0.00
Less Expenses	15,106.68	87,892.92	Teleservice	165.00	990.00
			Travel Expenses	0.00	378.00
Net Income (loss)	3,988.78	(5,562.60)	Web Services	0.00	0.00
Starting Balance		52,609.06			
Plus Net Income/Loss		3,988.78	Total Operating Expenses	15,106.68	87,892.92
Ending Balance		56,597.84	Net Income (loss)	3,988.78	(5,562.60)
TOTAL PRUDENT RESERVE		50,503.44	2023 Year-to-Date Summary		
			Year-to-Date Income		82,330.32
TOTAL CASH POSITION		107,101.28	Year-to-Date Expenses		87,892.92
			Year-to-Date Net Inc/(Deficit)		(5,562.60)

SAN MATEO COUNTY JULY 2023 GROUP CONTRIBUTIONS

ATHERTON	JULY	YTD	MENLO PARK	JULY	YTD	SAN BRUNO	JULY	YTD	Zoom	JULY	YTD
Sunday Spirituality		10.02	Atherton Grp Wed Noon	346.50	838.90	12 Study Grp (Thurs)	36.60	135.60	12 & 12 @ 12 SM		142.00
			Cottonmouth	308.40	976.41	Big Book Study Fri (5pm)	107.20	715.03	12 Step Study (Tues Noon) MIL		200.00
BELMONT			Fri. Noon Women's	314.57	1,058.22	Come as You Are	75.00	513.00	1st Tradition MID		12.02
Day At a Time	310.65	885.27	Horses Ass		766.00	Experience, Strength, Hope		71.40	Bookies SC		80.06
			Menlo Park Men's Group	191.40	645.00	Living Sober/ HH (Tues)	88.20	271.20	Broken Elevator Thurs. RWC		212.64
BRISBANE			Menlo Weds Women's Grp		169.40	Grupo Serenidad		75.00	FC Living Sober Groups (Zoom)		634.89
Brisbane Breakfast	212.71	430.49	Sat Morning Sandhill	1,187.72	2,729.89	Spkri/Disc - Happy Hour(Mon)		831.83	Friday Night Rap SB	100.00	363.82
			Sat Sunrise Grp MP 7:30		353.68				Friday Noon Big Book FC	20.04	154.95
BURLINGAME			Sunday Sober Sisters	180.00	662.00	SAN CARLOS			Men's R4D Big Book MP		225.88
Any Length		474.27	Women's 12- Step Thu Noon		264.60	In Step with Bill	106.34	432.05	Morning Serenity Zoom	250.00	250.00
Burlingame Men's Grp		903.70				SCPF- all meetings		1,434.85	Off Broadway Beginners Mtg SM		313.00
Burlingame Noon Men's Grp		635.00	MILLBRAE			Sober Sundays		51.92	Pescadero Group PES		40.09
Burlingame Read a Passage		162.00	Sobriety in the Park		255.51				Sat. Morning Eye-Opener HMB	437.00	437.00
Ham & Eggers		1,177.68				SAN MATEO			S.C. Awareness Group SC	10.00	246.94
Hillsborough Men's Group		200.00	MISC.			Fireside Group	220.50	759.85	Sharing Choices BUR	120.06	510.99
Peninsula Prime Time	245.00	485.00	unknown		435.00	Highlanders Grp.		667.80	Sunday Sundowners SM		561.35
Prime time Book Study		126.00	Speaker Jam		332.00	Joy of Living		70.00	The Old & the New FC	10.02	189.97
Sat. Nite Disc. Group		340.23				Lunch Bunch		199.20	The Sewer Group RWC	50.00	229.87
Senior Focus Group		374.23	PACIFICA			Mid Peninsula Women		438.82	Tools of Recovery (Tue 6:30p) SB		115.00
Tuesday Nite Group	151.38	298.38	B.Y.O.B. Group Thurs Noon		444.43	Monday Night Men's 6:30		450.00	USR Men's Online Group MP		152.35
Wednesday Night Disc Anson		340.90	Daily Reflections (Beach Mtg)		342.54	Morning Serenity (All)	6,247.90	8,738.37	Wake Up Zoom PAC	84.87	134.80
			Discussion Group Fri Noon	120.00	240.00	The Forum Group	362.00	1,079.00	Women's Candlelight Grp PAC		200.48
			Fri Discussion Noon Baptist		55.11	Wednesday Afternoon Group	126.00	870.00	Women's Celebrate Being Alive SM		40.00
FOSTER CITY			Pacifica BB Study Mon 11:00am	200.00	534.50	Women's Home Grp (traveling)		701.59	Women's Happy Hour SSF		15.00
FC Men's Sharing Group		710.21	Pacifica Live Wake Up		560.00				Women Read & Reflect. SC		125.00
FC Women's Pop Up Gazebo	512.39	1,597.39	Pacifica Men's Group		604.80	SOUTH S.F.			Women who wear shoes		198.10
Foster City Women (Sat)	19.11	28.13	Page 133 Group		361.90	Keep it Simple		298.00			
Living Sober Groups (all)		203.70	Pedro Valley Pacifica		422.00	New Beginnings Women		140.00			
Study theText Group	539.45	539.45	Serenity in Pacifica	57.60	172.40	South City Womens		10.00			
			Sharp Park 3rd & 11th Step		348.00						
HALF MOON BAY			Sun. Afternoon Daily Reflections	39.06	251.86	WESTBAY ALANO					
3rd & 11th Step		176.00	Tues, Weds, Thurs Noon Disc		453.00	Colma Eye Opener	179.90	399.00			
7AM Coastside Meet.M-S	299.68	2,202.75				Daily Reflect. (Mon)	60.00	60.00			
777 Miramontes Noon Meet.M-F		371.70				Daily Reflexion Wed		60.00			
Coastside Big Book		192.68	PESCADERO		15.02	Living Sober (Thur)		60.00			
Coastside Talkers		140.00	Grass Roots			Men's Meeting		234.00			
Emotional Sobriety Book Study	196.70	337.93				Tues 7am Big Book	120.00	240.00			
HMB Happy Hour Group	147.70	387.70	PORTOLA VALLEY		953.25	West Bay All Groups	192.40	262.40			
HMB Thurs Womens BB		25.04	Ladera Mon Nite Group		1,100.00	Women's Happy Hour		480.51			
Last Barn on the Block		174.84	Portola Valley 11th Step	445.00							
Sat Nite Step		2.11									
Thurs. Night Men's Group		693.53	REDWOOD CITY								
Tues Womens 12th Step		157.52	A Vision for You		1,918.00						
			Don't Drink Group		403.30						
LA HONDA			Horse's Ass Loving Fellowship	578.00	1,143.35						
La Honda Group (Thurs)		244.30	San Carlos Beginners	327.60	945.45						
			Sequoia Recovery Grp		200.48						
			Thumpers	214.55	828.03						
			Wed. Woodside Meeting	362.62	1,184.85						

**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: _____