

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 2023

SMC Fellowship News November 2023



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

- John F. Kennedy

News from Central Office:

The Annual Central Office Party was a success! Great turnout, food and speaker. Thanks to all who donated and especially to the committee members and volunteers who put in so much effort and time to make this a great event.

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SMC HOLIDAY ALKATHONS:

The 2023-2024 Holiday Alkathons will be held in-person this year at 5th & O'Neill. **Please see the schedule for the upcoming Thanksgiving Alkathon (November 22 to November 24) on page 3.**

There are many opportunities to be of service at this year's Alkathons. If you are interested in volunteering or donating, please visit the website at alkathonsmc.org.

Central office will be closed for the holiday November 23 and 24. **HAPPY THANKSGIVING!**

Monthly Service Committee Meetings

BRIDGING THE GAP	November 14, 7:00 p.m. on Zoom Meeting ID: 563 554 9920 Passcode: 54321
TELESERVICE	November 12, 7:00pm on Zoom Meeting ID: 858 4259 6364
DELEGATES TO CENTRAL OFFICE	November 14, 7:30 pm on Zoom Meeting ID: 812 5236 9897, To phone in: +1-669-900-6833
PI/CPC	November 14, 6:15 pm on Zoom Meeting ID: 841 7877 3337
GENERAL SERVICE	November 21, 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 28, 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)	November 12 and November 26 at 5: 30 p.m., 225 Tilton, San Mateo

UPCOMING EVENTS

11th Step Workshop

*“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.”*

Join us for a four-week informational and practice series
on the Eleventh Step.

Wednesday evenings, 7:30 – 8:30 p.m.

Good Shepherd Church

Fifth and O'Neill, Belmont

November 8, 15, and 29, 2023

Online/Zoom

November 22, 2023

Bring a cushion or other floor mat if you wish; chairs will
be available.

No charge. 7th Tradition contributions only. Contributions
will be used to pay rent and any expenses, with the
balance distributed to the San Mateo Central Office.

For Zoom meeting and more information, contact Will Holsinger, (650) 678-2259,
william.holsinger@me.com.

Greetings to the San Mateo County Alcoholics Anonymous community.

We are excited to announce our upcoming 2023-2024 A.A. Alkathon. The San Mateo County Alkathon was started 49 years ago to provide round the clock meetings at the end of the year during the holidays of Thanksgiving, Christmas, and New Year's. Meetings start every even hour on the following days:

Thanksgiving A.A. Alkathon Wed, Nov 22, 12PM - Fri, Nov 24, 12PM

Christmas A.A. Alkathon Sun, Dec 24, 12PM - Tue, Dec 26, 12PM

New Year's A.A. Alkathon Sun, Dec 31, 12PM - Tue, Jan 2, 12PM

This year's Alkathon will be held in-person at 5th and O'Neill (1300 5th Ave, Belmont). Each meeting is for 90mins. The first meeting starts at Noon on the first day and the last meeting starts at Noon on the last day.

All information for the 2023-2024 A. A. Alkathon can be found on alkathonsmc.org.

THANKSGIVING 2023

2023 - 2024 San Mateo AA Alkathon Schedule

Wednesday 11/22/2023	
12 Noon	New Tuesday night beginners
2:00 PM	Wednesday Woodside Meeting
4:00 PM	A Vision for You
6:00 PM	Senior Focus
8:00 PM	San Bruno Big Book
10:00 PM	Foster City Living Sober - in person
Thursday 11/23/2023	
12:00 AM	Ham & Eggers
2:00 AM	12 Step Study Group
4:00 AM	San Carlos Peninsula Fellowship/Eaton
6:00 AM	S.C. beginners sequoia health center
8:00 AM	Portola Valley Step 11
10:00 AM	Beginners Menlo Park
12:00 PM	7am Serenity Group
2:00 PM	Bunker Hill Young People
4:00 PM	Study the Text
6:00 PM	Saturday Morning Sandhill
8:00 PM	Day at a Time
10:00 PM	Don't Drink and Go to Meetings
Friday 11/24/2023	
12:00 AM	The Forum Group
2:00 AM	Sundowners
4:00 AM	Fireside Group
6:00 AM	Thumpers
8:00 AM	Penypaa
10:00 AM	Sober Sundays
12:00 PM	Any Lengths Group

Thanksgiving Alcathon



West Bay Alano Club

216 Mosswood Way - South San Francisco


Thursday, Nov. 23, 2023

AA meetings every 2 hours –

Starting at 6AM - last meeting at 8PM



Thanksgiving Feast

1:30 pm -3:30 pm

All are Welcome !

HAPPY BIRTHDAY



Serenity Prayer Ralph - Pacifica - 46yrs

Bob B – Belmont - 44yrs

Shirley Y – SM - 48yrs

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

11TH STEP PRAYER

God, direct my thinking, especially that it be divorced from self-pity, dishonest, or self-seeking motives.

STEP 11: 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.

Stronger & Brighter



As I approach my 76th anniversary of life and my 47th of sobriety, I'm excited. I'm compelled to share about our awesome Step Eleven. It's really something how the slow, steady progress of this Step pays dividends of happiness.

How did this happen to a falling-down drunk like me? I believe sponsorship and persistence were the keys. One day early in sobriety, after I had asked for the grace not to drink, I was challenged to spend a minute or two in the morning in prayer. Then I was asked to cherish this good habit—and persist, no matter what—every day.

The result was similar to going to AA meetings: I reached a point where I crossed a line and a hunger developed in me for more. I knew I had to do this to stay sober. But having to do it, and wanting to do it, are a world apart. When the fire is lit inside and given TLC, the fire grows stronger and the light grows brighter.

Yes, there are dry times when I feel no connection. But I just persist and take an inventory of myself (not of others). Then I make sure that there are no amends I need to make, or other forms of conduct that are the product of untreated alcoholism. If I do all these things, my HP connection always returns. (By the way, I can always come up with a list of rationalizations a foot long of why I shouldn't spend the time in prayer and meditation. I have experienced most of them and can tell you that, like all half-measures, they are pure BS.)

I've now developed deep personal convictions of right and wrong based on experience—error and pain being my best teachers. When trying my best to follow these convictions, I have a strong sense of being linked with my Higher Power. My faith and trust in God has strengthened manyfold as a result. I love it when I'm centered in the Higher Power and my program, and remember to prioritize my values, which are often at odds with those of the world. When I'm in harmony with my values, I'm calm and at peace. Good stuff! And I see no limits to my personal spiritual growth as I continue to practice this learned good habit.

Prayer and meditation are time spent with my HP, which gave me the gift of sobriety. I have zero power and God has all power. When I asked (begged) God, he gave me an entirely different life—a life where the moral high road is the goal each day, a life with a way to get back up when I run off the main road. That's the life that my creator, who loves me and watches over me, wants for me. I'm grateful to my alcoholism for getting my attention so I could approach him and surrender to live.

Today, I have two periods of quiet time: one in the a.m. and another one in the p.m. Each lasts usually about 45 minutes. And I strive to pray continuously in-between those times, with prayers for people special to me and for knowledge of what he wants me to do. All those random thoughts that run through my head during my waking hours can be focused with a lot of practice. My intention is to practice, practice and practice, until they throw dirt over me one day.

And boy, does it have benefits. This is not goody-two-shoes stuff. It's practical thinking that keeps me protected from the daily war with untreated alcoholism. In fact, it's directly proportionate to it. His will for me is to pass on the good news of my experience with all 12 Steps. In doing that, I'm lifted to this fourth dimension, where I'm relatively happy, no matter what my life circumstances. That's a blessing for this ex-drunk. I think I'll try to stay sober one more day.

—B. K., Grove City, Ohio

MESSAGE FROM GENERAL SERVICE

Greetings District 05, aka San Mateo County. I started our October business meeting by mentioning the National Day of Prayer for Mental and Behavioral health event I had the privilege to attend in Redwood City in October. Eight or so faith leaders were asked to come and share words and a prayer for those suffering from mental and behavioral health issues. The Day of Prayer event was two days after conflict intensified in the middle east. The prayers offered addressed this and all conflict all over the world. One prayer offered was simply to say, "God let there be peace in _____". The blank was filled with one of the many areas of conflict in the world today. This was done one conflict area at a time. Unfortunately, it was a very long prayer. We started our October meeting with a moment of silence asking for peace for ALL of God's children regardless of where they may be.

In our business meeting we heard from a General Service Representative (GSR) whose group conducted their first group inventory. They actually found it a rewarding experience. What's a group inventory? Check it out in the pamphlet "The AA Group" page 29. As we know inventory is not all about the things that need improvement. It's also a means to know we are on the beam and practicing the traditions at our meetings. If anyone has questions about the group inventory, please contact your GSR or me. If you need assistance in conducting a group inventory, please contact me. Also if you would like to see an example of an inventory our district will be conducting our inventory at our November business meeting on Nov 21st.

We also heard a report regarding the Safety Workshop recently hosted by District 04 (Santa Clara, North). The workshop was conducted over three Saturdays and covered a wide range of safety issues, such as meeting disruption, discrimination, and sexual harassment. It was reported that while there are safety issues in the rooms it is comforting to know that it is being recognized and action is being taken to address it.

Regarding business matters, the district approved funding in the amount of \$500 to support the Baywide Halloween dance being hosted by PENYPAA. The decision was by substantial unanimity and there was no minority opinion expressed. The other matter of business was selecting the questions to be addressed in our Nov. 21 st business meeting. If you would like to comment on the questions, please contact me or your GSR. The questions are:

1. What is the basic purpose of District 05 General Service? How can we improve fulfilling our purpose?
2. Has enough effort been made to explain, to all groups, the value and purpose of a GSR?
3. How well are our groups informed about what is happening in AA worldwide?
4. Who's not in our district meetings and at General Service events? How can we increase participation in General Service within our district?

As we head into the Holidaze I am reminded of some words of wisdom, avoid the deliberate manufacture of misery, no is a complete sentence, and above all we are Not a glum lot.

Wishing you all a safe and sane Holidaze and SEE YOU AT THE THANKSGIVING ALKATHON!!!!

Warmest Regards,
Brent MacQ
District Committee Member, Chair CNCA06 Panel 73
recoveringbrent@yahoo.com

**Perhaps one of the greatest rewards of meditation and prayer is the sense
of belonging that comes to us.
-Twelve Steps and Traditions**

Central Office Delegates Meeting Minutes – Tuesday, October 10, 2023

Opened Delegates Meeting – 7:30 pm & closed at 8:03 pm.

12 Traditions: Carol Y. Responsibility Statement: Denise S.; New Delegates: MacKenzie S., Brownbaggers Meditation Group, West Bay Alano Club; AA Birthdays: MacKenzie S., 15 years; Kishore, 18 months. Minutes- Approved. 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.

- 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 8 blue cards over the last month and assigned volunteers.
- We are working with H & I to restart BTG meetings in Palm Avenue Detox on Saturdays, starting next week. We will look to expand our meeting offerings.
- Presentations at the VA in Menlo Park occur weekly and at the San Mateo County Parole monthly, partnering with PICPC. We hosted a table at the Central Office party and had 3 yellow cards filled out.
- 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
- Donations to New York General Services can be made online and cost less for processing than checks. The SMC website homepage has a link for donating to GSO in New York.
- Both Grapevine and La Viña have App subscriptions available, visit- aa.grapevine.org
- A variety of service positions are open with General Service; you do not need to be a GSR to be eligible.

H & I

- 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.

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 – Jonathan

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, and young at heart alcoholics get into recovery.

- Our committee meets on the 2nd and 4th Sunday at 5:30 pm, location is at 225 Tilton Ave, SM.
- We also have a website listing details of our committee meetings and other YPAA events, visit <http://www.penypaa.org>.
- We are hosting the Halloween Baywide Dance on Saturday October 28th at 1400 Roosevelt Ave., Redwood City. Meeting is at 6pm and Dance and other activities from 7-11pm. Co-host will be WACYPA (East Bay), SCCYPAA (San Jose). Special guest YPAAs include SANJYPAA (San Joaquin County), MCYPAA (Mendocino County), and CRUZYPAA (Santa Cruz). If you would like to pre-register the suggested donation is \$20- please Venmo @kevinoel. List your first and last name in the description.
- WACYPA (Western Area Conference) is having a conference at the Oakland Marriott on December 28th, 2023, to January 1st. Please visit wacypaa25.com to register or for more information about the conference.

PI-CPC- Susan C.

- Business meeting: 2nd Tuesday of the month. Zoom Meeting ID: 841 7877 3337 or <https://us02web.zoom.us/j/84178773337>. This month's meeting was October 10, 2023.

- We are looking into our volunteers visiting the SMC public libraries and recording whether the library has a Big Book and 12 & 12 on the check-out shelves. If not, we will add their name to our list for future contact.
- Beginning October 15th – the second ad for if you want to stop drinking and that AA can help, will be published in the SMC Daily Journal.
- Concern was expressed that we are not reaching out to general AA members to help staff our events like AA literature tables. We need more volunteers with PI-CPC activities. Our agenda goes out to 33 people, and we usually have 6 people at our monthly PI-CPC business meeting.
- Upcoming October events with literature tables:
 - Oct. 14 -15, Pumpkin Festival, HMB.
 - Oct 25, two Health & Wellness Fairs- one at Skyline Community College & one at CSM.
 - Nov. 8, Health & Wellness Fair – Cañada College.

Alkathon

- The 2023 - 2024 Alkathon will be taking place at “5th & O’Neill” - 1300 5th Avenue, Belmont, 94002, for Thanksgiving, Christmas, and New Year.
- The Alkathon website has been updated to list the groups who have volunteered to host at least one meeting.
- Groups are still needed to sign up to host a meeting. Submit your group’s information on the online form by 8AM on Saturday, Oct. 14th. The lottery drawing of all group submissions will be made on Sunday, Oct. 15th, on zoom. Your group will be responsible for the time slot selected in the drawing. That includes providing a secretary, speaker, literature volunteer, and 2-3 greeters.
- Individuals are also needed to volunteer.
- To sign up to volunteer, to submit your group’s name, and for information, visit the Alkathon website: alkathonsmc.org
- Flyers are available and in High Sobriety.

Advisory Committee – The next meeting is Wednesday, November 1st..

Teleservice - Michelle C.

- No openings are currently available.
- If you are interested in being of service, contact Michelle C., at (650) 303-1208.

Trusted Servants Workshops – Bob M. - There will be a Trusted Servants Workshop in the first part of the new year.

Central Office Anniversary Party- Colleen G.

- The Central Office party went very smoothly from a committee perspective but it's always nice to hear all the positive feedback from attendees.
- A BIG THANK YOU to all those who served on the committee. It was all their hard work and dedication that made this event a success. (Denise, Nick, Trish, and Paula) I also need to include all the volunteers who helped that day. It made the day go smoothly with so many who stepped up to help. It was wonderful to see some of our service committees represented with tables (CI/PCP, General Service, PENYPAA and BTG). Such a nice addition to have them there. The Silent Auction was a success, and the live music was a nice treat.
- At our highest, we had close to 200 people in attendance. The committee will hold a wrap-up meeting to discuss what worked/what can be improved. The Fairgrounds were wonderful to work with and we have already requested the location for next year’s event. We have a date blocked off & are awaiting the financial bid.
- Thank you for letting me be of service. It was a pleasure, Colleen G.

Central Office Report - Don C.

Statistics for September 2023:

- 2 – 12 Step Calls; 88 - Office Visits; 112 - Phone Information Calls

Other information to share:

- Encourage your groups to sign up for the Holiday Alkathon drawing to host a meeting.
- The SMC website homepage, under “Contributions,” now has a link for donating to H & I and GSO in New York.

No Old Business. No New Business.

Next Meeting: Tuesday, November 14 at 7:30 pm.

FINANCIAL REPORT

OCTOBER 2023

	OCT	Total YTD		OCT	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	122.75	370.75	Accounting Services	98.00	2,672.41
Book sales	1,234.95	11,800.22	Books Purchased	1,306.05	10,333.82
Central Office Annual Party	5,557.41	11,323.93	Chips	0.00	1,742.95
Chip sales	122.42	2,811.87	Central Office Annual Party Exp	1,301.32	4,651.78
Delegates Collection	0.00	24.00	Central Office Insurance	144.02	1,593.00
Faithful Fivers	489.19	5,473.76	Credit Card Charges	37.31	289.93
Group Contributions	8,960.18	88,008.13	Employee Insurance	249.00	2,497.00
High Sobriety Subscriptions	6.00	102.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	0.00	Office Equipment Lease & Maint	237.97	2,686.52
Individual Contributions	1,043.31	7,974.74	Office supplies	180.37	1,119.31
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other (Comcast refund)	0.00	0.00	Postage	0.00	980.50
Printing	0.00	170.00	Rent	1,501.00	15,006.00
Sales Tax on Books & Chips	144.58	1,565.91	Salaries	5,683.78	52,936.48
Tax Refund	0.00	315.97	Sales Tax on books	0.00	1,251.00
		0.00	Taxes (Payroll)	2,120.70	20,673.32
Total Income	17,666.19	129,941.28	Telephone & Tech	99.00	3,274.74
			Telephone Advertising	0.00	0.00
Less Expenses	14,042.26	124,490.50	Teleservice	165.00	1,485.00
			Travel Expenses	918.74	1,296.74
Net Income (loss)	3,623.93	5,450.78			
Starting Balance		63,987.60			
Plus Net Income/Loss		3,623.93			
Ending Balance		67,611.53	Total Operating Expenses	14,042.26	124,490.50
TOTAL PRUDENT RESERVE		50,681.60	Net Income (loss)	3,623.93	5,450.78
TOTAL CASH POSITION		118,293.13	2023 Year-to-Date Summary		
			Year-to-Date Income		129,941.28
			Year-to-Date Expenses		124,490.50
			Year-to-Date Net Inc/(Deficit)		5,450.78

SAN MATEO COUNTY OCTOBER 2023 GROUP CONTRIBUTIONS

	OCT	YTD		OCT	YTD		OCT	YTD		OCT	YTD
ATHERTON			MENLO PARK			SAN BRUNO			Zoom		
Sunday Spirituality		29.13	Atherton AA		200.00	12 Study Grp (Thurs)		200.33	12 & 12 @ 12 3M		142.00
			Atherton Grp Wed Noon	287.70	1,135.91	Big Book Study Fri (5pm)	126.68	1,050.59	12 Step Study (Tues Noon) MIL		400.00
BELMONT			Beginners Menlo Park	249.30	249.30	Come as You Are		1,070.20	1st Tradition MID		12.02
Belmont Tues. Noon Group		143.00	Cottonmouth		976.41	Early Enders	105.07	105.07	BB 103 North FC		341.55
Day At a Time	261.27	1,146.54	Fri. Noon Women's	304.54	1,362.76	Experience, Strength, Hope		98.40	Booklee SC		130.06
			Horses Ass		1,794.70	Living Sober/ HH (Tues)		363.30	Broken Elevator Thurs. RWC		442.64
BRISBANE			Menlo Park Men's Group		645.00	Grupo Serenidad	20.00	110.00	FC Living Sober Groups (Zoom)		634.89
Brisbane Breakfast		480.51	Menlo Weds Women's Grp	154.08	323.48	Spkr/Disc - Happy Hour(Mon)		1,119.59	Friday Night Rap SB		563.82
			Sat Morning Sandhill	335.94	3,065.83				Friday Noon Big Book FC	10.00	384.95
BURLINGAME			Sat Sunrise Grp MP 7:30	517.35	871.03	SAN CARLOS			Men's R4D Big Book MP		225.88
Anson Group Disc. Mtg		408.04	Sunday Sober Sisters		819.00	In Step with Bill		432.05	Mon. 12:10 PM Happy Hour MP		1.99
Any Length		474.27	Women's 12- Step Thu Noon	20.00	807.58	SCPF- all meetings		1,444.85	Morning Serenity Zoom		250.00
Burlingame Men's Grp	547.50	1,451.20			Sober Sundays			51.92	Off Broadway Beginners Mtg SM		313.00
Burlingame Noon Men's Grp		1,028.00	MILLBRAE						Pescadero Group PES		40.09
Burlingame Read a Passage		162.00	Sobriety in the Park		255.51	SAN MATEO			Sat. Morning Eye-Opener HMB		437.00
Ham & Eggs		1,916.68				Firelake Group		1,052.45	S.C. Awareness Group SC		266.94
Hillsborough Men's Group		500.00	<u>Misc.</u>			Highlanders Grp.		1,019.80	Sunday Sundowners SM		586.22
Peninsula Prime Time		485.00	unknown		435.00	Joy of Living		70.00	The Old & the New FC		279.99
Prime time Book Study	105.00	231.00	Speaker Jam		332.00	Lunch Bunch		385.20	The Sewer Group RWC		301.37
Sat. Nite Spkr/Disc. Group		442.65	West Bay Alano		116.00	Mid Peninsula Women		438.82	Tools of Recovery (Tue 6:30p) SB		115.00
Senior Focus Group	35.70	487.15			Monday Night Men's 6:30			450.00	USR Men's Online Group MP		152.35
Tuesday Nite Group		298.38	PACIFICA			YTD Morning Serenity (All)	830.08	9,573.44	Wake Up Zoom PAC		169.82
			12 @ 6 Group	30.01	135.01	The Forum Group		1,406.00	Women's Candlelight Grp PAC		200.48
FOSTER CITY			B.Y.O.B. Group Thurs Noon		444.43	Wednesday Afternoon Group	106.00	1,257.00	Women's Celebrate Being Alive SM		65.00
FC Men's Sharing Group		710.21	Daily Reflections (Beach Mtg)		342.54	Women's Home Grp (traveling)		801.65	Women's Happy Hour S&F		15.00
FC Women's Pop Up Gazebo	406.29	2,003.68	Discussion Group Fri Noon		240.00				Women Read & Reflect. SC		125.00
Foster City Women (Sat)		54.00	Fri Discussion Noon Baptist		277.06	SOUTH S.F.			Women's Sharing Choices BUR	130.08	641.07
Living Sober Groups (all)	901.43	1,105.13	New Comers & Old Timers		1,400.00	Keep it Simple		298.00	Women who wear shoes	105.00	390.60
Study theText Group		539.45	Pacifica BB Study Mon 11:00am	100.00	634.50	New Beginnings Women		140.00			
			Pacifica Live Wake Up		910.00	South City Womens	872.78	882.78			
HALF MOON BAY			Pacifica Men's Group		604.80						
3rd & 11th Step		545.13	Page 133 Group		651.90	WESTBAY ALANO					
7AM Coastside Meet.M-W-F	56.51	2,570.59	Pedro Valley Pacifica		766.00	Brown Baggers		89.40			
777 Miramontes Noon Meet.M-F	127.14	498.84	Serenity in Pacifica	95.70	268.10	Colma Eye Opener		528.50			
Coastside Big Book		376.77	Sharp Park 3rd & 11th Step		560.80	Daily Reflect. (Mon)		120.00			
Coastside Meditation T-TH	56.51	115.32	Sun. Afternoon Daily Reflections	234.73	486.59	Daily Reflection Wed	160.00	220.00			
Coastside Talkers	170.78	312.25	Tues, Weds, Thurs Noon Disc		453.00	Early Birds (Fri)		177.00			
Emotional Sobriety Book Study	98.18	436.11	Women's Big Book Study		96.76	Grapevine (Mon)		120.00			
Great Out Doors	220.81	437.80			Living Sober (Thur)		60.00				
HMB Happy Hour Group		387.70	PESCADERO			Men's Meeting		394.00			
HMB Thurs Womens BB		35.02	Grass Roots		15.02	Oyster Point Discussion		100.00			
Last Barn on the Block		255.31			Thurs Nooners BB		120.00				
Sat Nite Step		2.11	PORTOLA VALLEY			Tues 7am Big Book		360.00			
Thurs. Night Men's Group		1,036.37	Ladera Mon Nite Group		953.25	West Bay All Groups		262.40			
Tues Womens 12th Step	66.92	358.76	Portola Valley 11th Step	440.55	1,540.55	Women's Happy Hour	247.77	728.28			
LA HONDA			REDWOOD CITY								
La Honda Group (Thurs)		244.30	A Vision for You		1,918.00						
			Don't Drink Group		553.10						
			Horse's Ass Loving Fellowship	126.00	1,269.35						
			San Carlos Beginners	74.88	1,022.32						
			Sequoia Recovery Grp		396.01						
			Thumpers	221.90	1,049.93						
			Wed. Woodside Meeting		1,184.85						

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