

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

March 2024

SMC Fellowship News March 2024



Bless you and yours
And the cottage you live in.
May the roof overhead be well thatched
And those inside be well matched.
May you always have walls for the wind,
a roof for the rain, tea by the fire,
laughter to cheer you, those you love near you,
and all your heart might desire.
May joy surround you,
Contentment latch your door,
And may happiness be with you now,
And bless you ever more.

Happy St. Patrick's Day! I am proud to be Irish on St. Patrick's Day and every day. Still, we all know that celebrating a holiday that centers around green beer can be challenging. My strategy is to toss a hunk of corned beef into a pot, turn up the music I heard growing up, and say a prayer of thanks for my many blessings.
Joan F.

Table of Contents

Monthly Service Committee Meetings ...	2
Upcoming Events ...	2-4
A St. Patrick's Day Business Trip ...	5
Tradition Three: Tough Love ...	6
Message from General Service ...	7
Central Office Minutes ...	8-9
Central Office Financial Report ...	10
Group Contributions Report ...	11

News from Central Office:

Mark your calendars for Saturday, September 28 for the Central Office Party at the San Mateo Fairgrounds. Planning will begin next month. See p. 9 for information about volunteering or joining the planning committee. Keep an eye out for future information in the coming months.

Also, see the Minutes on p. 9 for a report on the holiday Alkathons. Thanks to all who contributed.

A SPECIAL THANK YOU to Tatiana, Nancy, Donna and Cathy for their help in getting this newsletter out every month.

Monthly Service Committee Meetings

BRIDGING THE GAP	March 12, 7:00 p.m. on Zoom Meeting ID: 563 554 9920 Passcode: 54321
TELESERVICE	March 10, 7:00pm on Zoom Meeting ID: 858 4259 6364
DELEGATES TO CENTRAL OFFICE	March 12, 7:30 pm on Zoom Meeting ID: 812 5236 9897, To phone in: +1-669-900-6833
PI/CPC	March 12, 6:15 pm on Zoom Meeting ID: 841 7877 3337
GENERAL SERVICE	March 19, on Zoom, 7:00 orientation/concept study, 7:30 pm business meeting Meeting ID: 857 0421 3338, Passcode: 0571. To phone in: +1-669-900-6833
H&I (Hospitals & Institutions)	March 26, 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)	March 10 and March 24 at 5: 30 p.m., 225 Tilton, San Mateo

UPCOMING EVENTS



*"Celebrating 75 years
of Conferences!"*

**Northern California Council of
Alcoholics Anonymous**

San Jose, CA

**Holiday Inn San Jose – Silicon
Valley**

1350 North 1st St., San Jose, CA 95112

March 15, 16, 17, 2024

<u>Friday March 15, 2024</u>	<u>Saturday March 16, 2024</u>	<u>Sunday March 17, 2024</u>
2:00 PM Registration Opens 5:00 PM Long Timer's Panel 8:00 PM Open Speaker Meeting	8:00 AM – Steering Committee 11:00 AM – NCCAA Delegates 8:00 PM Open Speaker Meeting	8:00 AM Meditation Meeting 10:00 AM Open Speaker Meeting
Ronald W. Los Angeles, CA	Sarah I. Philadelphia, PA YP Speaker	Rick K. Sunol, CA

**For more info on registration and hotel conference rate, go to:
www.norcalaa.org**



St. Patrick's Day celebration

at the
West Bay Alano Club

216 Mosswood Way, So. San Francisco



Sunday, March 17

Nigel M., Pacifica

✿ 2 pm Corned beef & Cabbage
feast (served until sold out –
\$10.00 suggested donation)

✿ 50/50 raffle—everyone welcome ✿



TRUSTED SERVANTS WORKSHOP

FOR

SECRETARIES-TREASURERS-LITERATURE PERSONS

HANDOUT MATERIAL WILL BE PROVIDED TO ALL ATTENDEES



SATURDAY, MARCH 23, 2024 1:15 PM - 3:15PM

SAN CARLOS PENINSULA FELLOWSHIP

1133 EATON AVE., SAN CARLOS

HYBRID ZOOM MEETING ID: 816 9790 3125

SATURDAY, APRIL 6, 2024 1:00PM - 3:00PM

WEST BAY ALANO CLUB

216 MOSSWOOD WAY, SO. SAN FRANCISCO

SATURDAY, APRIL 13, 2024 10:00AM – 12:00PM

METHODIST CHURCH

777 MIRAMONTES ST., HALF MOON BAY

HYBRID ZOOM MEETING ID: 881 2927 7355

FOR FURTHER INFORMATION ON THESE WORKSHOPS,
PLEASE CONTACT THE CENTRAL OFFICE

Brisbane Breakfast Bunch**Invites You to Our****REGULAR A.A. MEETING**

**At the Community Center, 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 MARCH 2024 are:

<i>Date</i>	<i>Speaker</i>	<i>Home Group</i>
March 3	Abby L.	St. Finn Barr Sunday
March 10	Jeannie D.	St. Finn Barr
March 17	Santiago V.	St. Finn Barr
March 24	Don H.	St. Finn Barr
March 31	Bill Mc	St. Finn Barr

**4 TH STEP WORKSHOP EVERY SUNDAY OF
THE YEAR AT EATON FELLOWSHIP IN SAN CARLOS**

WHAT: 4th Step Workshop**WHEN:** Every Sunday of the Year**WHERE:** Eaton Fellowship in San Carlos/ 1133 Eaton Ave.**TIME:** 5:45 PM to 7:15 PM

FORMAT: 4th Step made easy to understand as instructed right out of the Big Book.
(Workshop/Teaching/Discussion Format.) LIVE AND ON ZOOM

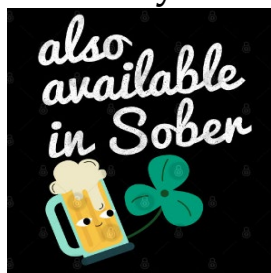
FACILITATORS: Pete C and Bobby P**CONTACT:** Pete C for Questions: 650 353-6956**ZOOM NUMBER:** 893-173-9813**HAPPY BIRTHDAY****Will H 40 years SM**

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.

TRADITION TWO / ANSWER KEY

1. INRDIOECT direction
2. STRUT trust
3. NORGNAECV governance
4. TECETMMOI committee
5. ONCCENCIES conscience
6. UAOHTYTIR authority
7. PGOUR group
8. OEVENPLMTDE development
9. ITMLIUHY humility

A St. Patrick's Day Business Trip



Twenty-five years of going to meetings and working the program had not prepared me for my feelings in anticipation of a business trip to Chicago. The trip was not optional, and I was to travel with a group of colleagues who had not overlooked the fact that we were going to be in Chicago over St. Patrick's Day. They took every opportunity to mention that they were looking forward to the green beer and all that it entailed.

Business travel in the ski industry with entertaining and an expense account was an integral part of the last years of my drinking. Since getting sober and establishing a family in early sobriety, my work did not require any overnight travel, nor was I interested in being away from home, family and my AA home group. However, I had flourished in my new field and had earned the opportunity to present as faculty at a national conference.

Leading up to the trip, I found myself with unfamiliar feelings and was surprised when I examined them to discover anxiety mixed with dread. My anticipation and excitement for the business trip was not matching reality. I was experiencing a well-remembered, pit-in-the-stomach dread that I had not had for some time. I accepted my fear and talked about it at meetings without much relief. I asked a friend who had gotten sober in Chicago for an AA contact name and phone number. I researched downtown Chicago meetings online, printed a meeting list, and made a plan.

On my first morning in Chicago, I ventured out of the hotel and was greeted by a homeless person. He explained that he lived at a shelter, was going to school and needed cash for transportation to a math class. He added that he was sober, pulling out his three year medallion. I pulled out my medallion and gave him some folded money.

Since we were walking down the street together, I asked him to point out any nearby AA meeting locations. He obliged and I felt as though God were speaking to me that morning.

The next day, I found a noontime meeting in a church basement around the corner. The hotel concierge had filled me in on the closest meetings. The people were warm and welcoming and I met another sober alcoholic. She was visiting from out of town, staying at the same hotel and attending the same conference! My new friend was twenty years sober and while feeling vulnerable she had poured the contents of the mini-bar down the sink the night before. Apparently, I was not so alone. We exchanged phone numbers.

During the rest of my stay, I went to meetings, watched the St. Patrick's Day festivities, and on the last day of the trip, I called that pre-arranged AA contact. Having the phone number of a local Chicago member of Alcoholics Anonymous had felt like having insurance in my pocket. The Chicago contact was expecting my call. He was kind and supportive and allowed me to express my gratitude. He demurred, saying that he didn't do anything. But I knew that he provided the back up that I needed. I knew to the core of my being that if I had landed on thin branches while in Chicago and felt any temptation to drink, that I could have called upon him and that he would have been there to help me. For that, I was grateful!

I was trying to relax at the airport in anticipation of going home when out of nowhere a good friend from the program approached me. I leapt out of my seat and gave him a huge hug. My traveling companions raised a few eyebrows but I didn't care. God was certainly taking good care of me on this trip. All I had to do was put AA first.

BY: DANA M. | LEBANON, NEW HAMPSHIRE

TRADITION THREE: The only requirement for AA membership is a desire to stop drinking.



TOUGH LOVE

Relapse is a big part of my story. For my first year and a half in AA, I did not stay sober between meetings. At one point, I stopped picking up 24-hour chips because I accepted that I was going to drink on my way home from the meeting. Still, the people in my local AA community just told me to keep coming back. I remember specifically hearing about the Third Tradition, which states that all an alcoholic needs is the desire to stop drinking in order to be welcomed into the rooms.

Oldtimers pointed out that if an alcoholic could quit drinking by themselves, he or she wouldn't need AA. They said we all find AA at different times of our drinking lives and sometimes we find the program while still drunk. It was me they were talking about because I was sitting there half drunk in the meeting. I was a living, breathing example of the Traditions in action and they made sure to point that out.

I have since learned that I was a chameleon. I had gotten through my entire life by blending into my environment. But when I got to AA I didn't understand that the people in meetings could see right through that. They've seen chameleons like me before. They know the difference between quoting the Big Book and actually living the Steps. I didn't know at the time that I wasn't fooling any of them. They weren't inviting me back for the pearls of wisdom contained in what I shared; they were inviting me back hoping I'd finally get the message that would save my life.

During that year and a half, the polite waiting game played by some of my home group members began to wear off. These were the members who saved my life. I kept coming back because of the unconditional love, but it was the tough love that got through to me.

They didn't mince words about what made a strong meeting. I was welcomed to attend and encouraged to return, but they didn't want to hear a lot of what I had to say. They could see my misery on my face. They didn't need to spend any of the precious 60 minutes of the meeting hearing my drunk talk. At one point, when I did share, this one man told me that the program works better if you stay sober between meetings.

One typical night, I picked up what was probably my 100th 24-hour chip and bored the other members with a long, maudlin share on how "I really mean it this time." A lady stopped me after the meeting to say encouraging things to me. "Keep coming back," she said. "It'll be OK." As she walked off, a guy standing nearby looked at me and said, "No, it won't. It will never be OK for you if you keep doing what you're doing. Keep coming back but know that it will never be alright if you keep listening to your own ideas." Another time, a meeting elder said I was totally full of you-know-what. I actually tried to argue with him.

Eventually, I did shut up long enough to hear the message that would save my life. I stopped trying to fake it or work a program I made up in my head. In the end, I did exactly what the Big Book said to do. I learned through hard-won experience that any idea I have that I can drink successfully will end in disaster. I spent my first year and a half in AA drinking, thanks in part to all my wonderful ideas.

Since I've been sober, I have felt compelled to remind people at meetings about the Third Tradition, just as someone did for me. I watch sponsees struggle with the sobriety part of our program, and I love them when they come back. I know I can't keep them sober because my first sponsor couldn't keep me sober either.

I like to tell people that Bill knew what he was talking about in the Third Tradition. If an alcoholic is in the rooms of AA and can't quit drinking, then the best place for that alcoholic to be is right here in the rooms of AA.

BY: LYNNE W. / BILLINGS, MONT.

MESSAGE FROM GENERAL SERVICE

Greetings District 05 of California Northern Coastal Area 06 of AA, aka San Mateo County. It's agenda topics season and time to express our opinions at the group level once again. Agenda items are a request that the fellowship at the group level take a look at "something" and provide input. Responses to AA's annual Agenda items are the way that our groups inform our Area Delegate of how we want them to vote on our behalf at the General Service Conference (GSC). This is how the AA Groups run AA. If an AA Group chooses not to participate by declining to have a General Service Representative (GSR), that is their right. By so choosing they also choose to not be informed unless they take the time to inform themselves that is. Agenda topics can be originated by anyone in the fellowship of AA. It is suggested that those who submit potential agenda items seek as much support at the group/district/area level as possible to show broad appeal for the item. Your GSR should be notifying you soon to set up an agenda topic session. Please be kind to your GSR's and cooperate/participate in their efforts, they are only doing what you asked them to do.

In our February business meeting we began to hear group opinions (aka group conscience) on a motion before the district seeking support for a potential agenda item (PAI). This PAI seeks to delay general service conference approval of a plain language translation of our book, Alcoholics Anonymous. I put some information regarding the translation's intent and the production timeline in my report last month. Briefly a study initiated in 2016 indicated that the reading level in the US has fallen to the point where a large percentage of people can no longer comprehend the language in our text. A translation of our text into a current form of English was drafted. Area delegates reviewed the first partially completed draft last year and the comments were very favorable. The area delegates will review the first completed draft of the translation at the 74 th General Service Conference in April. It could be approved then; I think that is unlikely and my bet would be that if the text is approved it will be 2025 or later.

Back to the business meeting and the motion to support the potential agenda item (PAI) seeking to delay the transition, we heard the group conscience of 14 groups, 11 declined to support the motion with 3 in favor of the pause in the production of the translation. The consensus of those groups declining to support the motion were that the need has been identified (reading level in the US versus what it takes to comprehend the Big Book), information has been available, why pause now. The consensus of the groups supporting the pause were that the information was not widely available, and the message will be lost in translation. Since our business meeting I have heard from 4 representatives who were unable to attend, 2 reporting their groups support and 2 declining to support the pause. We will continue to hear group opinions at our March business meeting. Considering the current tally is at 5 in support and 13 declining to support and that perhaps 25 groups in our District have GSR's it appears we will not be supporting the motion to support the PAI. Thinking out loud for a second, anyone know what 25 divided by the number of groups in San Mateo County is?

I also wanted to share an amazing experience. Sarah B. (current CNCA06 Recording Secretary and Panel 71 DCMC) and I had the honor of facilitating the PENYPAA elections on Feb 25 th . At the start of the meeting, I was looking at the number of positions seeking to be filled and the fewer number of seats with people in them and my thoughts were along the lines of, I Love the ambition of posting so many positions BUT??? Sarah and I witnessed the miracle of service and after two hours every single person who attended left with a service position. All but a couple of the positions were filled, leaving only a few minor co-chairs as it was getting late and everyone there had a position.

When I see the willingness of the YPAA members to be of service I get warm and fuzzy about the future of AA. In my mind that's what General Service is all about. Making sure this miracle is there for those yet to come.

Warmest Regards,

Brent MacQ

District 05 District Committee Member ChairCNCA06 Panel 73

recoveringbrent@yahoo.com

Central Office Delegates Meeting Minutes – Tuesday, February 13, 2024

Opened Delegates Meeting- 7:30 pm & closed at 8:11 pm.; 12 Traditions: Donna S. Responsibility Statement: Toni A. A.A. Birthdays: John B., 10 years; Donna S., 10 years; Brett M., 12 years; Brian S., 3 years.
New Delegates: Donna S., 12 Step Study Meeting, San Bruno; Sarah S., Gazebo Women's Meeting, FC.
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. This month's meeting was February 13.

- 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 6 contact requests in the last month and assigned volunteers.
- Presentations are weekly at the VA in Menlo Park, and monthly with SM County Parole while partnering with PI-CPC.
- More volunteers are needed for BTG- contact Charles Bolton, (415) 722-7253, dist5btg@gmail.com

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
- The General Service Conference is coming April 14 – 20 in New York; GSR's have been bringing agenda topics to their meetings.
- An AA group has put forward a proposed agenda item that states: "We move to temporarily pause the release of the common language Big Book and before continuing, better inform the community of Alcoholics Anonymous."
- The PRAASA conference is coming to San Francisco, March 1-3, at the San Francisco Marriott Marquis, 780 Mission St, SF, 94103. To register or to sign up for volunteering, go to www.praasa.org

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 pm.

- Volunteers are needed for the SSF Safe Harbor Shelter and the RWC Navigation Center.
- The VA Menlo Park needs volunteers for the Wednesday night meeting, 7:00 pm.
- Palm Ave Detox needs a meeting secretary for the 3rd Sunday, 7:30 pm.

NCCAA – Becky N.

- The 75th Annual Conference in San Jose will be held March 15 – 17, 2024. For more information, for the flyer, and to pre-register, go to the website. <https://norcalaa.org/>

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, 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>.

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 February 13.

PRASSA - We expect about 1500 people to be flying into SFO, Oakland airport, and driving. We need volunteers to guide people to transportation at SFO. Shift dates/times needed for SFO are- Feb 29 evening, March 1, and March 2- both English and

Spanish speaking volunteers are needed. *To volunteer, contact:* Susan Clancy, SFO coordinator for PRAASA 2024. 650-515-0950, susanclancy5@gmail.com.

- Volunteers will be at the SFO baggage areas wearing purple vests, next to PRAASA signs. You don't have to pay to register for PRAASA to volunteer. You do have to register if you attend PRAASA.

Alkathon – Brent M.

- The Alkathon is pleased to report that total collections for the 23-24 events totaled \$7,405.87. This is just below our best-ever year of 2019-20 where we saw collections of \$7,472.07. After expenses, which includes rent for storage space in the basement, and a donation of \$3,000 to the Church, we have a \$2,636 balance. The Alkathon committee will be meeting soon to establish a prudent reserve and establish how to distribute the remaining funds. Thank you for your contributions that make the miracle possible.

Teleservice

- The committee needs support; if you can be of service please contact Michelle C., at (650) 303-1208.

Advisory Committee – Cathy C.

- The Advisory Committee met this month. They selected a chairperson, Eric, and approved the 2024 Central Office holiday days.
- We need a volunteer with at least 5 years sobriety to take the remaining term on the Advisory Committee through the end of 2024. There are just three more meetings. Please contact Don at Central Office if you are interested.

Trusted Servants Workshops - Bob M.

- A flyer is available and in High Sobriety with dates, location, and times of the three upcoming workshops. They are looking for volunteers to lead meetings. Contact Bob M. for more information: rhmuellet@sbcglobal.net or 650-996-9207.
- Saturday, March 23, at San Carlos Peninsula Fellowship, 133 Eaton Ave, SC. 1:15 pm – 3:15 pm.
 - Also, on Zoom. Meeting ID 816 9790 3125
- Saturday, April 6, West Bay Alano Club, 216 Mosswood Way, SSF. 1:00 pm – 3:00 pm.
- Saturday, April 13, Methodist Church, 777 Miramontes St, HMB. 10:00 am – 12:00 pm.
 - Also, on Zoom. Meeting ID 881 2927 7355

Central Office Party – Colleen G.

- Great News! The 2024 Central Office Party will be held once again at the San Mateo County Fairgrounds in the same hall. We are thrilled to hold our event there again.
- Mark your calendars for Saturday, September 28th.
- More details will be coming as the committee starts to meet and we will need volunteers. Planning will start in late April, and we will meet on Zoom. We will meet monthly until August and then bi-monthly until the event.
- Meanwhile, please bring to your groups the need for help. We would love to have you join in the fun!
- Email, call or text: Colleen G. 510-334-7894 cgillaspy59@yahoo.com

Central Office Report - Don C.

Statistics for January 2024:

- 1 – 12 Step Call; 67 - Office Visits; 122 - Phone Information Calls

Other information to share:

- I don't have a lot to report from Central Office. We had a good month last month; February is usually a down month financially so come on in and get your books and chips..

No Old Business. No New Business.

Next Meeting: Tuesday, March 12, 2024, 7:30 pm.

FINANCIAL REPORT

FEBRUARY 2024

	FEB	Total YTD		FEB	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	43.00	43.00	Accounting Services	2,068.00	2,196.00
Book sales	1,737.02	3,991.52	Books Purchased	1,875.30	2,094.18
Central Office Annual Party	0.00	0.00	Chips	108.15	231.00
Chip sales	419.68	625.45	Central Office Annual Party Exp	0.00	3,018.27
Delegates Collection	0.00	24.00	Central Office Insurance	329.09	329.09
Faithful Fivers	459.04	1,138.11	Credit Card Charges	55.98	122.39
Group Contributions	7,291.09	20,347.21	Employee Insurance	265.00	541.00
High Sobriety Subscriptions	0.00	10.00	Miscellaneous	75.00	325.00
In Memoriam	0.00	0.00	Office Equipment Lease & Maint	237.05	468.93
Individual Contributions	9.31	773.64	Office supplies	29.93	425.30
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other (Comcast refund)	0.00	98.48	Postage	0.00	500.00
Printing	20.00	20.00	Rent	1,501.00	3,002.00
Sales Tax on Books & Chips	230.35	493.13	Salaries	5,173.50	10,503.65
Tax Refund	0.00	250.00	Sales Tax on books	0.00	432.00
		0.00	Taxes (Payroll)	1,944.71	4,046.20
Total Income	10,209.49	27,814.54	Telephone & Tech	130.65	505.14
			Telephone Advertising	0.00	0.00
Less Expenses	13,793.36	28,905.15	Teleservice	0.00	165.00
			Travel Expenses	0.00	0.00
Net Income (loss)	(3,583.87)	(1,090.61)			
Starting Balance		79,756.52			
Plus Net Income/Loss		-3,583.87			
Ending Balance		76,172.65	Total Operating Expenses	13,793.36	28,905.15
TOTAL PRUDENT RESERVE		51,002.22	Net Income (loss)	(3,583.87)	(1,090.61)
			2023 Year-to-Date Summary		
TOTAL CASH POSITION		127,174.87	Year-to-Date Income		27,814.54
			Year-to-Date Expenses		28,905.15
			Year-to-Date Net Inc/(Deficit)		(1,090.61)

SAN MATEO COUNTY FEBRUARY 2024 GROUP CONTRIBUTIONS

BELMONT	FEB	YTD	MENLO PARK	FEB	YTD	SAN BRUNO	FEB	YTD	Zoom	FEB	YTD
Day At a Time		175.31	Atherton AA		400.00	12 Step Study Grp (Thurs)	71.44	104.47	12 & 12 @ 12 SM		25.00
			Atherton Grp Wed Noon		292.60	Big Book Study Fri (5pm)		92.97	7AM Coastside Meet M-F	126.08	289.29
			Beginners Menlo Park	186.43	186.43	Come as You Are	201.37	649.37	Back to the World Group BUR	142.89	142.89
			Fri. Noon Women's		386.98	Early Enders	0.99	0.99	BB 103 North FC		75.60
BRISBANE			Horses Ass	240.00	240.00	Experience, Strength, Hope		31.20	Belmont Tues. Noon Group	10.00	20.00
Brisbane Breakfast		212.13	Sat Morning Sandhill		534.78	Grupo Serenidad	20.00	35.00	Broken Elevator Thurs. RWC		25.00
			Sat Sunrise Grp MP 7:30		783.59	Living Sober/ HH (Tues)		60.00	Friday Night Rap SB	100.00	200.00
BURLINGAME			Tues Noon Book Worm	279.65	279.65	Spkr/Disc - Happy Hour(Mon)	223.80	223.80	Friday Noon Big Book FC		45.00
Anson Group	117.60	117.60							S.C. Awareness Group SC		20.00
Burlingame Men's Grp		251.40							The Old & the New FC		220.00
Burlingame Noon Men's Grp	321.00	321.00	Misc.			SAN CARLOS			USR Men's Online Group MP		85.05
Ham & Eggers		1,350.13	Belmont - Alkathon	979.61	979.61	In Step with Bill		1.47	Women's Celebrate Being Alive SM	25.00	25.00
Saturday Nite Spkr/Disc.	198.60	198.60	West Bay Alano - Alcathon		125.00	SCPF- all meetings	120.75	457.04	Walter & Bobs HH MP		10.00
Senior Focus Group	112.00	153.76				Sober Sundays		1.47	Women Read & Reflect. SC		25.00
			PACIFICA						Women's Sharing Choices BUR	100.06	100.06
FOSTER CITY			12 @ 6 Group		90.05	SAN MATEO			Women who wear shoes PAC		110.00
FC Women's Pop Up Gazebo		551.95	Discussion Group Fri Library		60.00	Baseball Diamond Daily Reflection	697.00	697.00			
Happy Joyous and Free		305.20	Pacifica Live Wake Up	210.00	381.50	Fire Side Group	113.00	113.00			
Living Sober Groups Live		878.10	Pedro Valley Pacifica		186.00	Highlanders Grp.	20.00	20.00			
Study the Text Group	686.85	686.85	Serenity in Pacifica		105.00	Morning Serenity (All)		1,016.77			
			Sharp Park 3rd & 11th Step	405.60	405.60	Lunch Bunch	420.70	420.70			
			Sun. Afternoon Daily Reflections		44.40	Mid Peninsula Women		622.30			
HALF MOON BAY						Wednesday Afternoon Group	138.00	256.00			
Coastside Serenity Group T,TH	23.11	23.11				Women's Home Grp (traveling)		265.18			
Coastside Big Book	355.37	355.37	PESCADERO								
Great Out Doors Sat,Sun		316.07	South Coast Fireside Chat		59.40						
HMB Thurs Womens BB	2.94	2.94				SOUTH S.F.					
Thursday Night Men's Group		381.32	PORTOLA VALLEY			South City Womens	416.25	416.25			
			Portola Valley 11th Step		97.52						
LA HONDA						WESTBAY ALANO		0.00			
La Honda Group (Thurs)		229.60	REDWOOD CITY			Colma Eye Opener		102.90			
			Don't Drink Group		219.30	Daily Reflexion Wed	60.00	180.00			
			San Carlos Beginners		113.40	Living Sober (Thur)	100.00	100.00			
			Thumpers		309.41	Tues 7am Big Book		120.00			
						Weds High Noon	65.00	65.00			
						Women's Happy Hour		85.78			

--	--	--

**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: _____