

HIGH SOBRIETY

2215 S. El Camino Real, Suite 204
San Mateo, CA 94403

Monthly newsletter of the
SAN MATEO COUNTY FELLOWSHIP
OF AA

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aasanmateo@gmail.com

April 2025

SMC Fellowship News April 2025



Welcome Spring!

One of my favorite things to do during this time of year is watch NCAA March Madness. The piece on p. 6 is a light hearted observation on the ever-present connection between sports and alcohol consumption. While the commercials are often laugh-out-loud funny, the advertisers would like us to believe it is impossible to celebrate a victory (or lament a loss) without a cold one in hand. If only the coaches and players could drink during the games – then everyone could get in on the fun!

Today I am grateful that I am able to plop on the couch and enjoy the tournament -- even without cradling a Coors party ball on my lap.

Joan F.

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News from Central Office:

The Plain Language Big Books have been restocked at Central Office. Cost is \$12.25.

The 2025 Central Office Party will be at the Cypress Building at the San Mateo County Event Center again this year on Saturday September 27! Mark your calendars. Look for more info to follow.

There are volunteer openings at Central Office. The shifts are 8:30-12:30 and 12:30-4:30. The volunteer works one shift a week. See the Minutes on p. 9 for more info.

Monthly Service Committee Meetings

BRIDGING THE GAP	April 8, 7:00 p.m. on Zoom Meeting ID: 563 554 9920 Passcode: 54321
TELESERVICE	April 13, 7:00pm on Zoom Meeting ID: 858 4259 6364
DELEGATES TO CENTRAL OFFICE	April 8, 7:30 pm on Zoom Meeting ID: 812 5236 9897, To phone in: +1-669-900-6833
PI/CPC	April 9, 4:00 pm on Zoom Meeting ID: 841 7877 3337
GENERAL SERVICE	April 15, on Zoom, 7:00 orientation/concept study, 7:30 pm business meeting Meeting ID: 857 0421 3338, Passcode: 0571. To phone in: +1-669-900-6833
H&I (Hospitals & Institutions)	April 22, 6:15 orientation; 7 p.m. business meeting Central Peninsula Church, 1005 Shell Blvd. Foster City
PENYPAA (Peninsula Young People in AA)	April 13 and April 27, at 5: 30 p.m., 225 Tilton, San Mateo

UPCOMING EVENTS

Brisbane Breakfast Bunch

Invites 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 APRIL:

<i>Date</i>	<i>Name</i>	<i>Home Group</i>
4/06/25	Jan A.	Brisbane Breakfast Bunch
4/13/25	Bill B.	Brisbane Breakfast Bunch
4/20/25	Victoria	St. Roberts Step study, Sat. Morning, San Bruno
4/27/25	Michelle	Pacifica Women's Friday Night Candlelight



TRUSTED SERVANTS WORKSHOP

FOR

SECRETARIES-TREASURERS-LITERATURE PERSONS

HANDOUT MATERIAL WILL BE PROVIDED TO ALL ATTENDEES

SATURDAY -- APRIL 26, 2025 1:00PM - 3:00PM

WEST BAY ALANO CLUB

216 MOSSWOOD WAY, SO. SAN FRANCISCO

SATURDAY -- MAY 3, 2025 1:15 PM - 3:15PM

SAN CARLOS PENINSULA FELLOWSHIP

1133 EATON AVE., SAN CARLOS

HYBRID ZOOM MEETING ID: **838 1361 2957**

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

**39TH ANNUAL CACHE CREEK RAFTING
GROUP OF ALCOHOLICS ANONYMOUS**

\$225
Camp: Friday - Saturday
Raft: Saturday - Sunday



Bring
Tent
Sleeping Bag
Lawn Chair
Ice Chest, etc.

You Get
All Meals Included
Nightly Meetings
Fellowship + Fun
Rafting + Gear
Movie Night
Dance Party

Questions?
Text Noel: 707-838-2126
Or Allen: 415-240-5883

June 20 - 22, 2025

Arrival time for Friday Camp is no earlier than 5pm
Saturday morning check-in must be there by 7am AT THE LATEST
No kids - minimum age 12 yrs

 Tickets + More Information
www.cachecreekgroup.org

2025 PRIMETIME AA RETREAT



Friday, August 29 - Sunday, August 31, 2025
Vallombrosa Retreat Center, Menlo Park, California

See Website for further details

BIRTHDAYS:



David P - 55yrs -MP

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)

What does our Central Office do?

The San Mateo County Fellowship's Central Office belongs to the A.A. groups of San Mateo County. We help carry A.A.'s message in the following ways (and more):

- ☐ Maintain a 24/7 telephone line which responds to inquiries from still-suffering alcoholics seeking help, A.A. members in need of information, and from members of the professional community and the general public. After office hours, this line is staffed by Teleservice volunteers.
- ☐ Maintain a Twelfth Step volunteer list.
- ☐ Maintain and publish group meeting schedules, in print, on our website, and in the Meeting Guide App.
- ☐ We stock a large selection books and pamphlets for sale.
- ☐ We offer sobriety chips for sale, for both individuals and groups.
- ☐ We work closely with local A.A. service committees: Bridging the Gap, Hospitals and Institutions, Public Information/Cooperation with the Professional Community, as well as with San Mateo County General Service District 5 and the Northern California Council of Alcoholics Anonymous
- ☐ We support and participate in many local A.A. events such as Unity Day and the holiday Alkathons.
- ☐ We maintain our web site, aa-san-mateo.org, with up-to-date meeting listings, a schedule of A.A. events, the High Sobriety newsletter, and links to other A.A. web sites,
- ☐ We maintain a Zoom license (and payments) for all AA Zoom meetings.
- ☐ We publish the newsletter, High Sobriety, sent at no charge to all registered San Mateo County A.A. groups and available by subscription to all A.A. members. Faithful Fivers receive a free copy as well.

Who pays for our Central Office? We, the members of A.A., do. Our Seventh Tradition states that we are self-supporting through our own contributions. Central Office also receives donations from individual alcoholics (such as through our Faithful Fivers program). Other sources include our annual anniversary party and income from the sale of A.A. literature. Central Office is open Monday through Friday from 8:30 am to 4:30 pm.

Central Office now has a Venmo Account. The Venmo address is @aasanmateo and you can also access it with the QR code below (which can be found on our website):

@aasanmateo



HUMOR:

Jim is told by his sponsor that he needs to participate more in service work. So he applies for the position of treasurer. They hold a group conscience and ask him "What is nine multiplied by four?" He thinks quickly and says "Thirty-three." After the interview, he realizes his mistake. He's surprised when they inform him that he got the job, despite there being four other candidates.

"But I got the wrong answer," he protests.

"Yeah, we know. But you were closest."

Become a Faithful Fiver

Pledge \$5 per month (or more) to support your Central Office. You can pay monthly, quarterly, or annually. Your personal contributions make our vital services possible.

Call (650) 577-1310 Monday-Friday between 8:30 and 4:30, or stop by Central Office to enroll. All Fivers receive a copy of High Sobriety!



STEP FOUR

Made a searching and fearless moral inventory of ourselves.



Estranged

I've been sober since February 2007. I hoped that sobriety would help improve my family relationships, but not all of them got better.

My sister is alive, but when I got sober our relationship fell apart. She and I had been best friends and drinking buddies for more than 20 years. When I had a year of sobriety, I told her I was an alcoholic. "Huh," she said. "Really?" I know she thought I was nuts. Me being an alcoholic might mean she was one too. When I drank I blacked out, but I don't think she ever did. But it's not up to me to say whether she has this family disease.

I didn't try to Twelfth Step her and hardly ever talked about sobriety. I just didn't drink when I went home. My parents told me they were proud of me. My sister never said anything and we just drifted apart over the years. Drinking remained a large part of her life and I could not and would not participate.

Within a few years of my sobriety, she stopped calling me. She would send the obligatory Christmas and birthday cards, as did I. When our mother died four years ago, even the holiday and birthday cards stopped. My sister never acknowledged my cards or calls, so after a few years I stopped trying to connect. I prayed for her. I prayed for myself, and stayed away with a broken heart.

I decided to do some outside therapy to make it through two family weddings last summer. I knew my sponsor would be just a phone call away. After four months of psychological and prayerful preparation, I thought I was ready. At my niece's wedding last year I gave my sister a cheery, "Hello," hoping for reconnection. She gave me the least friendly response I've ever received. Later that summer, at my nephew's wedding, she didn't even look my way. I felt hurt, then I felt angry. I didn't know what to do.

One day right after my 67th birthday, when she'd sent no card and didn't call, I hit a low spot. I started blaming my sobriety for the loss of her. I began to wonder if I would need to drink again to reconnect with her. I started thinking about why that was a good idea because of a long list of other things for which I was not grateful. The minute I became aware of my "stinking thinking," I went to my AA meeting. I sat there and listened. I didn't share. At the end of the hour, the thought of drinking disappeared. The wisdom and fellowship of our program had walked me back from the brink. I'm not willing to throw away years of sobriety in order to have my one and only sister back in my life. When I'm not grateful for what I have, the "poor me" attitude takes over and that quickly becomes "poor me, pour me a drink."

I did another Fourth Step with my sponsor, admitting my faults (which she said weren't all that bad) and accepting them completely. I'm done with the crazy thought that I might drink again to get in another person's good graces, even if that person is my only sister. Sobriety is precious to me and I'm willing to go to any lengths to keep it.

I miss my sister and wish her the best, but I can't live my life wishing for what I don't or cannot have. I am grateful, first and foremost, for having the monkey off my back. I'm a grateful, free alcoholic. I never thought I'd be grateful to be a sober alcoholic, but I am.

The Math in my Head



I've been happily sober for well over a decade. Does that mean I'm cured?

Hmm ... I'm not always sure.

One Saturday I was watching the SEC championship game on TV. A commercial went by that I've seen countless times before. A mascot comes into the locker room. He pulls off the giant animal head he's been wearing. He's exhausted and covered with sweat. He opens a small cooler revealing two cans of beer.

Just then, the opposing team's mascot comes in, just as exhausted and hot. The commercial ends with the two young men from opposing teams enjoying a cold beer together on the couch.

What was the intended message? Beer is refreshing, it bridges the gap between people, and it tells you, "You've earned this!" I'm not so sure about that message.

So what did I take away?

As soon as the mascot opened the cooler I thought, Why would they even make a cooler that small? Then I thought, He could have fit four cans in there if he packed it right, maybe six if he left the ice in the parking lot. Then I thought, Why beer? Vodka is lower in calories and doesn't take up so much space. It's also cheaper. My last thought, You moron! You have two cans, that's 24 ounces—and you gave one away?

The same thing happens to me at dinner parties. I see 11 people, 32 ounces of wine, 12 cans of beer and one half-liter of whiskey. I immediately start doing higher level math calculations to figure out how much alcohol each guest gets to see whether there's enough. I never even notice the soda I'm drinking.

I think I've answered my own question.

By: MATT M. | OAK PARK, ILL

GENERAL SERVICE

Greetings, District 05 of California Northern Coastal Area 06 of AA (San Mateo County)!

We are approaching the end of the Agenda Topics Season—a crucial time when groups share their opinions through group consciences. Agenda items provide an opportunity for the fellowship to consider and contribute input on key topics, ensuring that our Area Delegate understands how we want them to vote at the General Service Conference (GSC). This collective process helps guide the future of AA.

GSRs have begun reaching out to their group to collect their group conscience on agenda topics of their choosing. If you or your group would like to share input on these agenda items, please contact your GSR. If your group does not have a GSR, reach out to the district at aa.district05@gmail.com. Our DCMC or a DCM can help facilitate a group sharing session on topics of interest.

We will deliver group consciences to our Area Delegate at the Pre-conference Assembly on April 5-6, 2025 at Santa Cruz Civic Auditorium. However, you can also send your group conscience via email by April 12 at delegate@cnca06.org.

District 05 Updates from March Meetings

- **Agenda Topics Workshop** (March 15) – Held at the Gratitude Center in SF with Districts 06 and 16. About 50 attendees (in-person & virtual) learned how to gather group conscience, review background materials, and understand what the delegate needs to know.
- **2025 PRAASA** (March 7-9) – Four D05 service members were financially supported to attend the Pacific Regional Alcoholics Anonymous Service Assembly in Anchorage, AK. The event fostered unity and idea-sharing across the Pacific Region.
- **District Sharing Session** – Our district gathered group conscience on the Meeting Guide App. Feedback was mostly positive, highlighting its usefulness for newcomers and travelers. Concerns included outdated/inaccurate meeting info. Suggested improvements: a copy-paste feature and AA news alerts.
- **Funding Motion Review** – We are considering a motion to fund attendance for the virtual session of the AA International Convention.
- **Post-Conference Assembly** – Volunteers Needed! D05 (San Mateo) and D06 (SF) are co-hosting the Post-Conference Assembly on Saturday, May 17, 2025, at Saroyan Hall, SF. We need 50 volunteers for parking, ushering, registration, etc.

Interested? Email aa.district05@gmail.com.

Thank you for allowing me to be of service! I look forward to sharing more updates next month.

Jonathan L
District 05 DCMC
CNCA06 Panel 75

Central Office Delegates Meeting Minutes – March 11, 2025

Opened Delegates Meeting- 7:30 pm & closed- 8:01pm.; 12 Traditions: Cathy C.; Responsibility Statement: John; New Delegates: Harry Z. Don't Drink and Go to Meetings Group on Fridays in RWC; James "Ted" C. Pedro Valley; Speaker Discussion – Pacifica

AA Birthdays: Lori G. – 3 years

Minutes- Approved.

Financial Report- Approved.

Service Committee Reports:

BTG- Bridging the Gap – No Report

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.

General Service Liaison - Dave C.

1. General Service meeting, February 18, '25
2. Each year the General Service Conference presents Agenda Topic Summaries. These summaries help AA groups develop an informed group conscience to give to the GSR and then to our Delegate to the Conference.
3. An Agenda Topic Workshop (hybrid) hosted by District 06 and co-hosted by District 05 will be at the Gratitude Center, 1320 7th Ave. S.F. , March 15, '25 10AM- 1:30PM. Zoom: 840-7738-0768 PW: 1935
4. There is a Pre-Conference Assembly (hybrid) on April 5-6,'25 at 307 Church St. Santa Cruz: Zoom ID; 632 553 607.
5. Post-Conference Assembly, May 18th, Saroyan Hall, San Francisco

H & I – Matheas C.

The H & I (Hospitals and Institutions) business meeting is held on the 4th Tuesday of the month.

Two opportunities to highlight:

1 - Project WeHOPE is desperate for Volunteers

Time: Tuesdays @ 5:30pm; Location: East Palo Alto

2 - RWC Men's Jails has openings - Requirements: 5 Years Sobriety and 5 Years Off Probation

**In addition to these three opportunities, there are additional openings. **

The upcoming H&I Orientation and Business Meeting for February is **Tuesday 03-25-2025**

Meeting Times: **Orientation @ 6:15 p.m. – 7:00 p.m., Business Meeting @ 7:00 p.m. – 8:00 p.m.**

Meeting Location: **Central Peninsula Church, 1005 Shell Blvd., Foster City, CA 94404**

There are Monthly emails sent out for H&I Updates and reminders. If you'd like to be included on those emails (or if you have any questions regarding H&I) please reach out to hicsmcsecretary@gmail.com

PENYPAA – Dennis D., attending for PENYPAA.

Grapevine – no representative

PI-CPC- Brent M.

- Community College Health Fairs are:
 - Skyline College Wednesday March 12 th 10am-2pm
 - College of San Mateo Wednesday March 26 th 10am-2pm
- We have expanded our literature to include the two pamphlets AA offers in Chinese. There is a significant Asian population attending our community colleges and this is the start of an attempt to reach part of them.
- There is a flyer, "AA Blast, We Value Your Voice"; that is from our area delegate, who happens to be on the General Service Conference, Public Information Committee. The flier asks for your input regarding how effectively are we

reaching out to the alcoholic who still suffers using our social media platforms; YouTube, Instagram, the Grapevine app and our Grapevine podcast. Deadline for groups responses is April 6th.

- We continue our efforts to improve our interaction with local educators, law enforcement and the recovery community. Part of the mission of Public Information is to provide literature. If you know a location that would benefit from some of our AA pamphlets, please let us know.
- Finally, a reminder the Public Information and Cooperating with the Professional Community business meeting is at 4pm on the 2nd Wednesday of the Month, that's March 12th. The zoom login is : 841-7877-3337 No password needed. For more information contact us at dist05picpc@gmail.com

Teleservice -Don C.

- Shifts available, contact Don at aasanmateo@gmail.com

Trusted Servants Workshops – Bob M. not present

- We will be hosting two Trusted Servants Workshops this spring. These are 2-hour lively discussions on typical service commitments (literature, secretary, treasurer). They will be on:
 - Saturday, April 26, 2025 1:00pm to 3:00 pm at West Bay Alano Club
 - Saturday, May 3, 2025 1:15pm - 3:15 pm at San Carlos Peninsula Fellowship, this will be a hybrid ZOOM Meeting

See either the High Sobriety Newsletter or San Mateo County Fellowship's web site at aasanmateo.org for details.

Anniversary Party – Trish E – nothing to report

Spanish Central Office – No Report

Central Office Report - Don C.

Statistics for February 2025:

- 0 – 12th Step Call
- 34 - Office Visits
- 92 - Phone Information (during regular Central Office Hours)

Other:

- It's been a year since we have been using Grasshopper for our Teleservice provider and it's working verywell. We have gone from \$1980 a year to paying our yearly bill for \$390!
- We have a few openings at Central Office for some volunteers. The shifts are 8:30-12:30 and 12:30-4:30. The volunteer works 1 shift a week. You need 1 year sobriety, a working knowledge of the steps and some computer knowledge.

No Old Business.

No New Business.

Next Meeting: Tuesday, April 8 at 7:30 p.m.

CALL FOR CONTRIBUTIONS

HIGH SOBRIETY IS REQUESTING CONTRIBUTIONS FROM OUR LOCAL MEMBERS

Looking for stories (approx. 200-300 words) on topics suggested below:

Your Experience, Strength & Hope in Recovery; One of the Twelve Steps, Traditions or Concepts; How sponsorship contributes to your recovery; Your first A.A. meeting; Your experience at an AA sponsored event; Service commitments, home group, sober holidays, favorite line in Big Book or any other recovery-related writing.

Send your Contribution (via .pdf or Word) to: aasanmateo@gmail.com

FINANCIAL REPORT**March 2025**

	MAR	Total YTD		MAR	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	0.00	60.69	Accounting Services	1,972.70	2,287.60
Book sales	796.39	4,427.46	Books Purchased	125.20	5,573.57
Central Office Annual Party	0.00	0.00	Chips	139.95	440.45
Chip sales	291.60	759.39	Central Office Annual Party Exp	0.00	0.00
Delegates Collection	0.00	24.00	Central Office Insurance	463.97	463.97
Faithful Fivers	350.71	1,382.71	Credit Card Charges	0.00	107.10
Group Contributions	5,088.89	24,256.57	Employee Insurance	273.00	806.00
High Sobriety Subscriptions	22.00	32.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	3,350.06	Office Equipment Lease & Maint	267.31	772.67
Individual Contributions	103.89	1,024.01	Office supplies	94.17	551.87
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other (Comcast refund)	0.00	0.00	Postage	73.00	573.00
Printing	0.00	0.00	Rent	1,501.00	4,503.00
Sales Tax on Books & Chips	116.21	554.00	Salaries	5,283.00	16,299.42
Tax Refund	0.00	0.00	Sales Tax on books	0.00	632.00
		0.00	Taxes (Payroll)	2,131.64	6,710.99
Total Income	6,769.69	35,870.89	Telephone & Tech	331.79	702.67
			Telephone Advertising	0.00	0.00
Less Expenses	13,047.19	40,814.77	Teleservice	390.46	390.46
			Travel Expenses	0.00	0.00
Net Income (loss)	(6,277.50)	(4,943.88)			
Starting Balance		59,138.02			
Plus Net Income/Loss		-6,277.50			
Ending Balance		52,860.52	Total Operating Expenses	13,047.19	40,814.77
TOTAL PRUDENT RESERVE		78,333.57	Net Income (loss)	(6,277.50)	(4,943.88)
TOTAL CASH POSITION		131,194.09	2025 Year-to-Date Summary		
			Year-to-Date Income		35,870.89
			Year-to-Date Expenses		40,814.77
			Year-to-Date Net Inc/(Deficit)		(4,943.88)

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