

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
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March 2026

SMC Fellowship News March 2026



“Pray, and let God worry.”
— **Martin Luther**



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News from Central Office:

San Mateo County Central Office is looking for a Treasurer. Candidates should be experienced in Finances, Taxes and Quickbooks. If interested, please send a resume to Central Office (aasanmateo@gmail.com).

Reminder: Group contributions are down. Please consider donating to Central Office.

Central Office has a supply of books which were ordered prior to Feb. 1. If contributions remain down, book prices may go up by \$3.00 in June. If contributions are up, then books will remain at old prices until current stock is depleted. (See Minutes on p.9 for more info).

Monthly Service Committee Meetings

BRIDGING THE GAP	March 2, 7:00 p.m. on Zoom Meeting ID: 563 554 9920 Passcode: 54321
TELESERVICE	March 8 , 7:00pm on Zoom Meeting ID: 858 4259 6364
DELEGATES TO CENTRAL OFFICE	March 10, 7:30 pm on Zoom Meeting ID: 812 5236 9897, To phone in: +1-669-900-6833
PI/CPC	March 10, 6:45 pm on Zoom Meeting ID: 475 062 9806 password 483492.
GENERAL SERVICE	March 17, on Zoom, 7:00 orientation/concept study, 7:30 pm business meeting Meeting ID: 884 8540 6474, Passcode: 443303. To phone in: +1-669-900-6833
H&I (Hospitals & Institutions)	March 24, 6:15 orientation; 7 p.m. business meeting Central Peninsula Church, 1005 Shell Blvd. Foster City (Student Room)
PENYPAA (Peninsula Young People in AA) March 8 and March 22, at 5: 30 p.m., Central Peninsula Church, 1005 Shell Blvd. Foster City	

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

March 2026 Speakers:

March 1	Fr. Tom Weston	Oakland
March 8	Andrew	Tools of Recovery
March 15	Renee	Easton
March 22	Lauren	WBAC Women's Happy Hour
March 29	Pat	Ham & Eggers

59th Anniversary!

BRISBANE BREAKFAST BUNCH

SUNDAY MARCH 1, 2026

10:00 A.M. FOR POTLUCK

11:00 A.M. FOR AN AA MEETING

PLENTY OF FOOD AND ARMS-LENGTH SOBRIETY!!

COMMUNITY CENTER (UNDER THE OLD LIBRARY) 250 VISITACION AVENUE BRISBANE, CA

Speaker: Tom W., Oakland

Come join us!



Sobriety by the Bay



Friday, March 6th - Sunday, March 8th, 2026

Hilton Garden Inn Sunnyvale; Orchard Ballroom

767 N Mathilda Avenue, Sunnyvale, CA 94085

REGISTER: SobrietyByTheBay.org

\$35 before March 1st | \$40 after March 1st

*For Information On Hotel Reservations Please See Back Of Flyer

See their website or <https://aa-san-mateo.org/event/sobriety-by-the-bay-6>

PENYPAA PRESENTS

OLD TIMER BINGO NIGHT

4:00 PM

MARCH 15



ALL AGES ARE WELCOME!



SNACKS, MOCKTAILS, AND PRIZES!

JOIN PENINSULA YOUNG PEOPLE OF AA FOR:

SPEAKER MEETING FOLLOWED BY BINGO

Friendship Hall | 416 2nd Ave, San Mateo



St. Patrick's Day Celebration

at the West Bay Alano Club

216 Mosswood Way, So. San Francisco



Sunday, March 15

1PM AA Speaker

2PM Corned Beef/Cabbage Feast

50/50 raffle

\$15 suggested donation



Everyone Welcome! Hosted by 7a.m. Daily Reflections Group

**NCCAA
77th Annual
Spring Conference**

**Northern California Council of
Alcoholics Anonymous**

"Carrying the Message" Since 1947!

San Ramon, CA

San Ramon Marriott

2600 Bishop Dr. San Ramon, CA 94583

March 20, 21 & 22, 2026

PRE-REGISTRATION CUT OFF DATE IS MARCH 7th, 2026

CONFERENCE RATE FOR HOTEL CUT OFF DATE IS FEBRUARY 26th, 2026

PRE-REGISTRATION - \$30.00 (per person) - AT THE CONFERENCE - \$35.00

VISIT OUR WEBSITE AT --<http://www.norcalaa.org>

TRUSTED SERVANTS WORKSHOP

FOR

SECRETARIES-TREASURERS-LITERATURE PERSONS

HANDOUT MATERIAL WILL BE PROVIDED TO ALL ATTENDEES

SATURDAY -- APRIL 25, 2026 1:00PM - 3:00PM

WEST BAY ALANO CLUB

216 MOSSWOOD WAY, SO. SAN FRANCISCO

SATURDAY -- MAY 2, 2026 1:15 PM - 3:15PM

SAN CARLOS PENINSULA FELLOWSHIP

1133 EATON AVE., SAN CARLOS

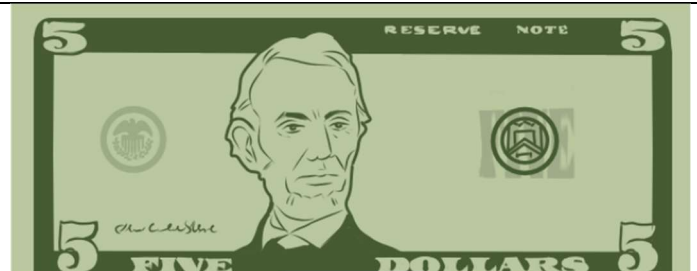
HYBRID ZOOM MEETING ID: **873 6076 1482**

Contact Central Office for more information.

Become a Faithful Fiver!

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

Call 650/577-1310 or stop by Central Office to enroll. All fivers receive a copy of High Sobriety!



STEP THREE

Made a decision to turn our will and our lives over to the care of God, as we understood him.



Sweet Surrender

The first time I got drunk I remember thinking that I was going to make feeling that way my No. 1 priority until the day I died. For the next 13 years I kept my word, minimally engaging in the real world while surrounding myself with people who liked to escape reality as much as I did. On days when I didn't alter the way I felt, I was miserable and angry. I was constantly obsessing about alcohol, feeling that drinking was the only way to deal with a life that seemed not only indifferent to my needs, but outright hostile.

As my disease progressed, I lost interest in my family, my passions and the beauty of the world. The mere mention of the word "God" while I was intoxicated would send me into an alcoholic rage, because I was convinced that others didn't understand the futility of faith the way I did. By the time I was 24, my list of accomplishments included two DUIs, two near-fatal car wrecks, an assault charge, a criminal mischief complaint and a trail of hurt and angry women who were unfortunate enough to cross paths with a narcissistic alcoholic who was entering the chronic stage of his disease. At that time I was suicidal on the days I didn't drink, knowing in the back of my mind that death by my own hand would indeed be my fate. The only question was how many years I would be able to enjoy a good drunk until the consequences became so unbearable that I finally gave up.

One morning in 1998, my brother called to check on me, rousing me from a fitful, alcoholic sleep saturated with hazy nightmares. For some reason the suffering of that morning was so intense that I begged him for help. "I'm going to die," I whispered. Together with my parents they found a treatment center outside of Nashville, where I was living at the time, and my journey began. "Have an open mind," he said. "That's all you need right now." But despite the sad state of my life, a truly open mind was not available to me back then.

I can still recall the day I arrived at the treatment center, especially seeing the Twelve Steps on the wall for the first time. I scanned them for their philosophical merit, quickly determining that I had made a huge mistake. I found a counselor nearby and informed him that I might have to find another place to go for treatment. A drinking problem was one thing, but the answer to that problem being belief in a Higher Power was quite another. The counselor nodded his head at me knowingly, assuring me that nobody was going to force religion down my throat. I managed to stay for 21 days, attending groups and listening to what the medical staff and Big Book had to say about the disease of alcoholism. The concept that I had an allergy to alcohol and drugs seemed intuitive to me, especially the phenomenon of craving. I knew that once I started, I couldn't stop, regardless of my overvalued willpower and intelligence. That was as far as I got regarding the Twelve Steps—one half of Step One. I truly believed that would be enough.

After my stint in rehab, I didn't drink alcohol for two years. I stayed abstinent, going to meetings, working a lot, and using women as my Higher Power. It would be dishonest to say that I was miserable every day during those two years, but I was miserable most of the time. Finally, I couldn't take the emotional or spiritual strain anymore. I woke up one Saturday morning and walked to a bar near my home, coolly telling the bartender to pour me a draft beer. I had to drink.

After five months of hellish drinking and drug use, two friends I'd made in AA took pity on me, pulling me out of my filthy apartment and taking me back to the treatment center. Tortured by anxiety, existential angst and racing thoughts, I wandered the grounds like a zombie for two days, until I finally decided to try something that I had always refused to do. I went back to my room, closed the door, knelt beside my bed, clasped my hands in prayer and surrendered.

It's always been difficult to express what happened to me that day, but I haven't taken a drink or contemplated suicide since I experienced the power of Step Three. Nor have I ever questioned the existence of a Divine Power that cares for and loves me the way a good father and mother cares for their children. It also became crystal clear to me that it was no longer my job to try to make myself happy.

My last drink was October 3, 2000. I became spiritually and emotionally sober five days later when I placed myself unreservedly under the care of the God of my understanding. For the last 20-something years, not playing God has been the keystone to my physical and emotional sobriety. As the Big Book promises, when I'm established on such footing, I'm less interested in myself and more interested in what I can contribute to life. I enjoy peace of mind; I can face life successfully; I'm conscious of his presence; and I lose my fear of today, tomorrow and the hereafter.

Every year, when my wife and I take our annual vacation to a gorgeous beach of our choosing, I swim out as far as I can into the salty ocean, close my eyes and reaffirm my commitment to Step Three with these words:

"God, I offer myself to thee—to build with me and to do with me as thou wilt. Relieve me of the bondage of self, that I may better do thy will. Take away my difficulties, that victory over them may bear witness to those I would help of thy power, thy love, and thy way of life. May I do thy will always!"

By: Jeff B. | Nashville, Tennessee



In one sense, the road back to God is a road of moral effort, of trying harder and harder. But in another sense it is not trying that is ever going to bring us home. All this trying leads up to the vital moment at which you turn to God and say, "You must do this. I can't."

— C.S. Lewis

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A Sober St. Patrick's Day



Some of my happiest childhood memories come from celebrating holidays. My large family would gather, eat delicious food, tell jokes and stories—and drink. And there was lots of drinking. One of my favorite holidays has always been St. Patrick's Day. I was raised in Chicago's South Side Irish American community. My extended family would gather for traditional corned beef dinner, beer, whiskey, and more. Everyone was happy, all petty rivalries were set aside for the day, and we had a sense of unity that flowed as strongly as the liquor. The kids were given their special beverage, a green-colored ginger ale. It was natural for me to associate a particular drink or food with a special celebration.

In my early 20s I found ways to ensure that everyone could join me in celebrating my favorite holiday. I approached March 17 with the mindset that on St. Patrick's Day everyone is Irish. At the time, I didn't know that this joyous camaraderie just masked my excessive drinking and created a sense of normalcy for me being belly-up at the bar in a dark pub before noon. I persuaded many friends to drink with me and made lots of new friends at the bar. I usually ended up passing out before 4:00 p.m., and sometimes I even woke up to rally for another round that evening. I did all of this to stir up that old feeling of unity from my youth. But year after year, it became harder and harder to get that special feeling. As my alcoholism progressed, I found that when I thought I was drinking with a host of friends, I was actually drinking alone. One of my greatest fears is feeling alone in a room full of people.

When I got sober I was terrified that I'd never have fun again. Staying sober for good sounded like for-ev-er. I didn't know how I would get through holidays and social celebrations without alcohol. Fortunately, I found a sober clubhouse that had lots of AA meetings and parties for nearly every holiday all year long. The longtimers there often bragged that there were more AA meetings than taverns in that town. And I was welcomed for it all. I listened intently for stories of how others stayed sober on holidays, and I joined in for AA holiday celebrations when I still didn't feel confident enough to attend them with my own family or friends. The longtimers taught me how to look for what I could contribute to a situation. I found that I felt more useful and comfortably distracted on holidays when I volunteered to serve the meals or to clean up and do the dishes, anything that would allow me to stay busy and give back.

After a couple of years, I started hosting my own St. Patrick's Day party with sober AA friends. I loved sharing my joy, culture, food and celebration—without a drink. I no longer tried to conjure up that old childhood feeling. I created a new version of St. Patrick's Day that included sober friends, great food, laughter and stories. When I moved away from Chicago, I didn't find as much excitement for my favored St. Patrick's Day, so I brought it to the people there. I organized a corned beef dinner at my new home group. I started by asking a handful of fellows to cook corned beef and cabbage. We arranged to have AA and Al-Anon speakers and printed flyers. We set up the space, brewed coffee and hoped people would come. Turns out nearly 100 people showed up!

Serving others at celebrations has kept me sober. I hope that providing these safe events will show newcomers that they too can get through, and dare I say enjoy, their favorite holidays. The St. Patrick's Day event has continued year after year and is now hosted by our district service committee. AA is where I found a substitute for liquor in my life. The Fellowship has truly given me release from care, boredom and worry. By sharing my big, Irish spirit, God has shown me how to create the Fellowship I crave.

Sláinte (cheers)!

By: Liz N. | West Bloomfield, Michigan

Central Office Delegates Meeting Minutes – Tuesday Feb. 9, 2026

Chair, Jan M., opened Delegates Meeting at 7:30 pm & closed 8:15pm; 12 Traditions: Stephanie F

Responsibility Statement: Susan D; New Delegates: Gordon L (Sober Sunday); Tom T (Saturday Speaker/Discussion Burl)

AA Birthdays: John B—12 yrs; Jan M—18 yrs; Brent M—14 yrs; Minutes- Approved. Financial Report- Approved

Service Committee Reports:

BTG- Bridging the Gap – Alex O.

- No new updates. We are still in need of volunteers to help take presentations into treatment centers (Palm Avenue every Sunday at 7 pm and Safe Harbor every other Friday at 7 pm). Six months of sobriety are required, and commitments are once a month.
- Our committee meets every first Monday of the month at 7:30 pm on Zoom. Please contact dist5btg@gmail.com for the zoom link or if you want to volunteer.

General Service Liaison - Dave C.

District 05, Panel 76 General Service meeting was held January 20, 2026.

- PRAASA (Pacific Region Alcoholics Service Assembly) is February 27- March 1, 2026 at the Hawaiian Village, Waikiki Beach, Oahu. Becky was our lucky winner. She and Susan C., Alternate DCMC, will be attending.
- Visiting CNCA 06 officer, Sarah B. (Area Registrar) suggested it's time for us as a District to let our groups know about the General Service Conference in April.
- Joint Agenda Topics Workshop with District 06, San Francisco, will be held at Beresford Rec Center, 2720 Alameda de las Pulgas, San Mateo, March 14th.
- Pre-Conference Assembly will be April 11-12 at the Petaluma Veterans Memorial Building, 1094 Petaluma Blvd S, Petaluma, Ca., 94952. Zoom ID: 632 553 607 Password: 1935

H & I – Matheas H.

H&I Area 65 (San Mateo County) First Annual Party

Time: (Saturday) March 21, 2026 @ 4:00pm - 8:00pm

Location: Central Peninsula Church (1005 Shell Blvd, Foster City, CA 94404)

Four service opportunities to highlight:

- **In Desperate Need of a New Literature Person.** This is a critical service position for H&I--please reach out if you are interested!
- Project WeHOPE in Palo Alto desperately needs volunteers on Tuesdays @ 5:30pm
- RWC Men's Jails has openings—New Requirements: 3 Years Sobriety and 3 Years Off Probation (down from 5 Years)
- Seeking Men for Spanish Speaking meetings in RWC Men's Jails—New Requirements: 3 Years Sobriety and 3 Years Off Probation (down from 5 Years)

For more information on additional openings and opportunities available through:

- Upcoming H&I Orientation and Business Meeting: February 24, 2026
 - Orientation @ 6:15pm - 7:00pm || Business Meeting @ 7:00pm. - 8:00 pm
 - Meeting Location: Central Peninsula Church, 1005 Shell Blvd, Foster City
- Monthly emails that are 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.

- PENYPAA holds events for the young and young at heart within AA. We have our business meetings every 2nd and 4th Sunday of every month at 5:30 pm at 1005 Shell Blvd in Foster City. There are positions available if you're willing to be of service. Contact Dennis for details if you or anyone you know might be interested.
- We are co-hosting a Valentine's Day dance hosted by the Survivors MC this Saturday February 14 at Friendship Hall. 6 pm dinner 7 pm meeting. Followed by raffle and dance. \$30 suggested donation per person; \$50 for couples. If you have any questions or you would like a copy of the flyer, please reach out.

PI-CPC- Toni A.

Our committee meets at 6:00pm the second Tuesday of the month on Zoom. Meeting ID: 841 7877 3337.

- At tonight's meeting the topic of outreach was how might we revitalize support to High Schools in San Mateo County. Various ideas were proposed to determine the most effective contacts. The introduction letter will now reference the Plain Language Big Book, possible presentations, and include an invitation to learn more about the types of information or support HS need regarding AA.
- More research and outreach will be done. There may be an opportunity to coordinate outreach and connections with Alateen and Al-Anon at the NCAA conference in San Ramon in late March.
- There will be an information table at the Skyline Health Fair on March 11 from 10 a.m. to 2 p.m.

Alkathon – Brent M.

While attendance appeared strong, contributions were down almost 15%. Costs were up over 20% and as a result the Alkathon lost around \$800. We will be looking at means to reduce costs moving forward.

- Our web site alkathonsmc.org is still active and individuals and groups can still make donations through it.

Teleservice -Don C.

- Shifts available, one shift per month, 4 hrs. during daytime or 8 hrs. if doing an overnight shift
- Contact Don at aasanmateo@gmail.com or call Central Office at 650-577-1310.

Trusted Servants Workshops – Bob M.

Two Trusted Servants Workshops are scheduled for this spring (dates below). These workshops are a great way to learn more about Trusted Servants Positions in general, with a focus on being a meeting secretary, a group treasurer and a literature person!

- Saturday, April 25, 2026, 1:00pm-3:00pm West Bay Alano Club, 216 Mosswood Way, South San Francisco
- Saturday, May 2, 2026, 1:15pm-3:15pm San Carlos Peninsula Fellowship, 1133 Eaton Avenue, San Carlos

Advisory Committee – Janice C.

Advisory Committee met on Feb 4th and reviewed our financial health with Don C. and Gordon, our treasurer.

- Central Office finances are okay except group contributions are down, and our goal is to break even for 2026. Our loss of \$5,000 in 2025 was mainly a result of lower group donations. NY raised all book prices by \$3.00 on February 1st due to lower group contributions nationwide.
- Central Office staff looking at ways to lower costs and break even in 2026. The Advisory committee agrees with this action. If contributions remain down, book prices may go up by \$3.00 in June. If contributions are up, then books will remain at old prices until current stock is depleted.
- Next Advisory Committee meeting is in May.

Anniversary Party – No Report this month

Central Office Report - Don C.

STATS FOR JANUARY 2026:

12 STEP CALLS	1
OFFICE VISITS	63
PHONE INFO	96

- The Central Office Treasurer position is open. If you or anyone you know would be interested in this position, please contact Don at Central Office for more information.
- If your Meeting gets an insurance certificate from Central Office, the certificates will be sent out when we receive them. The date they expire on the certificates is Feb 13. Our insurance company usually sends them out around that date. If it's after the 13th that we get the certificates you are still covered even if you don't have the certificates.
- If you are a delegate, you get a subscription to the High Sobriety. If you want one, please email us at aasanmateo@gmail.com with your name, home address, and the meeting you are the delegate for and we will get you on the list.

No Old Business. No New Business

Next Meeting: Tuesday, March 10 at 7:30 pm.

FINANCIAL REPORT**FEBRUARY 2026**

	FEB	Total YTD		FEB	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	0.00	120.07	Accounting Services	287.54	572.09
Book sales	1,600.87	3,072.08	Books Purchased	2,140.95	6,811.85
Central Office Annual Party	0.00	0.00	Chips	148.15	474.15
Chip sales	191.32	522.23	Central Office Annual Pa	0.00	2,500.00
Delegates Collection	0.00	0.00	Central Office Insurance	349.50	349.50
Faithful Fivers	434.26	872.70	Credit Card Charges	97.14	97.14
Group Contributions	10,050.52	24,219.94	Employee Insurance	294.00	588.00
High Sobriety Subscriptions	0.00	30.00	Miscellaneous	0.00	0.00
In Memoriam	0.00	0.00	Office Equipment Lease	791.25	791.25
Individual Contributions	1,421.04	3,158.56	Office supplies	164.63	387.36
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other (Comcast refund)	0.00	0.00	Postage	43.08	87.01
Printing	20.00	20.00	Rent	1,501.00	3,002.00
Sales Tax on Books & Chips	191.41	383.89	Salaries	5,536.91	10,832.55
Tax Refund	0.00	0.00	Sales Tax on books	0.00	457.00
		0.00	Taxes (Payroll)	2,007.66	3,999.79
Total Income	13,909.42	32,399.47	Telephone & Tech	132.25	374.42
			Teleservice	0.00	0.00
Less Expenses	13,494.06	31,324.11	Travel Expenses	0.00	0.00
Net Income (loss)	415.36	1,075.36			
Starting Balance		52,704.61			
Plus Net Income/Loss		415.36			
Ending Balance		53,119.97	Total Operating Expense	13,494.06	31,324.11
TOTAL PRUDENT RESERVE		80,650.02	Net Income (loss)	415.36	1,075.36
TOTAL CASH POSITION		133,769.99	2026 Year-to-Date Summ:		
			Year-to-Date Income		32,399.47
			Year-to-Date Expenses		31,324.11
			Year-to-Date Net Inc/(Deficit)		1,075.36

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