

# **GRAPESCINN**

# The coffee cup connection

y sponsor, Mary, escorted me to the back door of a small, white church one summer evening in Santa Cruz. She was taking me to a step study - one of her favorite meetings. She had a lot of favorite meetings, I thought. I was still learning about A.A., and was not a happy camper. But I didn't know what else to do, so I tried what Mary suggested. She turned to me.

## May 2023

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"Now that you have 90 days, it's time to find a service commitment for you," she said. I stared at her. A service commitment? Already? Great.

We entered the back door into the crowded kitchen and made our way to a large meeting room. Gray metal folding chairs were arranged in a large circle. People drifted in from the kitchen, still chatting, coffee or tea in hand. I didn't notice that everyone was using a real coffee cup.

As people settled in their chairs, the secretary rang a bell. "Before

we begin, let me remind everyone that we have a

business meeting tonight, and we will be electing a new coffee person."

I jumped a little as Mary grabbed my hand. "Wow! This is God working in your life," she exclaimed in a loud whisper. I frowned and squirmed in my chair.

The secretary continued. "The coffee commitment is available immediately and has a six-month sobriety requirement." Yes! I had only three months! I relaxed and rather enjoyed the rest of the step study. Afterward Mary suggested we stay for the business meeting. I said OK, but thought it would be a bore. I got a cookie from the kitchen and sat.

> Before I knew what was going on, Mary had nominated me for the coffee commitment. "But I don't have six months!" I protested. The group voted unanimously to waive the requirement and

> > continued on p. 2

make me the new owner of the coffee commitment. My sponsor was thrilled. I was not.

# The cups

The next week I showed up early and learned to make coffee in a large percolator. Not only did I have to stock coffee and tea every week, I also was responsible for cookies. Really? And I was distressed to learn they used real coffee cups that had to be washed.

"Everyone brought an extra cup from home," the outgoing coffee lady told me. "It saves money and helps keep paper cups out of the landfills," she added. Great. I'd completed courses in college that demanded less work.

After the meeting people filed through the kitchen to leave as I started to clean up. My resentment toward the group grew with each cup they left by the sink. "Can't they wash their own?" I grumbled.

"Hi!! Want some help?" A gentleman with white hair and much more energy than I stood beside me at the sink. He chatted away as we worked. Together we quickly cleaned up and put everything away.

For the next six months I showed up every week to make coffee and wash the cups. Tony was there every week, happy to help out. My lousy attitude didn't change, and neither did my resentment over the coffee cups. I complained about my nightmare of a coffee commitment to my roommates, but I kept it.

I continued to attend meetings and work with my sponsor over the next year, but I could not accept that I was powerless over alcohol. I still saw drinking as an escape from my problems. After 16 months of struggling, I gave in to my fear of living life without my security blanket of drinking. I was away from A.A. "doing research" for five years.

# The connection

As anyone who has relapsed knows, a belly full of booze and a head full of A.A. is a recipe for misery. But one Saturday I was given the gift of desperation and called a friend. "Get to a meeting ASAP!" she said. "The Birthday Speaker Meeting starts at 7 tonight. You'll see someone you know there." I hung up feeling both relieved and nervous. I was a failure. What would people think? But I was out of ideas.

At the meeting the activity and buzz of the people intimidated me. They seemed too freaking happy. I couldn't deal with it. As I turned to leave, I locked eyes with none other than Tony – my dishwashing helper from the step study. He approached me with a giant smile and gave me a big hug.

"We missed you! Are you OK?" he asked.

"Oh, yes. I was out," I said, and looked at him sheepishly.

"Well, I am glad you're back." He handed me half his raffle tickets and found a place for me to sit. During the giveaway part of the meeting I won a copy of Spiritual Awakenings. I couldn't keep from smiling as I accepted the book. Everyone applauded. I offered the book to Tony, as it was his ticket that won, but he refused. "That's for you," he said.

That night my Higher Power had given me exactly what I needed. I felt happy and loved by people I thought I hardly knew. But alcoholics know each others' struggles and fears well. That night was the first time I let myself be loved. People had told me before to "Let us love you until you can love yourself," but I didn't understand. Now I'd experienced love from the group. It felt good. I left the meeting with a new book and a new dedication to A.A., thanks to Tony and everyone who showed up for all those meetings in my life.

Today I'm in my 15th year of sobriety. Sometimes I still get annoyed at a meeting. After all, we are not saints, as the Big Book reminds us. And sometimes I feel the magic of A.A. as though the group has spread its arms and hugged me.

K. M., Santa Cruz



## In search of forgiveness A suggested amendment to Steps Five through Nine

I had been plugging along for nearly five years in my initial journey with A.A.'s steps when I realized I'd made little if any progress. I hadn't felt even a small measure of forgiveness for the wreckage I'd created in my drinking days. The Ninth Step promises were but a whisper in my daily pangs of conscience caused by my defects of character.

The voice of a higher angel I call "grace" came upon me: I should seek the advice of people who were familiar with spiritual matters. So, like Bill W., I consulted a Catholic priest.

Well, that opened the door to a more effective understanding of Steps Five through Nine: confession, repentance, and absolution. It became clear that I could not rely upon self-love to experience the forgiveness that my guilt and remorse needed so desperately. I had to go to God to find it.

S o I embarked on a study of the spiritual tools that had been laid down over the last 2,000 years, referred to as the "Sacrament of Reconciliation," which means "being reconciled with God." At last my compass needle pointed toward the true destination: getting right with God.

I am suggesting an amendment to steps Five through Nine because I had tried to make amends to some people I had harmed, only to be met with "Ron, do you know what you did?" There had been no felonies, mind you, but there was emotional damage. Suffice to say a realization of forgiveness did not overwhelm me after such attempts!

If you are experiencing similar difficulties knowing you are forgiven, may I suggest you might insert something like step "9.5" after making your amends – something like, "Humbly petitioned God through prayer and a contrite heart for his grace and forgiveness for past errors."

By consulting historic religious texts, I came to understand we are forgiven by God through the process of confession, repentance and absolution; not restitution.

I discovered the spiritual tools I needed to experience the forgiveness so essential to recovery from alcoholism.

Ron K, Capitola-Soquel, California



# Some thoughts on Step Five...

I had been attending A.A. for two years, but it wasn't working very well for me. I'd never done A.A. – I thought of it as a place to go rather than a way to live.

A rational person would have realized that being hospitalized with acute alcohol poisoning, gaining 40 lbs. in 30 days and being willing to give everything to alcohol would indicate that quitting might be a good idea. But I returned to drinking. I found out bottoms have trap doors – I found I couldn't stop starting. As the Big Book describes: I couldn't imagine life with alcohol or without it. I had no defense against the first drink. I was "seriously alcoholic" and there was no middle-of-the road solution.

I well remember my complete surrender to the great unknown of the A.A. program. I fell on my knees and humbly asked a God that I didn't understand or believe in to please help me. And I committed myself to take the steps no matter what. I didn't know it, but that was my first sincere Third Step, without reservation, conditions or negotiations.

The next morning I woke up feeling strangely calm. I had always awakened in a panic, so this was a new sensation. I went to the Fellowship on Washington Street and found a man who had been trying to get through to me. I told him what had happened, and said I was willing to do anything to lose my obsession. I was finally willing to "pick up the simple kit of spiritual tools laid at my feet," as it says on Page 17 of the Big Book.

e got on our knees, formally took Step Three and he had me start writing immediately. I was still shaky, but the more I wrote about my resentments, fears, sex conduct and motives, the more I saw the truth of how I had been living. I found my method of operation. I saw my patterns. I got a glimmer of the real disease of alcoholism – the soul sickness. And I finally saw the one thing I could do something about: me. I began my Fourth Step at three days sober and finished it in two months. It wasn't perfect, but it was as fearless and thorough as I could be. My misgivings had been smashed; I had no resistance to finishing this part of the process. I'd been sharing my inventory with God and myself as I wrote, but revealing my secrets to another human being gave me pause. I didn't know this was true for all of us, but some of my past antics filled me with shame and remorse. It truly was cringeworthy. But I had made a commitment, so I called my sponsor to meet.

I remembered the chapter "Into Action" where it says, "Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk." That had been my experience. So I went through my inventory with all the honesty I could muster. I was surprised when my sponsor responded, "Is that ALL?" For the first time in my life, I had revealed all, I'd withheld nothing. He told me to go home and get quiet for an hour, to say a prayer of thanks and to review my work so far. As I did this. I felt a great relief come over me. For the first time I could remember. I felt clean and at peace. I no longer felt just hopeful this might work; I had the conviction that it would that it was working.

In many of our meetings we read a portion of Step Nine – the promises. I found the promises in Step Five to be even more powerful, coming as they did so close to my last episode of alcoholic despair. "We can be alone at perfect peace and ease. Our fears fall from us. ... We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe." These are powerful statements. I never would have believed they could be true for me until I experienced them.

I am so very grateful to those who have shown me a way out, and a path to effective living – sober. Thank you, God, for our life-saving, life-giving program.

In gratitude, Chris G.

We admit to God, to ourselves, and to a whole room full of people the exact nature of our wrongs.

am not one of those who came to my first meeting and never drank again. I came to my first meeting in great pain. I knew I had to do something differently, but I had to suffer a little more before I could embrace divorcing myself from alcohol. I didn't ask someone to sponsor me – I didn't want to speak to anyone at all, let alone trade phone numbers or get to know someone.

But after I'd been to the same meeting a few times I felt more comfortable. I noticed a few people who always made a point to say hello and ask how I was feeling. And, they said they were glad to see me. One of those, Mark, had been sober one year; after we'd spoken a few times he asked if I had a sponsor. When I said I and tried to mask my intense shame. It became unbearable, and I finally stood up, introduced myself as a newcomer and asked another member to sponsor me.

I'd describe this new one as hardcore. I knew I wouldn't be able to skirt around. I prepared a new Fourth Step and didn't hold back, but as I wrote my new resentment list I had the thought: "I could tear out this page before I show it." But I didn't. And when I was through, I handed the whole notebook over. This shows the benefit I'd gained working with Mark that first year. His relaxed approach was what I needed at the time. Getting a start at being honest with another person showed me I wasn't going to get hurt; this second time

...during this first year, I knew that though physically I felt much better and my daily life had become so much more comfortable, deep down I really wanted to drink again...

didn't, he asked if I'd like him to be my sponsor. I said "OK," and embarked on my first 30 days.

Those 30 days became a year, and when I picked up my chip Mark had become a good friend. We worked the steps in a very relaxed way; he didn't pressure me. But I wasn't fully committed when I took my first pass through Step Four. There were things I categorized as "not having anything to do with my drinking," that didn't need to be discussed. And during this first year, I knew that though physically I felt much better and my daily life had become so much more comfortable, deep down I really wanted to drink again.

And I did.

Mark had moved away and I hadn't chosen another sponsor. I continued to attend meetings, but told no one I'd been drinking around convinced me honesty was necessary, and I was more comfortable with being thorough.

I'd also been at meetings and heard others tell of some shameful experience that was part of my story too, and we laughed about it. When I'd had the immensely freeing experience of standing up, telling everyone something about myself that had once been a darkest secret, and laughing along with everyone else, I had the striking sensation that old wounds really were healing.

In sobriety we go through our lives – including the time we spend in meetings – working the Twelve Steps. We admit to God, to ourselves, and to a whole room full of people the exact nature of our wrongs.

Mac, Capitola

# Grateful for gratitude lists

bout week one in sobriety, my new sponsor took me to breakfast to talk program. Bless him for his patience. At the time I was pretty much a garbage chute of fear, self pity and low self-esteem. I worried my wife would leave me for relapsing. I feared her leaving would compromise my role as a father. And the collapse of the perception that I was an upright citizen worthy of admiration and respect threatened my ego.

After dumping all my fears and insecurities on my poor sponsor, I half-expected him to assuage my angst by assuring me my wife wouldn't leave, my family would stay intact and that I wasn't such a bad guy after all. To my surprise he asked me to write a gratitude list.

I was incredulous. The nerve of this guy. Had he not heard my passionate list of grievances? So I asked him; "What do I have to be grateful for?" He answered with a series of questions, calmly delivered over a plate of bacon and eggs: Do you have running water? Do you have a roof over your head? Do you have a job? Clean underwear? Reliable transportation? Are your children healthy? And so on. The answer to all these questions was "Yes."

At first I resented my sponsor, seeing this exercise as a lowering of standards. But I spent the next few days thinking deeply about how nice it was to have warm water in my shower, food in the fridge, clean air to breath, a sunbeam on my neck, the health of my family, and on and on. The act of making the gratitude list had shined a light on the simple riches I'd overlooked in favor of my fixation on how others perceive me, and on controlling things I have no business trying to control.

## Do you have running water? Do you have a roof over your head? Do you have a job? Clean underwear? Reliable transportation? Are your children healthy? The answer to all these questions was "Yes."

I started paying better attention to my surroundings, and disengaging my emotions from my expectations. I feel more grateful in this moment than I did when I started writing this, for all the things I've listed – and for the crows circling above the pine tree outside my window. I'm grateful just for the wonder and simple beauty of it.

Ten years into this sobriety adventure, I still have not earned sainthood, nor have I perfectly worked the program. But of the many tools that have kept me sober, the gratitude list is paramount. I'm grateful for the gratitude list. My marriage and role as a father was salvaged and thrives today, not because I am flawless in either endeavor but because I work the program and turn back to gratitude when my inner alcoholic feels ready to rail at the perceived slights or injustices wrought upon me by the world.

# From the General Service Chair

I remember scrounging around for hidden quarters so that I might buy another drink. I remember feeling small and insignificant, until I drank and I was somehow transformed into a confident, I can do anything, bring it on! kind of person. I depended on alcohol to feel like "me."

I don't depend on alcohol now. I stopped drinking. I watched people I admire live without alcohol and they told me, get a Sponsor, do the Steps, get involved in Service, and prepare to be amazed.

### They were right!

As of this writing our Delegate Eric L is attending the General Service Conference in New York with the Delegates of 92 other Areas from the United States and Canada. There the future direction of Alcoholics Anonymous is being determined, fueled by the Group Consciouses of members like you and Groups. This is always an exciting time for our fellowship. Eric shared with our District GSRs earlier this month that progress on the 5th Edition will be presented, as well as a draft of the 4th Edition of the Spanish Big Book which will contain stories of Spanish speaking members rather than just translation of the english version stories. Both of those books came about because of actions taken at the conference in 2021, again fueled by input by members in a group that determined a need and saw their idea brought forth to their local districts, areas, and eventually the entire body of Alcoholics Anonymous represented by the 93 delegates.

I invite all to attend our Area Post Conference Assembly on May 13 in San Francisco to hear Eric share with us his experience in New York. I'm sure his

sharing will include laughter and tears and a lot of love for our precious fellowship. Some of us are going the night before to a Dinner sponsored by one of the Districts in San Fransisco.

The flyer to the Assembly follows. Click this link to download the file. I hope to see you there!

If you and your home group have questions about General Service and how you may be a part, please contact me. Our district representation is only a small fraction of the total groups in Santa Cruz County, and we welcome your voice! Online meetings in particular, we need you!

Gratefully yours in service,

Deb A District Commitee Member Chair (DCMC) Santa Cruz District 03 debcnca06@gmail.com



CALIFORNIA NORTHERN COASTAL AREA 06 (CNCA 06) OF ALCOHOLICS ANONYMOUS PRESENTS

# POST-CONFERENCE ASSEMBLY 2023

"AA's Three Legacies - Our Common Solution"

# **SATURDAY, MAY 13, 2023**

## **Donworth Events Center**

473 Eucalyptus Dr. San Francisco, CA Enter Parking Lot at 501 Buckingham Way

Zoom ID: <u>632 553 607</u>

REGISTRATION	8:30 – 9:30 AM
ORIENTATION	9:30 – 9:45 AM
AREA BUSINESS MEETING	9:45 AM - 12:30 PM

LUNCH

12:30 – 1:30 PM

PANEL ON CONFERENCE THEME*	1:30 – 2:15 PM
DELEGATE'S REPORT*	2:15 – 3:45 PM
QUESTIONS AND ANSWERS*	4:00 – 5:00 PM
WHAT'S ON YOUR MIND?*	5:00 – 5:30 PM

\* American Sign Language (ASL), Spanish-English interpretation, and Closed Captioning will be provided on Zoom.

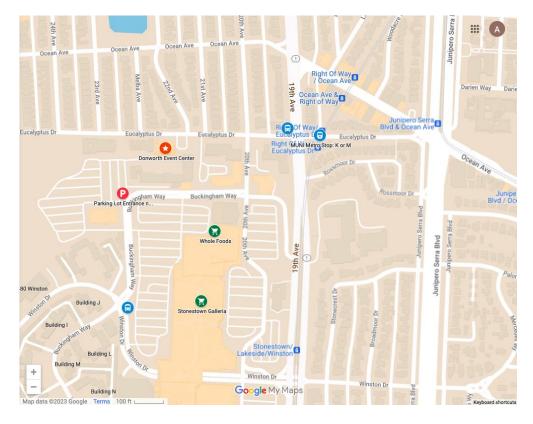
**Attending in-person?** Bring your <u>FM RADIO</u> for simultaneous Spanish-English interpretation and Assisted Listening.

for CC

### DRIVING DIRECTIONS: https://goo.gl/maps/UQr25PUHjccuzf4z5

**PARKING**: Please park near the Old UA Cinema at 501 Buckingham Way. Entrance to the Donworth Event Center is via the Parking Lot on Buckingham Way.

**PUBLIC TRANSPORTATION**: Take BART to Civic Center, switch to MUNI K and M Lines Outbound to Eucalyptus and 19<sup>th</sup> Avenue. Also close to MUNI 28 and 29 Bus Stops.



### Lodging near San Francisco/SFO:

### Hampton Inn San Francisco Downtown/Convention Center

942 Mission Street, San Francisco, CA 94103 Front Desk (415) 546-3110 <u>https://www.hilton.com/en/hotels/sfocchx-hampton-san-francisco-downtown-convention-center</u> Nightly Rate: \$157 - \$224

### DoubleTree by Hilton San Francisco South Airport Blvd

275 South Airport Blvd, South San Francisco, CA 94080 Front Desk (650) 873-3550 <u>https://www.hilton.com/en/hotels/sfosadt-doubletree-san-francisco-airport-south-blvd/</u> Nightly Rate: \$163 - \$204

Best Western Plus Grosvenor Airport Hotel 380 South Airport Boulevard, South San Francisco, CA 94080 Front Desk (650) 873-3200 <u>https://www.bestwestern.com/en\_US/book/hotel-rooms.05297.html</u> Nightly Rate: \$134 - \$169

# **SOBRIETY MILESTONES**

## April

Jason O April 1, 1985
Lora Lee C April 13, 1986
Evie
Garth S
Vaughn F
Kendra M
Julie A
Craig S April 18, 1994
Ben W
Juliet M April 10, 1998
Ardelle
Lou C
Michael H April 24, 1999
Judi D
Paul T
John April 28, 2013
Keith H April 19, 2014
Amanda G April 30, 2014
Julie R
Carissa Y
Curly T April 12, 2015
In memoriam
Nancy R. 5 yrs Aug. 8, 2004
Susan A. 35 yrs April 4, 1985



Want to list your A.A. anniversary in the GrapeSCINN? Email your name and sobriety date to: grapesccin@gmail.com <text><text><text><text><text>

Santa Cruz Fellowship Monthly Birthday Speaker Chip Meeting 4th Saturday of every month at 6PM



# MAY 2023 EVENTS

May 3 @ 7:30 pm - 9:30 pm Intergroup Council Meeting Meeting ID: 828 1508 0970 Passcode: 588309

May 6 @ 7:00 pm - 8:15 pm **Birthday Speaker Meeting** Mid-County Senior Center 829 Bay Ave., Capitola, CA

May 7 @ 1:00 pm - 3:00 pm **CRUZYPAA Monthly Meeting** Harvey West Park 326 Evergreen St Santa Cruz, CA

May 7 @ 1:00 pm - 3:00 pm **Take Your Sponsor to Dinner** Harvey West Park 326 Evergreen St Santa Cruz, CA

May 10 @ 7:30 pm - 9:30 pm **General Service District Meeting** Meeting ID: 857 1510 3072 Passcode: 524168

May 13 @ 10:00 am - 12:00 pm **4th Step Workshop** Ben Lomond Fellowship 9496 Hwy 9, Ben Lomond

May 13 @ 8:00 - 12:30 pm **Sober Prom** Mid-County Senior Center

829 Bay Ave., Capitola, CA

May 17 @ 7:30 pm - 9:30 pm Intergroup Steering Committee Meeting Meeting ID: 861 8723 8980 Passcode: 723088

May 21 @ 1:00 pm - 3:00 pm **CRUZYPAA Monthly Meeting** Harvey West Park 326 Evergreen St Santa Cruz, CA

April 12 @ 7:30 pm - 9:30 pm General Service District Meeting Meeting ID: 857 1510 3072 Passcode: 524168

April 16 @ 1:00 pm - 3:00 pm **CRUZYPAA Monthly Meeting** Harvey West Park 326 Evergreen St, Santa Cruz

May 27 @ 6:00 pm - 8:00 pm Santa Cruz Fellowship Birthday Speaker Meeting 412 Front Street, Santa Cruz

## FOR MORE INFORMATION ABOUT THIS MONTH'S EVENTS, VISIT AASANTACRUZ.ORG



# **Intergroup Reports for April 2023**

Please group reps, talk to your groups about the openings at H & I and let them know that male volunteers (for jail going in 2 at a time) are very needed and Sharon M. Can walk them thru the process, which takes 4-6 weeks: sharon.mullenaux@gmail.com; 831 239-0889

H & I meeting is 4th Wednesday of month, 7-8:30. At 420 Melrose. We have a new chair and good refreshments!

A Message From the CRUZYPAA Liasson: Our events will be posted on the intergroup calendar as well shortly. Business Meetings are the 1st and 3rd Sundays of each month at Harvey West Park.

### SANTA CRUZ FELLOWSHIP Open SCFAA Snack Bar Positions

- Sun 9:00am
- Mon 6:00pm, 7:30pm
- Wed 9:00am, 12:00 pm, 7:30pm
- Thu 3:00pm
- Fri 3:00pm
- Sat 3:00pm, 7:30pm
- Text Galen (650) 303-9713

We have filled all of the secretary positions at this time, so thanks to everyone for their help in accomplishing this.

- Area 1 (Watsonville/La Selva): VACANT
- Area 2 (Aptos): VACANT
- Area 3 (Greater Soquel): VACANT
- Area 4 (Soquel Main St): VACANT
- Area 8 ("Little Red Church" Downtown): VACANT
- Area 9 (Westside/Davenport): VACANT
- Area 10 (Scotts Valley/Emeline): VACANT

## Area Report-April 2023

Please announce at your meetings! If you attend in area, volunteer! Open Area Rep positions: Area 1: Watsonville-La Selva Area 4- Little white Church Area 2: Aptos Area 8-Little Red Church Area 9-Westside, Davenport Area 3: Soquel Area 10: Scotts Valley-Emeline Open officers: Vice chair; recording secretary Time is now waived for volunteers. Lily was elected diverter chair.

Please up your donations if at all possible. Donate directly to Intergroup in the link at upper right of homepage through Pay Pal or Venmo. 100% of donation will go to Intergroup. Birthday Club- \$1-2 per year in your birthday month

Grapesccin: Lucie announced May newsletter topic- sponsorship, fellowship-Please contribute a piece! Email it to: grapesccin@gmail.com

CRUZYPAA - Banner Games 4/15- noon Harvey West Park SAVE THE DATE!- 6/24 SPRING FLING-activities@aasantacruz.org to help. Volunteer shifts-Sat 10-2 open at Central Office.Also sub-we have some people out, April and May. Call Kerri for info. @ office- 831 475-5782

Diverter Shifts Open: Priorities: Wednesday Daily Coordinator! 3rd Tues. 7-11; 3rd Saturday 7-11 3rd, 4th and and 5th Monday from 7-11 2nd Wednesday 5-11, Fourth Wednesday from 7-11, 5th from 7 -11 1st Sat. 5-7 pm and 3rd, 4th, & 5th Sat. 2-5 pm; 3rd Sat 7-11

H & I - Meeting- Wed. 4/26, 7-8:30, 420 Melrose (small room) handisc.org for the Help Wanted online and applications, or attend meeting. Chair: Alan - 956 212 4878 or stxclark3@gmail.com

Jail is in desperate need for male volunteers, we only have one meeting going in juvie so far. Go to our website or contact Sharon M, corrections coordinator at 831 239-0889 or sharon.mullenaux@gmail.com . Application on handisc.org

3 open positions on the H & I committee: -Recording Sec'y -Intergroup liaison -Volunteer coordinator

IVSS needs volunteers to sponsor men in custody at Soledad (Salinas Valley State prison) Must be able to visit 1 man 1x a month. -contact Dave R at 831 423 1262 or email to Dnaranch@comcast.net

### Statement of Activity by Month March 2023

	MAR 2023	TOTAL
Revenue		
Donations	6,403.07	\$6,403.07
Events	210.00	\$210.00
Sales	2,585.85	\$2,585.85
Sales of Product Revenue	538.00	\$538.00
Total Revenue	\$9,736.92	\$9,736.92
Cost of Goods Sold		
Cost of Goods Sold	2,038.36	\$2,038.36
Total Cost of Goods Sold	\$2,038.36	\$2,038.36
GROSS PROFIT	\$7,698.56	\$7,698.56
Expenditures		
Activities	1,102.97	\$1,102.97
Birthday Speaker Meeting	680.50	\$680.50
Equipment Rental & Leases	366.13	\$366.13
Office Supplies & Software	745.46	\$745.46
Rent & Lease	1,608.00	\$1,608.00
Telephone	145.09	\$145.09
Utilities	189.39	\$189.39
Total Expenditures	\$4,837.54	\$4,837.54
NET OPERATING REVENUE	\$2,861.02	\$2,861.02
Other Revenue		
Interest Income	0.27	\$0.27
Total Other Revenue	\$0.27	\$0.27
NET OTHER REVENUE	\$0.27	\$0.27
NET REVENUE	\$2,861.29	\$2,861.29

#### Statement of Activity by Month

July 1, 2022 - April 4, 2023

	JUL 2022	AUG 2022	SEP 2022	OCT 2022	NOV 2022	DEC 2022	JAN 2023	FEB 2023	MAR 2023	APR 1-4, 2023	TOTAL
Revenue											
Donations	5,508.44	4,218.48	4,619.52	6,027.56	4,460.66	5,468.09	4,271.05	4,423.52	6,403.07	2,133.50	\$47,533.89
Events						35.00		24.00	210.00		\$269.00
Sales	1,362.92	2,794.81	1,820.97	3,350.75	2,049.96	2,449.65	2,361.68	1,962.01	2,585.85		\$20,738.60
Sales of Product Revenue								210.00	538.00		\$748.00
Total Revenue	\$6,871.36	\$7,013.29	\$6,440.49	\$9,378.31	\$6,510.62	\$7,952.74	\$6,632.73	\$6,619.53	\$9,736.92	\$2,133.50	\$69,289.49
Cost of Goods Sold											
Cost of Goods Sold	796.44	2,646.73	1,476.16	249.00	4,509.00	498.70	3,048.22	1,646.37	2,038.36		\$16,908.98
Sales Tax - COS		0.00		0.00							\$0.00
Shipping								20.05			\$20.05
Total Cost of Goods Sold	\$796.44	\$2,646.73	\$1,476.16	\$249.00	\$4,509.00	\$498.70	\$3,048.22	\$1,666.42	\$2,038.36	\$0.00	\$16,929.03
GROSS PROFIT	\$6,074.92	\$4,366.56	\$4,964.33	\$9,129.31	\$2,001.62	\$7,454.04	\$3,584.51	\$4,953.11	\$7,698.56	\$2,133.50	\$52,360.46
Expenditures											
Activities	318.05	300.00	243.94	1,942.05		0.00	144.31		1,102.97		\$4,051.32
Bank Charges & Fees	76.30				0.08						\$76.38
Birthday Speaker Meeting	815.50	800.00	1,190.00		804.92	162.50	1,086.56	787.50	680.50		\$6,327.48
Dues & Subscriptions (deleted)						94.99					\$94.99
Equipment Rental & Leases	169.85	222.00	169.85	203.05	14.59	189.02	23.23	191.09	366.13		\$1,548.81
Insurance	222.00		222.01	221.99	222.00	198.00					\$1,086.00
Leased Equipment (deleted)						169.85					\$169.85
Legal & Professional Services											\$0.00
Bookkeeping	2,000.00			1,552.00		797.60	63.50	1,300.50			\$5,713.60
Payroll Processing	79.75		173.30	116.25	33.50			16.75			\$419.55
Total Legal & Professional Services	2,079.75		173.30	1,668.25	33.50	797.60	63.50	1,317.25			\$6,133.15
Meals & Entertainment		19.45									\$19.45
Merchant Fees (deleted)				0.00							\$0.00
Office Supplies & Software	315.63	347.17	530.67	869.31	374.64	84.26	309.77	457.15	745.46		\$4,034.06
PayPal Fees	7.72	7.13	10.33	8.60	12.84	16.85	4.05	10.32			\$77.84
Payroll Salaries & Wages	1,777.50	3,397.50	2,002.50	1,980.00	2,250.00		1,084.75				\$12,492.25
Payroll Taxes - Employer	135.99	259.92	153.20	151.48	172.14		1,006.82				\$1,879.55
Postage (deleted)						60.00					\$60.00
Purchases						400.00					\$400.00
Rent & Lease	1,433.00	772.85	1,104.00	804.00	804.00	1,184.00	804.00	650.00	1,608.00		\$9,163.85
Repairs & Maintenance				329.94							\$329.94
Taxes & Licenses						83.00	648.00				\$731.00
Telephone	468.59	235.93	235.88	273.80	315.38	283.97	215.34	135.09	145.09		\$2,309.07
Travel						80.00					\$80.00

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Statement of Activity by Month

July 1, 2022 - April 4, 2023

	JUL 2022	AUG 2022	SEP 2022	OCT 2022	NOV 2022	DEC 2022	JAN 2023	FEB 2023	MAR 2023	APR 1-4, 2023	TOTAL
Revenue											
Donations	5,508.44	4,218.48	4,619.52	6,027.56	4,460.66	5,468.09	4,271.05	4,423.52	6,403.07	2,133.50	\$47,533.89
Events						35.00		24.00	210.00		\$269.00
Sales	1,362.92	2,794.81	1,820.97	3,350.75	2,049.96	2,449.65	2,361.68	1,962.01	2,585.85		\$20,738.60
Sales of Product Revenue								210.00	538.00		\$748.00
Total Revenue	\$6,871.36	\$7,013.29	\$6,440.49	\$9,378.31	\$6,510.62	\$7,952.74	\$6,632.73	\$6,619.53	\$9,736.92	\$2,133.50	\$69,289.49
Cost of Goods Sold											
Cost of Goods Sold	796.44	2,646.73	1,476.16	249.00	4,509.00	498.70	3,048.22	1,646.37	2,038.36		\$16,908.98
Sales Tax - COS		0.00		0.00							\$0.00
Shipping								20.05			\$20.05
Total Cost of Goods Sold	\$796.44	\$2,646.73	\$1,476.16	\$249.00	\$4,509.00	\$498.70	\$3,048.22	\$1,666.42	\$2,038.36	\$0.00	\$16,929.03
GROSS PROFIT	\$6,074.92	\$4,366.56	\$4,964.33	\$9,129.31	\$2,001.62	\$7,454.04	\$3,584.51	\$4,953.11	\$7,698.56	\$2,133.50	\$52,360.46
Expenditures											
Activities	318.05	300.00	243.94	1,942.05		0.00	144.31		1,102.97		\$4,051.32
Bank Charges & Fees	76.30				0.08						\$76.38
Birthday Speaker Meeting	815.50	800.00	1,190.00		804.92	162.50	1,086.56	787.50	680.50		\$6,327.48
Dues & Subscriptions (deleted)						94.99					\$94.99
Equipment Rental & Leases	169.85	222.00	169.85	203.05	14.59	189.02	23.23	191.09	366.13		\$1,548.81
Insurance	222.00		222.01	221.99	222.00	198.00					\$1,086.00
Leased Equipment (deleted)						169.85					\$169.85
Legal & Professional Services											\$0.00
Bookkeeping	2,000.00			1,552.00		797.60	63.50	1,300.50			\$5,713.60
Payroll Processing	79.75		173.30	116.25	33.50			16.75			\$419.55
Total Legal & Professional Services	2,079.75		173.30	1,668.25	33.50	797.60	63.50	1,317.25			\$6,133.15
Meals & Entertainment		19.45									\$19.45
Merchant Fees (deleted)				0.00							\$0.00
Office Supplies & Software	315.63	347.17	530.67	869.31	374.64	84.26	309.77	457.15	745.46		\$4,034.06
PayPal Fees	7.72	7.13	10.33	8.60	12.84	16.85	4.05	10.32			\$77.84
Payroll Salaries & Wages	1,777.50	3,397.50	2,002.50	1,980.00	2,250.00		1,084.75				\$12,492.25
Payroll Taxes - Employer	135.99	259.92	153.20	151.48	172.14		1,006.82				\$1,879.55
Postage (deleted)						60.00					\$60.00
Purchases						400.00					\$400.00
Rent & Lease	1,433.00	772.85	1,104.00	804.00	804.00	1,184.00	804.00	650.00	1,608.00		\$9,163.85
Repairs & Maintenance				329.94							\$329.94
Taxes & Licenses						83.00	648.00				\$731.00
Telephone	468.59	235.93	235.88	273.80	315.38	283.97	215.34	135.09	145.09		\$2,309.07
Travel						80.00					\$80.00

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### Statement of Cash Flows

July 2022 - March 2023

	TOTAL
OPERATING ACTIVITIES	
Net Revenue	-2,063.46
Adjustments to reconcile Net Revenue to Net Cash provided by operations:	
Accounts Receivable (A/R)	-420.00
Inventory Asset	0.00
Payroll Clearing	-3,905.54
Uncategorized Asset	475.48
California Department of Tax and Fee Administration Payable	-50.00
Payroll Tax Payable	-658.64
Wages Payable	-3,307.00
Total Adjustments to reconcile Net Revenue to Net Cash provided by operations:	-7,865.70
Net cash provided by operating activities	\$ -9,929.16
FINANCING ACTIVITIES	
Opening Balance Equity	0.00
Net cash provided by financing activities	\$0.00
NET CASH INCREASE FOR PERIOD	\$ -9,929.16
Cash at beginning of period	64,162.14
CASH AT END OF PERIOD	\$54,232.98

## Statement of Financial Position

As	OŤ	March	31,	2023	

	JUL 2022	AUG 2022	SEP 2022	OCT 2022	NOV 2022	DEC 2022	JAN 2023	FEB 2023	MAR 2023
ASSETS	JUL 2022	AUG 2022	SEP 2022	0012022	NUV 2022	DEC 2022	JAN 2023	FEB 2023	MAR 2023
Current Assets									
Bank Accounts									
CHECKING Library (8291)	19.543.55	17.283.89	16.860.60	17.572.20	13.778.51	14.905.71	12.575.07	12.225.31	11.806.55
CHECKING Operating (9561)	11.295.42	10.717.71	11.112.67	10.432.35	11,427.20	11,552.66	9.936.75	10,046.60	10.734.12
PayPal Bank	209.78	0.00	102.82	128.64	0.00	97.01	94.09	428.57	0.00
SAVINGS Prudent Reserve (5644) - 1	31.689.94	31.690.21	31.690.47	31.690.74	31,691.26	31.691.53	31.691.80	31.692.04	31.692.31
Total Bank Accounts	\$62,738.69	\$59,691.81	\$59,766.56	\$59.823.93	\$56,896.97	\$58,246.91	\$54,297.71	\$54,392.52	\$54,232.98
Other Current Assets	<i><b>4</b>02,000000</i>	400,000.000	400,00000	<b>***</b> ,-=-:	***,*****	400,210.01	<b>*</b> •	** ',	<b>**</b> .,
Payroll Clearing	0.00	0.00	-980.60	0.00	0.00	0.00	862.61	1,836.86	3,905.54
Uncategorized Asset	0.00	0.00	000.00	0.00	0.00	0.00	0.00	16.34	-475.48
Undeposited Funds	-200.08	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total Other Current Assets	\$ -200.08	\$0.00	\$ -980.60	\$0.00	\$0.00	\$0.00	\$862.61	\$1,853.20	\$3,430.06
Total Current Assets	\$62.538.61	\$59,691.81	\$58,785,96	\$59.823.93	\$56.896.97	\$58,246,91	\$55,160.32	\$56,245,72	\$57,663.04
TOTAL ASSETS	\$62,538.61	\$59,691.81	\$58,785.96	\$59,823.93	\$56,896.97	\$58,246.91	\$55,160.32	\$56,245.72	\$57,663.04
LIABILITIES AND EQUITY									
Liabilities									
Current Liabilities									
Other Current Liabilities									
California Department of Tax and Fee Administration Payable	0.00	0.00	0.00	0.00	0.00	0.00	-50.00	-50.00	-50.00
Payroll Tax Payable	1,404.81	723.87	1,059.23	352.87	733.67	733.67	733.67	733.67	451.17
Wages Payable				1,160.92	1,040.71	-1,040.71	-2,145.53	-2,145.53	-3,307.00
Total Other Current Liabilities	\$1,404.81	\$723.87	\$1,059.23	\$1,513.79	\$1,774.38	\$ -307.04	\$ -1,461.86	\$ -1,461.86	\$ -2,905.83
Total Current Liabilities	\$1,404.81	\$723.87	\$1,059.23	\$1,513.79	\$1,774.38	\$ -307.04	\$-1,461.86	\$ -1,461.86	\$ -2,905.83
Total Liabilities	\$1,404.81	\$723.87	\$1,059.23	\$1,513.79	\$1,774.38	\$ -307.04	\$-1,461.86	\$ -1,461.86	\$ -2,905.83
Equity									
Opening Balance Equity	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Retained Earnings	63,052.33	63,052.33	63,052.33	63,052.33	63,052.33	63,052.33	63,052.33	63,052.33	63,052.33
Net Revenue	-1.918.53	-4,084.39	-5,325.60	-4,742.19	-7,929.74	-4,498.38	-6,430.15	-5,344.75	-2,483.46
Net nevenue									
Total Equity	\$61,133.80	\$58,967.94	\$57,726.73	\$58,310.14	\$55,122.59	\$58,553.95	\$56,622.18	\$57,707.58	\$60,568.87