



## FOCUS: My Higher Power

God is the word most people in the world assign to the force in the universe that is beyond names. Higher Power (hereafter "HP") is somehow more pleasant sounding to my alcoholic ears! Music of the Universe sounds about right to me too. Or sometimes I prefer, "The Force" as in "May The Force be with You." Nature-- the wind, the sea, the sky, all help me to open to the concept of the HP. Lastly, Laughter is my HP's language of love, the way to keep me from taking myself, and everything else, so seriously!

It may sound corny, but all of this implies what the Higher Power means to me now.

It has taken nearly a lifetime for me to become acquainted with the HP. I now understand that it has always been The Force in my life, I just wasn't aware of it! AA has been a consciousness raising experience

for me. Prior to my sober life, I was unaware that I was a spiritual being living in a material world. I was very much in tune with my lower consciousness and I behaved accordingly! Slowly, ever so slowly, I began to have a spiritual awakening (of the educational variety), and I awoke to my higher consciousness. Daily meditation helps remind me to seek to stay in touch and in tune with The Force--without it I sing out of tune and dance out of step in my day! Without aligning my consciousness with that of the HP, I slip into self-will--the ultimate in lower-consciousness!

Sobriety to me is the joy of living in tune with the Music of the Universe, using the Force, "going with the flow." I feel in tune with life, right-sized in the grand scheme of it all. This is such a relief! Before sobriety, everything seemed so hard. I was swimming upstream. It was an

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## Monthly Topics

Here's lookin' at you!! Happy March to all you Irish Americans, and all you Irish wannabes. March was named after the Roman god, Mars, which has nothing to do with the Irish, but St. Patrick's Day is celebrated on the 17th, and we DO go kinda green in March. It is also considered Nutrition Month, Peanut Month, and Women's History Month, as well as "Music in Our Schools" Month. The 8th is International Women's Day, and the 10th begins Daylight Savings Time (already???) Spring begins on the 20th (while for the Europeans, SUMMER starts on the 31st of March. How does that work?) Oh, I have to toss this in: the 13th is called Jewel Day, and the 18th is a dichotomy in my estimation: "Goddess of Fertility" and "Supreme Sacrifice Day." Does this mean that to be fertile is a supreme sacrifice? Sometimes, YES. Palm Sunday and Easter arrive at the end of the month (24/31), and here comes April! One Day At A Time, please...

In this issue we have Dear Alky queries and some great responses on what your Higher Power means to you. And Tradition Three: The Only Requirement is a Desire to Stop Drinking.

April's topic is What is your service in AA? Tradition for April is Each group should be Autonomous. Please submit any stories on the topic or the tradition, questions, ideas or comments to ODAATCOIN@yahoo.com, and we'll get back to you. Thanks!

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## FEATURE: Think Tank Men's Meeting



Saturday, 10:00 AM -- Alano Club of San Jose

It is sometimes irreverent, raucous and rowdy. Frequent eruptions of laughter can sometimes be heard a block away or more. Yet, there are also those times when you can hear a pin drop. Someone is sharing a painful memory that strikes a chord. There is the wiping of eyes for some as they internalize and remember. This happens every Saturday morning at ten o'clock. It is the Alano West's closed men's group of the Think Tank. It is arguably one of the most popular closed men's meetings in the valley. Although, if you ask a regular he would say "there is no argument." The Think Tank group recently celebrated thirty one years of existence.

It all began in August, 1981, with just a handful of men -- Max G, Dale J, Roger M and others. The idea was to establish a much smaller, intimate meeting. Initially it was an open discussion format which at the time was fairly common. But, when

Roger M was elected as the second secretary, he chose the format that is still in existence today: the secretary, chairperson, topic, and sharing format. This caused a mini revolt and one of the founders left in protest. The changed format apparently did not dissuade others as it is common to have at least a hundred or more in attendance every Saturday. The meetings were first held in a small, rather 'homey' structure of the Alano West club in Willow Glen on Minnesota Ave. The main room where the meetings were conducted had a fire code with an approved capacity of eighty-eight. But it was not uncommon to have a hundred or more squeezed into that compact space, with many standing wherever they could. There was an inclined walkway that led to the entrance to the meeting room adjacent to a bank of windows that faced Minnesota Street. There were times when those very same windows would be raised so that those outside who were part of the overflow could listen. They would stand out

there sometimes in the cold for the whole hour and fifteen minutes. They were rarely disappointed for making that sacrifice, if ever.

In April, 1992, there was another revolt that left some of us stunned. The Think Tank lost some key members who were loved and respected. It seems there were some concerns relating to

smoking and the overcrowded conditions. Because an agreeable resolution was not forthcoming at that time, a number of members decided to leave. The smoking issue was resolved by an edict from the city of San Jose on the heels of the exodus, but the crowding remained until much later. Among those who left the Think Tank were Al V, Trucker John, Electric John, Ed McC., and Joe S. They were sorely missed and still are. Ed McC. is still part of the original splinter group which became the Men's Honesty Group in South San Jose. The overcrowding issue was addressed by the San Jose Fire Marshall, who said we could only have eighty-eight people in attendance. At this point the tables were removed, allowing 120. The end result was that when we close at the end of the meeting, there is always a chorus yelling "eighty-eight."

The Think Tank, sadly, is no longer at the Minnesota Street facility. Due to building code problems, and also

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politics, the Think Tank has bounced from pillar to post, living a rather nomadic existence. From its original home in Willow Glen, it has traveled to the Alano Club of San Jose for a short stay and then to the VFW hall on Dell Avenue in Campbell, and then back to the Alano Club of San Jose off Fair Avenue and McLaughlin in San Jose. Tony B., of the Alano Club, has been kind enough to allow the Think Tank to set down its temporary roots there for the time being. The Think Tank is deeply indebted to Tony B. and extremely grateful. The transitory nature of what has been the Think Tank group has not dampened its effusive spirit.

There are many who are no longer with us that are absolutely responsible for helping to shape the personality that is the Think Tank. They were the characters of course and those that showed us what true courage really is. Such as, Pete D., who, though dying of cancer, would show up and stay through the whole meeting. He could hardly walk and near the end had to be gently taken by the arm and led to his usual seat near the front.

There was Eddie (chainsaw) M., who garnered the nickname "chainsaw" because he happened to be a hair stylist/barber by trade. Being a sensitive person of Italian extraction it was a sure bet that Eddie would shed a few tears during his share, which he always did. Eddie also contracted cancer but came to as many meetings at the Think Tank as he possibly could.

I am reminded of Mark P. who recently left us with pancreatic cancer. Mark had been a rather large man who near the end was really just a shell of himself. He never said a word. We had no idea he was dying. But there he would be sitting in his chair in the back.

As for the characters; there are too many to mention; but, I will tell you of the ones that stand out for me.

Peter (the Dutchman, or Peter the Hun) R. who was born and spent his formative years in a house of ill repute in Amsterdam, Holland, where his mother was the Madame. Peter's outward persona was that of an angry man, whose ranting and raving at times always included the liberal use of expletives. Newcomers were a bit frightened of him and then when they heard Peter had almost thirty years wondered if they were in the right place. Ironically, Peter's persona at meetings was nothing like the real man he was. Strangely enough it seemed meetings brought out his darker side which is usually just the opposite for others. I came to know him as a loving, caring man, who would be the first to lend a helping hand to someone in need. There was many a time he would take a "drunk" home and keep him there for weeks, much to the dismay of his wife. He became a close friend to me and my family and we miss him very much.

There was Mo M., a very eloquent man even though his verbal expression was that of a hipster/street person, though we all clearly understood what he was conveying. When the room became too rowdy he would often say "shut the f... up, we have business here." He always had a great message and knew how to deliver it.

And, then there was the dynamic duo of Jim O'B. and Iron Mike S., who sat in the back near the windows of the old Minnesota Street, Alano West club. Loud comments, aspersions, and blatant ridicule were the usual order of the day. And this was during the meeting, which usually engendered uncontrollable laughter.

There was Bill H; an erudite gentleman, whose command of the English language was a bit over the heads of many in the meeting. There would be a roomful of those with quizzical expressions when he had finished his share. Often times I would be among them. "Huh?" I would say to myself. I didn't have the

nerve to approach him to ask him to please explain what he had just said. He was a jazz lover as I am and we would talk at length about jazz. It was satisfying for me in that I felt we could at least communicate on the same level when it came to jazz. It allowed me the connection to Bill besides our alcoholism I'll always remember.

Don D., or "Double D," or "D squared" liked to say that he came every Saturday to take part in the "celebration of sobriety" he always found there. Don often talked about being a gentle man. He got interested in making candy and would treat us on Saturday mornings to delicious treats he had made at home. He was a dear friend of mine. He truly loved the Think Tank and we loved him.

There are only a handful of us remaining who were there in the early eighties. One such gentleman; is "The Sage." Jim S. Jim still sits in the back with "The Boys in the Back" who in their own way are carrying on the tradition established by Jim O'B., and, Iron Mike. The aforementioned gentlemen and many, many others over the years have left their imprint on the continuing legacy of the Think Tank. It is still the lively, vibrant group it has always been. It is a tribute to those members who are no longer with us and those of us today who have never wavered in our loyalty to this "one of a kind" AA men's group. New characters are sprouting up as we continue to evolve. We may not have a permanent home to date, but it doesn't seem to matter as long as we're together doing 'our thang' on Saturday morning!

Lew W. & David W.

## 3RD TRADITION: IF ONLY I'D KNOWN

"The Only requirement for Membership is a desire to stop drinking"? Of course, it is read at most meetings as part of the third tradition, and I didn't hear it for years. I slid into AA on the coattails of some of my buddies; David and Nancy were going to meetings (they needed to), so I'd go with them. I had a fabulous part time position with a recovery hospital, where I'd listen to lectures on alcoholism, talk with recovering clients one on one and lead recovery groups. I believe in AA we call knowing this information intellectually as having a "snout full of AA."

I had been in Alanon for several years as, unequivocally, I am an Adult Child of an Alcoholic (ACA.) As I listened and prayed, it occurred to me perhaps I really belonged in AA as well as the program for co-dependents. Not knowing about the Third tradition, I read the stories in the second part of the Big Book, "They stopped in time." My denial matched the Great Wall of China for depth and strength. Clearly I did not qualify as an

alcoholic; I had never been arrested for a DUI. I graduated from college in the Dark Ages, so the fact that I did get stopped by the cops with an open container didn't really matter, or the fact that when I had disciplinary problems, alcohol had always been present. I remembered that although I studied every week-end day, celebrating life only when there was no school the next day, I had been late on several mornings because I had ferocious hangovers. All my friends knew why I felt so miserable; they'd helped me to bed the night before. When I announced I wasn't drinking any more, a friend commented, "You are the biggest alcoholic of all of us."

After months, perhaps years of pulling petals off the daisy, "...I am an alcoholic, I'm not an alcoholic..." I asked a huge hearted man what he thought. He said, "Listen, dear -- if you want to be here, in AA, be here. You'll find out whether it is right for you or not."

I didn't announce myself. "Lord, don't call attention to yourself!" I didn't get

a sponsor; I didn't work the steps or find a home meeting. The only friend I had didn't show up to the date we'd made to eat muffins after a morning meeting. My first years in AA were like most of my life -- fairly lonely and struggling. My fear, unwillingness to ask for help, sense of entitlement, and my terminal uniqueness kept me at arm's length. Today, after many years and many meetings, my life looks different. I have a cool sponsor and cool friends who give me hugs, love, feedback and advice.

Just the other day, I needed the Third tradition. I embarrassed myself at a new meeting. In a temper tantrum, don't you know, people don't always do it 'my way'? I used sailor language to express my anger. On leaving the meeting I felt I could never go back, they'd ask me to leave because I don't always use polite speech. Then I remembered, "The only requirement for Membership is a desire to stop drinking."

Anonymous Santa Clara

## HUNTING FOR GOD

I have been chasing God all my life. It mattered little what I was told as a child, even that the spirit of God resided inside of me; I still hunted for God. I stared at statues in church, hoping they would speak to me.

Also as a child I saw the movie Ten Commandments, then constructed a Moses tent out in front of our home inviting all my neighborhood friends to break bread with me and pray. 40 years later at five years of sobriety I left AA for what I thought was still higher ground. I definitely fell into the category of irritable, restless and discontent. I had not been working with a Sponsor, not taking my inventory, nor allowing God's will instead of mine. I was gonna find God, by golly, and it was gonna be my way.

What I am reporting to you now I never knew at the time. This is why our program works with a Sponsor and the Steps. As an alcoholic I could have the best intentions in recovery but when the only counsel I seek is mine, "therein lies the problem."

Someone very dear to me told me that though I had good intentions, taking direction fosters humility. Making it back into the rooms in 2002, I began to see through suggestions from a Sponsor, the Steps, and --equally as important-- time, that I had to stop a lot more than drinking. My willful hunt for God has been tapered by changing behaviors that not only kept me drinking, but living an unmanageable, anxiety-driven relationship with myself. I couldn't stop!!!

If you're new I will tell you that little

by little my coming to believe began when I stopped doing what I would normally do and with GREAT discomfort did what was suggested. As a result of doing what was uncomfortable, I came to believe that AA was giving me a new way of life and with a lot less anxiety, therefore less desire to drink. It says in our book that if we take these steps -- which have to do with changing behaviors -- it can expel the desire to drink. I needed to change my behaviors first, then the thinking started to change, and THEN I started coming to believe. I saw results from changing behavior. Now, remember how I just said earlier that I knew none of this at the time? You see, I had to risk not knowing, and prior to AA not knowing was terrifying. Today I can say that from doing those suggested actions,

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without knowing the outcome, the anxiety of not knowing has lessened. This has been a new freedom and a new happiness.

Now back to hunting for God. I listen to people in the rooms talk of THEIR higher power and how IT has helped them do things, sometimes saying they heard their higher power telling them something. I resented the idea that they were having a relationship and I wasn't. What was I doing wrong? I have been chasing after this for so long, wouldn't I deserve that too? I'm not discounting their experiences but comparing mine to theirs would take me down a rabbit hole. For me the concept of God was and still is so intangible; however, because I was willing to risk doing something

different without knowing the outcome, it brought a sense of trust that it was OKAY to not know.

This has had a great effect on my coming to believe that this intangible power I've been trying to ground for so long IS. It just IS and that's okay for me now. Maybe I had to go on the hunt all these years to arrive where I am now, to know that I don't know and finally be okay with it. Our book says, "We cease fighting everything and everyone." How appropriate towards ANY experience. Words like "allow," "let," "reflect," and "observe" are no longer intellectually understood. For me there is more presence, less willfulness, a still place of my soul.

You see I grew up thinking it wasn't going to happen if I didn't do it. So wouldn't I have to hunt? So now what have I come to believe? It's not in the chase or the hunt or sometimes even my best idea.

We talk about the synchronicity of life occurrences, both inside and outside the rooms, and when we do, it is usually because something happened when we least expected it -- with our having had little to do with it, other than doing what we needed to be doing at the time. Sounds like someone else is running the show; certainly not I. Oh -- that must be IT -- a higher power.

Anonymous

## GOD

I've never seen HIM...but I know he's here. He walks with me and he talks with me...24/7/365.

My "HP" -- This Higher Power of Mine-- my Father God. He speaks to me through thoughts, ideas, books, music...and people. Both people who are not like me, but mainly, people who are like me...who have the same way of thinking, same feelings, same emotions as I...these people be alcoholics. They speak my language, I speak their language.

He sends me to and sends to me those who have the same complicated, incurable disease as I. Some are thinking about getting sober, some are ready to get sober, and some are sober and ready to change their lives...never to be the same... through the 12 Steps, through which we change mentally, emotionally and spiritually.

He loves me just the way I am...but too much to let me stay that way... so he chose me to be a pupil of Bill W. and Dr. Bob, who in 1935 started the ball rolling. It is said that, since nothing else worked...he "sic'd" us

all on each other...one alcoholic helping another alcoholic...the only thing that works for us in "getting a grip" on this disease. Through these men came the program of Alcoholics Anonymous. No one speaks our language but "us"...no one understands us like "us"...and our Higher Power.

It is a simple program for complicated people. It didn't just happen, it came into being by a supernatural power, that knows me from the top of my head to the tip of my toes. My God is never more than a thought away. I am but a small grain of sand on an awfully large beach...and yet he knows me...he knows me! If I don't know anything else, I know that he does not require me to know and understand all His ways...all I have to understand is that by his grace, I am sober today...and he loves me...no matter what.

I was brought up with a "getcha God"... if I even looked cross-eyed, I was told, "God is going to get you for that!" All I ever knew about was a punishing God. King Alcohol told me to drink to become someone else. All the times I had to go through "stuff" brought me closer to God, and it grew me spiritually. In his time, I

am becoming the woman my Higher Power meant me to be. King Alcohol always told me I needed alcohol to be quite a different woman...a drunk! Now I accept the sober me, as my Higher Power always meant me to be.

Many years ago, I was asked by my sponsor to write an essay on God, as I would want Him to be. I said, among other things; "He would love me for who I am, and no matter what, he would never leave me, therefore would have my back all the time, and have me under his cover, no matter what. He would know my every cell and my every thought, and consider the me that he made...me." I have now met this God, my Higher Power, who created me exactly as he wanted me to be, and who I finally became, with assets & liabilities that enable me to understand others similar to and/or like me.

I was forgiven and so I forgive. Acceptance of who I am today is major for me. My Higher Power gave me gratitude, humility and joy, freedom from bondage, ad infinitum. If you pray, don't worry; if you worry, don't pray! That is, right now, my #1 Life Lesson that I am working very hard on.

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## Editor's Bag

Happy March to all of us who have been anticipating Spring for all 28 days in that short little month, February, that seems so long.

AA's first "headquarters" called "Works Publishing" moved from Newark to New York at 30 Vesey Street in Lower Manhattan in March of 1940. The following year, in March of 1941, the Jack Alexander story of Alcoholics Anonymous was published in the Saturday Evening Post, bringing on a huge following for AA. (See the website: [www.AA.org/AATimeline](http://www.AA.org/AATimeline).)

This month's Tradition is the only requirement for belonging to AA is a desire to stop drinking. Truly, I didn't want to quit drinking when I arrived; I just wanted to learn how to stay out of trouble, stop feeling guilty, and maybe stay married. Why was all this stuff happening to me? How come, when I married this wonderful guy in Chicago, got to move to California and live in a beautiful home, get my kids into great schools and be near my family, I was miserable? Now, I walk into the rooms on the advice of a counselor because I WAS so miserable -- but admitting I really wanted to quit drinking was like taking on a new religion, and I was rather afraid my life would be held in someone else's hands. It took a few meetings before I could admit defeat – my life was totally unmanageable. So, yes, darn it, I DID want to quit drinking. But not happily.

Now, unlike in that first year of sobriety, I have a Higher Power today who guides me in every way: waking up in the morning, I have a choice on how to open my day (when I had a drink in my hand, I had no choices.) Scheduling my activities – I now ask for guidance and actually LOOK for answers that are reasonable, purposeful, and compassionate. Meeting obstacles – I get to choose my reactions with forethought and choices; I can



ask for help from other members of AA or my sponsor; I don't have to flip out and go ballistic, regretting my antics. I get to pray every day; I get to show my husband how the program works by being a GOOD example, not a bad one, of what might happen if I were to somehow "slip" into the neck of a bottle. He would leave me in a heart-beat. I am dangerous without Alcoholics Anonymous. So my Higher Power, whom I call God, is with me, holding my life in His hands, protecting me, pushing me along in the direction he needs to let me go, and making sure I don't tumble into the depths of despair through my own thought process. I thank Him every day for my life in AA.

*Fran*

### COIN Production —

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### Topics Upcoming & Deadlines

April	What is Your Service in AA?	Deadline	3/20/2013
	Tradition Four: Each Group Should be Autonomous		
May	How'd I Get into this Predicament? Me?*		4/17/2013
	Tradition Five: Carry the Message to the Suffering Alcoholic		
June	Coping with Loss in Sobriety		5/22/2013
	Tradition Six: No Outside Help or Promotion		

\* hint: Step Four

## DEAR ALKY

Dear Alky,

I am a new member of AA and am concerned about what seems to be a requirement for success. That is a belief in God. I am an atheist and do not believe in God. I've tried contemplating the term "Higher Power" and I still come up empty. I just can't seem to wrap my head around this concept. Because I feel this way, I am embarrassed to admit to anyone how I feel about this. Is there hope for my recovery?

A.A. (Anonymous Atheist)

Dear AA:

*I'd be more worried about your fear of judgment (resulting in difficulty admitting things that embarrass you to others) than about your atheism. It's critical in AA to become willing to be scrupulously honest about yourself with at least one trusted person. Without that capacity, you will be driven by your fears. For alcoholics, that ride generally takes us right to a drink.*

*Take comfort-- you are not alone in AA as a non-believer in God. There are even meetings especially designed for atheists and agnostics (I'm pretty sure that there is one at the Alamo Club in San Francisco—look for it!) There is, of course, an entire chapter in the big book devoted to "agnostics," but I personally don't think it gives much comfort to real atheists who read it. I imagine that the chapter's*

*simplistic rendering of agnosticism as merely a matter of being stubborn might be more insulting than convincing; so, too, would being told that their thinking was "soft and mushy." (Alcoholics Anonymous, Fourth Ed., page 53.)*

*In my opinion, it doesn't matter very much at all what you believe. It matters what you do. That is why devout believers in God who do not do the work of the program can still fail to recover—and why atheists and agnostics who do the steps to the best of their ability, do recover. It is very easy for alcoholics to look for a "way out." We do not want to be told what to do, how to live our lives. What we want is for someone to make it better, easier. Entering AA can therefore be a rude awakening for many of us. It sets out a way of life—a list of actual tasks to do. It's quite simple, of course, but not easy. And for that reason, I believe many of us look for a reason to reject the program for some categorical reason. Probably the easiest way "out" is to say that you can't get behind the whole "God thing."*

*Alcoholics have been using this excuse since the program's inception. The early members responded to the concerns about an enforced religious experience by using the phrase "God—as we understood him." That allayed the concerns of people who did not believe in any particular religion's conception of God, but it does little for those who have a problem with the idea of God in general. There is*

*some very useful stuff in the second appendix, "Spiritual Experience." It sets out a definition of "spiritual experience" that is very roomy and inclusive. And it also tells us—"emphatically"—the bottom line: "...any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided he does not close his mind to all spiritual concepts. He can only be defeated by an attitude of intolerance or belligerent denial. . . . Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable." (Alcoholics Anonymous, Fourth Ed., at page 568.)*

*I generally advise people to stop worrying about what they believe and simply do the things that are suggested. Some of the things are going to make you feel weirder than others, such as praying when you don't believe there is anything to pray to. Set aside those concerns, and just do it. Tell your sponsor it seems stupid to you, then do it anyway. Say the words and don't sweat the outcome. It can't make things worse than they already are for an alcoholic hitting bottom, and the experience of millions of people through the years shows that the steps have a way of making things much, much better. Give it a shot—no one can make you believe anything (and no one should be trying!) Your experience can be the best teacher. Keep an open mind and enjoy!*

Love, Alky

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"This Higher Power of mine" has given me what I need to continue to carry his message of sobriety and hope to those I haven't even met yet... and oh yes...P.S., HE has a sense of humor too and is teaching that to me, for I have always been known as one who did not know how to laugh. I can do that now.

Danette G., San Jose

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exhausting way to live and I found relief from it in alcohol. Each day in meditation, I can refresh my connection and feel truly "a part of," no alcohol required!

The HP streams to my heart through the light in newcomers' eyes, into my ears from the stories that are shared in meetings, and into my very soul

when I pause and ask for help. I am no longer alone, I am one among others, able to accept the responsibility of being alive. For all of this, I am filled with gratitude. And excitement! It is so wonderful to be excited about life!

Cacy C.

# MY ROSE BY ANY OTHER NAME...

I was introduced to God as a child in a Lutheran school and He was supposed to be a kind and loving deity. He lived above the clouds and cared about all His children. It sounded nice and I should have had an easy “in” for the acceptance of a Higher Power such as God in my life, but that was not my reality. Certainly there are advantages to introducing the young to a power greater than themselves, and planting that “God Seed” in the young and fertile minds of children can bear fruit years later. Unsurprisingly, however, not all children’s minds are the virgin soil that the church would wish for their metaphorical seed to grow and bloom from.

Thus it was with me. I lived in a “City of Sin” which made me see terrible things, and I grew up to believe that a kind and merciful God was a truckload of fertilizer. It was hard to believe in a God that allowed children to be hurt in so many different ways, yet always, in my experience, with complete impunity.

I escaped the false reins of my Lutheran school life to run free without bridle or bit during the summertime in Alaska. It was there that I first felt a part of the Light and Energy of what I have since come to refer to as “The Infinite.”

During those summers I was introduced to the slogans, practices and principles of Alcoholics Anonymous. Refreshingly, in all my years around the rooms and people of A.A., I have heard a plethora, a veritable Smorgasbord of varied Higher Powers and the best part (of all the diversity in Higher Powers) is that no one – not you, not me, not Bob nor even Bill -- is wrong. The glorious, sparkling rainbow-array of Higher Power choices brings relief to this

alcoholic. Knowing that whether or not my Higher Power is named “God” is completely unimportant has a great freeing quality to it; I feel less stress to comply to another’s way of thinking or believing.

“God” is not the label I have hung around the proverbial neck of my Higher Power. Possibly your Higher Power goes by another name such as “Rose” or “Joe-Bob” or even “The Infinite.” Each of us may have our OWN Higher Power. I’ve heard of an Atheist asking their clean-living Boss to be their Higher Power. There have been numerous self-proclaimed Agnostics using the Fellowship of A.A. itself as their “God”. I have even known a Jewish Rabbi who seeks guidance from her “God” which she chooses to call “Universal Consciousness.” Therefore whether my Higher Power is a bad-ass biker who says F@#K or a sweet old man with a halo and a harp or nothing anywhere along that spectrum, it does not matter so long as I HAVE a Higher Power.

Personally I believe in a level or “place” of Pure Energy into which I may draw from if I am open and willing enough to tap into its infinite power. It is easy to become hung up on names and labels such as “God” or “Higher Power” – having changed my own name several times, I can understand this better than some – however it is the belief in something greater than myself that allows me, the alcoholic, the light, space and enrichment I need in order to grow -- much like that long aforementioned rose.

Though I have long held the delusion that I know what’s best for me, the trail of destruction, wreckage and carnage I’ve left in my wake is testament enough to the fallacy of that belief. If I believe that I am my own Higher

Power, then I am buying into and perpetuating the lies told me which allows my addiction to remain active, sneaky and in control.

If I have learned anything thus far in my A.A. life, it is that every single time I feel like I am “God” and can “take the wheel” because “I’ve got this,” I start heading for my old home, my old stomping grounds, my ‘hood -- back there to Sin City, Hypocrisy, where you say one thing and do another. I don’t know about you, but I personally never want to go there again.

Kat

<b>G</b>	iving it up	1
	reatness beyond self	2
	iving it over	3
	oing deep within	4
<b>O</b>	pening up	5
	only waiting	6
	perating in Faith	7
	optical review	8
<b>D</b>	emonstrating change	9
	aily checklists	10
	ependence beyond self	11
	eveloping full circle	12

Cheyenne C - San Jose CA



## ARCHIVES

This month's archives article focuses on the separation of Alcoholics Anonymous from the Oxford Group. It is widely understood among our members that Ebby T. carried the message of the Oxford Group to Bill W. Once Bill sobered up, he continued to go to Oxford Group meetings and work with other alcoholics. He was unsuccessful in his attempts to help others find sobriety until months later when he met Dr. Bob (another Oxford Group member). Dr. Bob's sobriety date marks the birth of Alcoholics Anonymous. Technically, at this point, Bill and Bob were still Oxford Group members.

The Oxford Group had the following formula for a Christian life: admit defeat, talk honestly about your feelings, make restitution, give of yourself, and pray (sound familiar?). The Oxford Group also recommended meditation and belief in God.

AA broke off from the Oxford Group for several reasons. It is argued that the non-alcoholic members of the Oxford Group were more interested in piety than sobriety. The ethical standards of the Oxford Group were high and its members were urged to strive towards the four absolutes: absolute honesty, absolute purity, absolute unselfishness, and absolute love. These absolute concepts "were frequently too much for the drunks. These ideas had to be fed with teaspoons rather than by buckets" (Alcoholics Anonymous Comes of Age).

After Bill's many failed attempts at working with drunks, Dr. Silkworth cautioned Bill about "preaching" to alcoholics or telling them to adhere to the four absolutes. The doctor advised Bill to discuss his own experience with "the obsession that condemns them to drink and the physical

sensitivity or allergy of the body that condemns them to go mad or die if they keep on drinking" (Alcoholics Anonymous Comes of Age).

Also, these drunks had an inherent need for anonymity. Frank Buchman (the leader of the Oxford Group) believed the testimony of Oxford Group members should be used to carry the message to everyone and prominent members of society's names were used as examples.

Buchman also spent much of his time working with world leaders to bring peace. The need for carrying the message of sobriety to the alcoholic who still suffers, as a primary purpose, become evident to Bill and the early sober drunks.

By the late 1930s, members in New York, Cleveland, and Akron separated from the Oxford Group. In a six-page memoir from A.A. Archives called *Memoirs of Jimmy: The Evolution of Alcoholics Anonymous*, Jim wrote about the early days in A.A.

Bill W., Hank P., Bill R., and Fitz M., were the New York area sober drunks of the Oxford Group in 1936. In September 1937, they decided "their technique would work better if they would do their work with drunks outside of an affiliation with a religious organization."

This is when the first meetings of alcoholics (not yet named A.A.) were held – on Tuesday evenings at Bill W.'s Brooklyn home. There were usually fifteen people present (this includes the alcoholics' family members). Jim gave a description of what the early meetings looked like: "There were seven or eight men sitting around in a circle, with Bill W. in the center on a little three-legged stool, one of those old antique sewing stools. And he would do all

the talking and we would do all the listening and answering the questions because he had all the book sense."

Sources: Box 459 Feb-March 1987, Box 459 Holiday Issue 2006, Markings 1-03, Markings March-April 2004, Markings Fall 2010, Box 459 Holiday Issue 2006, Alcoholics Anonymous Comes of Age

Nichole L

## March 2013

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### LOCAL EVENTS

- Mar. 16** 6th Annual Intergroup Chili Cookoff, 12-3PM, Lincoln Glen Church, 2700 Booksin Ave., San Jose
- Mar. 16** Serenity First Fellowship "Spring Dance", 7-11PM, 304 N. 6th Street (at Julian St.), San Jose
- Mar. 16** Saturday Nite Live St. Patrick's Day Potluck, 4:30PM, 1388 S. Bascom Ave., San Jose
- Apr. 6** Sober & Free Fundraiser: Go-Go Bingo! 7PM, Billy DeFrank Community Center, 938 The Alameda, San Jose [www.soberandfree.org](http://www.soberandfree.org)
- May 3-5** Sober & Free Conference 2013 "Expect Miracles", San Jose Hilton, 300 Almaden Blvd., San Jose (Downtown) [www.soberandfree.org](http://www.soberandfree.org)
- Oct. TBD** Annual "Take Your Sponsor to Brunch", Date TBD, 11AM - 2PM, Lincoln Glen Church, 2700 Booksin Ave., San Jose

### CALIFORNIA EVENTS

- Mar. 14-17** 41st Annual ACYPAA Round-Up, Radisson Hotel and Conference Center Fresno, 2233 Ventura St., Fresno <http://2013.acypaa.org>
- Apr. 5-7** "Sobriety Inside" 42nd Annual Hospitals and Institutions Conference, Crown Plaza Hotel, 1221 Chess Dr., Foster City, CA 94404
- Apr. 6 & 7** CNCA Area 06 Pre-Conference Assembly 2013, Contra Costa Fairgrounds, 1201 W. 10th Street, Antioch, CA 94509
- May 16-19** 29th Annual Tri-State Round-Up, Riverside Resort Hotel & Casino, Laughlin, NV [www.tristate-roundup.com](http://www.tristate-roundup.com)
- Jun. 6-9** A.A. Desert Pow Wow, Renaissance Esmeralda Resort, 44-400 Indian Wells Lane, Indian Wells, CA 92210

## April 2013

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### EVENTS AROUND THE COUNTRY AND GLOBE

- May 10-12** 2nd Annual Coeur d'Alene Convention, Coeur d'Alene Convention Center, Coeur d'Alene, ID [www.cdaconvention.org](http://www.cdaconvention.org)
- June 7-9** Founder's Day Herald 78th Anniversary of A.A. [www.akronaa.org](http://www.akronaa.org)
- July 11-14** 55th ICYPAA, Arizona Biltmore, 2400 East Missouri Ave., Phoenix, AZ [55th.icypaa.org](http://55th.icypaa.org)

### WE WANT TO HELP YOU SPREAD THE WORD!!

Please send news and information about your group's activities before the end of the month so we can get them in the COIN. We accept them in any form, But emailing a flyer is best: [aasanjose@comcast.net](mailto:aasanjose@comcast.net)

## Telephone Calls Received During February 2013

Daytime at Central Office.....**278**

Daytime 12 Step Calls.....12

*(Evening 12 Step Call information is not available.)*

An average of just over 8,000 hits are made on our website each month!!

**I AM RESPONSIBLE...  
WHEN ANYONE, ANYWHERE,  
REACHES OUT FOR HELP,  
I WANT THE HAND OF A.A.  
ALWAYS TO BE THERE.  
AND FOR THAT: I AM RESPONSIBLE.**

To all the members and groups who support us,  
WE THANK YOU!

## SPEAKER MEETINGS

### Grapevine Speakers Meeting

Fridays at 8 p.m.

United Presbyterian Church

728 W. Fremont Ave. (at Hollenbeck), Sunnyvale

### Second Tradition Group of AA

Saturdays at 8 p.m.

Lincoln Glen Church, 2700 Booksin Ave, San Jose

### Remember We Deal With Alcohol

Saturdays at 8 p.m.

St. Mark's Church

1957 Pruneridge Ave., Santa Clara

### Saturday Nite Live Group

Fridays at 8 p.m.

1388 S. Bascom at Stokes, San Jose

### Speaker Meeting—VA Hospital

Sunday at 11:15 a.m.

3801 Miranda Ave., Palo Alto

### Saturday Morning Fellowship

Saturday at 10 a.m.

United Presbyterian Church

Fremont & Hollenbeck, Sunnyvale

## MEETING CHANGES

### NEW

**Let's Talk About Recovery:** Wed., 10:30AM, Serenity First Fellowship, 304 N. 6th Street (at Julian), San Jose.

**Sobriety First Big Book Study:** Tues., 10:30AM, Center for Training and Careers, Day Worker Center, 749 Story Rd., San Jose.

**South Side Group:** Thurs., 8PM, The Father's House Church, 133 Bernal Rd., San Jose.

**Waves of Healing:** Mon., 7:45PM, Kaiser Permanente San Jose Medical Center, 5755 Cottle Rd., Bldg. 3, Rm. 2, San Jose.

**Tuesday Tea Totalers:** 12 Noon, Tues., Gilroy Groups, 7511 Gourmet Alley, Gilroy.

**Back to Basics (Big Book Study):** 12 Noon, Wed., Gilroy Groups, 7511 Gourmet Alley, Gilroy.

### CHANGED

**Serenity at Noon:** Mon. -Fri., 12 Noon, Comunidad Cristiana de San Jose, 2371 Ringwood Ave., San Jose. Please note: As of April 1st, all Serenity at Noon meetings will move to a new location at Red Cross, 2731 N. 1st Street, San Jose.

**ALL Meetings Held at Kaiser Santa Teresa Hospital:** Central Office has received word that meetings will no longer be held at the Kaiser location on Santa Teresa. We have information on some of these meetings. Please see below. And, will keep you posted as we receive updates. Also, check the website for latest news.

**Starting the Steps:** Fri., 6:45PM, Kaiser Santa Teresa Hospital, 275 Hospital Parkway, San Jose. Location has moved to Kaiser Permanente San Jose Medical Center, 5755 Cottle Rd., Bldg. 3, Rm. 2, San Jose.

**Gathered Together for Sobriety:** Sun., 8PM, Kaiser Santa Teresa Hospital, 275 Hospital Parkway, San Jose. Location has moved to St. Edward's Church, 15040 Union Ave., San Jose.

**Positive Outlook Group:** Sat., 8PM, Kaiser Santa Teresa Hospital, 275 Hospital Parkway, San Jose. Location has moved to Calvary Church, 16330 Los Gatos Blvd., Red Brick Bldg., Los Gatos.

**South Valley Men's:** Thurs., 7:45PM, Kaiser Santa Teresa Hospital, 275 Hospital Parkway, San Jose. Location has moved to Kaiser Permanente San Jose Medical Center, 5755 Cottle Rd., Bldg. 3, Rm. 3, San Jose.

**Humbly Asked:** Sun., 8AM, Kaiser Santa Teresa Hospital, 275 Hospital Parkway, San Jose. Location has moved to San Jose Masonic Temple, 2500 Masonic Dr., San Jose.

**Thru the Big Book:** Fri., 8PM, Kaiser Santa Teresa Hospital, 275 Hospital Parkway, San Jose. Location has moved to Kaiser Permanente San Jose Medical Center, 5755 Cottle Rd., Bldg. 3, Rm. 2, San Jose. Also, time has changed now to 7:45PM.

**\*\*Newcomers, Oldtimers (Women):** Sat., 6PM, Kaiser Santa Teresa Hospital, 275 Hospital Parkway, San Jose. Location has moved to St. Francis Episcopal Church, 1205 Pine Ave., San Jose.

**Underground Book Study (Men's):** Sun., 7PM, Holy Spirit Episcopal Church: 41 W. Rincon at Winchester Blvd., Rincon Room. Meeting has changed to men's only, open meeting.

**Grateful Live Group:** 12 Noon, Mon., Jerusalem Baptist Church, 398 Sheridan Ave., Palo Alto. Location has moved to Mental Health Services, 231 Grant Ave., Palo Alto, in the Dayroom.

**Women's Step Topics:** 6:30PM, Thurs., First Congregational Church, 1980 Hamilton Ave., San Jose. Meeting has moved to Room #14.

**How It Works:** 7:00PM, Sat., Saturday Nite Live Group, 1388 S. Bascom Ave., San Jose. Time of meeting is actually at 6:30PM.

### NO LONGER MEETING

**Fast Start Group:** 5:30PM, Fri., Fremont & Manet Group, St. John's Lutheran Church, 581 E. Fremont Ave. (at Manet)

**Basic Big Book Study:** 7PM, Tues., 591 N. King Rd., San Jose.

**Promises Kept (Women's Mtg.):** 7:00PM, Mon., East Valley United Pentecostal Church, 2715 S. White Rd., San Jose.

**T.G.I.S.:** 6:30PM, Sun., Alano Club of San Jose, 1100 Fair Ave., San Jose

## Birthday Contributions

BIRTHDAY CELEBRANT	YEARS	CONTRIBUTIONS	BIRTHDAY
Lee C.	26	Lee C.	01/16/1987
Claire A.	11	Mary Pat P.	02/08/2002
Doreen R.	37	Mary Pat P.	01/12/1976
Marcella M.	30	Mary Pat P.	01/24/1983
Nancy S.	37	Mary Pat P., Aileen B.	02/17/1976
Marissa B.	10	Mary Pat P.	01/26/2003
Allegra R.	29	Mary Pat P.	02/03/1984
Mike R.	30	Mary Pat P., Jean E.	03/01/1983
Corvus M.	18	Mary Pat P., Aileen B.	02/12/1995
Domini C.	24	Mary Pat P., Aileen B.	02/21/1989
Jerry H.		In Memorium	Unknown
Sue H.	2	Carol B.	03/10/2011
Larie S.	30	Marian F.	01/18/1983
Mary Pat P.	30	Marian F.	01/28/1983
Rob B.	22	Angie B.	02/12/1991
David H.	5	Dominic B.	02/28/2008

### HAPPY BIRTHDAY TO ALL!!

### 401 YEARS OF SOBRIETY!!

If you would like to participate or honor a friend, please use the birthday forms at your Meeting or Central Office.

#### SPEAKERS:

### Remember We Deal With Alcohol Group: Saturday Night Just Plain AA Speaker Mtg.

3/9: Allie M., St. Mark's Group, SJ, 19 Years

3/16: Danny Boy, Santa Clara, 6 Years

3/23: Don A., Church of Chimes Men's Mtg., 24 Years

3/30: Jeannie A., Old Alano West Club, 24 Years



### A. A. Needs Your Help!

We are in need of 12-Step volunteers. If you are available to take 12-Step phone calls and/or go out on a 12-Step call (although, never alone!), come to the workshop and sign up!

### We are especially in need of Women 12-Step Volunteers

Every 3rd Saturday of each month  
10 AM  
Central Office  
274 E. Hamilton Ave. Suite D., Campbell  
408-374-8511

## InterGroup Minutes: February 6, 2013

- Gloria V., Intergroup Chairperson, opened the meeting at 7:40 PM, followed by a Moment of Silence and the serenity prayer.
- Brigid read the definition of Intergroup.
- Marissa read the 12 traditions.
- New Intergroup Reps: Brigid, The Third Tradition Group; Marissa, Entire Abstinence Group; Yvonne, Monday Noon HOW Group; Judi, ODAAT Group (alternate IGR); Jessica, Ladies Amethyst AA Study Group; Laura, Free to Be Me (Women) Group; Fernando, Lucy Stern Wednesday 7:30pm Young at Heart Group; Don, St. Luke's (alternate IGR); Susan, Gathered Together for Sobriety Group
- Visitors (None)
- Birthdays: Marilyn, 29 yrs.; Dennis, 29 yrs.; Kelly, 4 yrs.; BJ, 3 yrs.; Judi, 2 yrs.; Brian, 22 yrs.; Brigid, 4 yrs.
- 7th tradition.
- Corrections or Additions to the agenda (None)
- Corrections or Additions to the previous month's minutes (None)
- Treasurer's Report – Laura will make her next report in March.
- 55 voting representatives in attendance.

### REPORTS

**Intergroup Chair, Gloria V.:** Thanks for being patient this evening as we made sign-in sheets for InterGroup Reps and non-voting attendees.

**Central Service Board, Mike W.:** The Board met January 24. Our primary focus was on money matters. For 2012, phone costs and salaries were down. The Central Office copier has been fully depreciated. Contributions were up 18% for the year. Our bills are paid, and the Board's established goal of having a Prudent Reserve equal to six months of operating expenses is now fully funded.

**Central Office, Bruce:** Our webmaster is migrating our website from Netgate to SiteGround. We will get expanded memory and service at a lesser cost. It also appears from early testing that we will be able, once again, to successfully upload the COIN to our website on SiteGround.

Bruce received a call from an attorney advising him that a member had died, leaving Central Office his house, free and clear.

Refusing the bequest gave Bruce a great opportunity to educate (and brag a little) about A.A. Our goal is corporate poverty—having just enough money to cover our operating expenses and our prudent reserve.

Please encourage participation in the terrific events our Activities Committee works so hard to bring us. Chili Cook-off fliers are on the back table.

We always need volunteers—for everything. Don't make us ask you—please step up and volunteer.

And Central Office fares well.

### PI/CPC, Larry

- We had 11 members at tonight's 6:00 PI/CPC meeting.
- In January we presented at Daniel Lairon Elementary School in the Seven Trees area, Project Homeless Connect, and the Crime & Gang Prevention fair; Spanish District 17 helped in these events.
- We're presenting February 14 at Christopher High School in Gilroy.
- In March we're presenting again at Project Homeless Connect.
- A PI/CPC Workshop is held the 2<sup>nd</sup> Saturday of each month, 10:00am at Central Office, as well as at 5:30 the first Wednesday of the month prior to our 6:00 meeting.
- San Francisco is now holding one workshop/month. San Mateo County is making presentations at nursing schools. Marin County stated that it needs worker bees, not a queen bee. District 15 (Humboldt County) switched its PI/CPC liaison from InterGroup to General Service.

**12 Step Committee, Bill:** Tommy O gave the report for Bill. Thanks to Gloria's suggestion, a 12<sup>th</sup> Step workshop was held at 11:00 on January 19 in addition to our usual 10:00 workshop the 3<sup>rd</sup> Saturday at Central Office. As a result, more than 30 women were added to our 12<sup>th</sup> Step list. Now Bill is going to take the 12<sup>th</sup> Step Workshop on the road.

**Daytime Coordinator, Mike M.:** No report—all is well.

**Nights & Weekends Diverter Coordinator, Tommy O.:** We have a new Monday coordinator, James. All shifts are staffed. Diverters are being reminded to leave a message for 12<sup>th</sup> Step volunteers who do not answer their phone: "This is X, a diverter, just to let you know this was a missed 12<sup>th</sup> Step opportunity." This will help 12<sup>th</sup> Step volunteers understand what timeframe and weekday works best for their availability.

**Outreach Committee, Kathy Ann C.:** Gloria has asked Kathy Ann C. to chair this committee. She will become the new chair effective May 1. The Outreach Committee meets at 5:45 the first Wednesday at Central Office. The Outreach Committee visits meetings included in our meeting directory to make sure they are still functioning.

**COIN, Fran:** The COIN is going great guns, but it doesn't run itself. Tell everyone at your meetings that they need to write articles. There is no Tradition Two article in the February issue. The featured meeting in the February issue is the Get Up and Go meeting, which will celebrate its 20<sup>th</sup> anniversary this summer. The newsletter needs articles all the time—write about anything you want to write about—even gripes help! Write your true feelings. You can pick up a copy of the COIN at Central Office, or subscribe for \$5/year.

**Activities Committee, Robby W.:** The Chili Cook-off is scheduled for March 16. Robby needs 4 teams for cornbread and 12 teams for chili. The band and speaker are lined up. Robby needs some more chili teams, comprised of 4-8 people to cook chili that day. There will be a planning meeting March 1 at 6:00 at Lincoln Glen Church. InterGroup will give the team leader \$60 to spend on chili ingredients; give a receipt to Robby on the day of the event. Robby's email is [RobertBWillis@gmail.com](mailto:RobertBWillis@gmail.com). Two people from each team should attend the planning meeting.

**Communications Committee, Steve S.:** No report.

### OLD/ONGOING BUSINESS

1. Last month Larry proposed that he receive support from the General Fund to attend area meetings in his role as CPC chair, as well as \$100 for one-time assistance in attending PRAASA in Boise, ID the first weekend in March. After discussion, two motions were made and seconded. We are voting on these motions tonight:

*Motion 1*—the InterGroup General Fund will fund CPC members to attend area meetings once/month for 2013; the maximum reimbursement will be \$50/month to cover gas and bridge tolls. This motion passed, with a majority of voting members approving the motion; there was 1 opposed vote.

*Motion 2*—the InterGroup General Fund will donate \$100 to Larry in his role as CPC chair to help him attend PRAASA. This motion passed, with a majority of voting members approving the motion; there was 1 opposed vote.

2. Last month there was a Brainstorm Session re how do we promote and build a community of service? Gloria asked if anyone had brought any of the ideas from the brainstorm to their home groups or friends; there was no response. Gloria got a new outreach chair by attending a business opening and talking with Kathy Ann about our committee chair opening and asking if she would be willing to take the position – she agreed! Our goal this year is to increase InterGroup participation—there are 700 meetings in Santa Clara County, but we have only 55 InterGroup members here tonight in attendance..

### NEW BUSINESS (NONE)

#### OTHER SERVICE COMMITTEE REPORTS

**Unity Day, Josh:** Josh's work will begin in March.

**NCCAA, Open:** Gloria went to the website, [norcalaa.org](http://norcalaa.org). NCCAA puts on conferences in Northern California. The Friday and Saturday night speakers are brought in from outside northern CA. On Saturday afternoon at 3:30 there is a young people's meeting with a featured speaker. The summer conference will be held June 7-9 at the Crowne Plaza Hotel in Foster City.

**Hospitals and Institutions, Open:** Bret is no longer in the area. Gloria has reached out to H&I to obtain an InterGroup liaison **Bridging the Gap, Kate R.:** No report

**North County General Service, Eric L:** At January's District 04 meeting, we welcomed 10 new GSRs and a new panel of district officers and district committee members. If your group doesn't have a GSR yet, now is a great time to get one, since Agenda Topics for the General Service Conference in April will be released in two weeks. For now, we've been able to see some of the preliminary agenda topics. Discussion about what—if anything—to place on the inside cover of the big Book, questions about how many service positions one person can hold simultaneously, and information about the upcoming pamphlet regarding spirituality in AA—which will include stories from members who identify as atheist—are all on the agenda for the conference. More information will be available next month, including a possible change to Tradition 11. District 04 has created a committee to explore insurance options for groups whose landlords require insurance coverage. So far, we've found one agent that provides insurance to individual groups at competitive prices. However, we're not quite ready to provide any details, because this committee is still meeting and must report to the district first. Our next major event is the Pacific Region Alcoholics Anonymous Service Assembly (PRAASA) in Boise, Idaho from March 1-3. Locally, Districts 04 and 40 will be co-hosting an Agenda Topics Workshop at the Alano Club on Fair Avenue on March 16 from 2 to 5 PM. This workshop will cover some of the hot agenda topics of the year, and anyone is welcome. I'll have more information about it, and fliers, at next month's InterGroup Meeting.

**South County General Service, Miguel:** We're looking forward to the Agenda Topics Workshop March 16; we will put a General Service article in the COIN. South County General Service meets the 3<sup>rd</sup> Tuesday of the month. We will attend PRAASA. We're developing an orientation package for new GSRs in Spanish.

**SCCYPAA, Caitlyn:** No events are planned, but SCCYPAA will be co-hosting a SNL Valentine's Day dance at 10:00PM February 15. The second installment of a Step 12 Workshop (As Bob and Pat G See It) will be held February 23 from 3:30-5:30 at Saturday Night Live. ACYPAA will be held March 14-17 in Fresno at the Radisson Hotel and Conference Center. SCCYPAA elections will be held in April. Our updated website can be viewed at <http://www.sccypaa-ca.com>. All are welcome—if you have room to grow, you can be active in SCCYPAA.

### OPEN FORUM

- Paul shared that he received an insurance quote for a premium of \$290 for \$1 million in coverage for one year.
- The Positive Outlook Group previously held at Kaiser Santa Teresa Hospital is now meeting at Calvary Church, 16330 Los Gatos Blvd., Red Brick Bldg., Los Gatos.
- Dennis mentioned that NCCAA has been in existence for 64 years.
- Our website is [aasanjose.org](http://aasanjose.org)
- If you need more time for your report or want to add an agenda item, please contact Gloria one week in advance.
- The coffee pot we use for InterGroup meetings is broken; we will use the Central Office coffee pot.

*The meeting was adjourned at 8:39pm.*

## CLASSIFIED – HELP WANTED – ON-GOING

YOU ARE NEEDED !!!

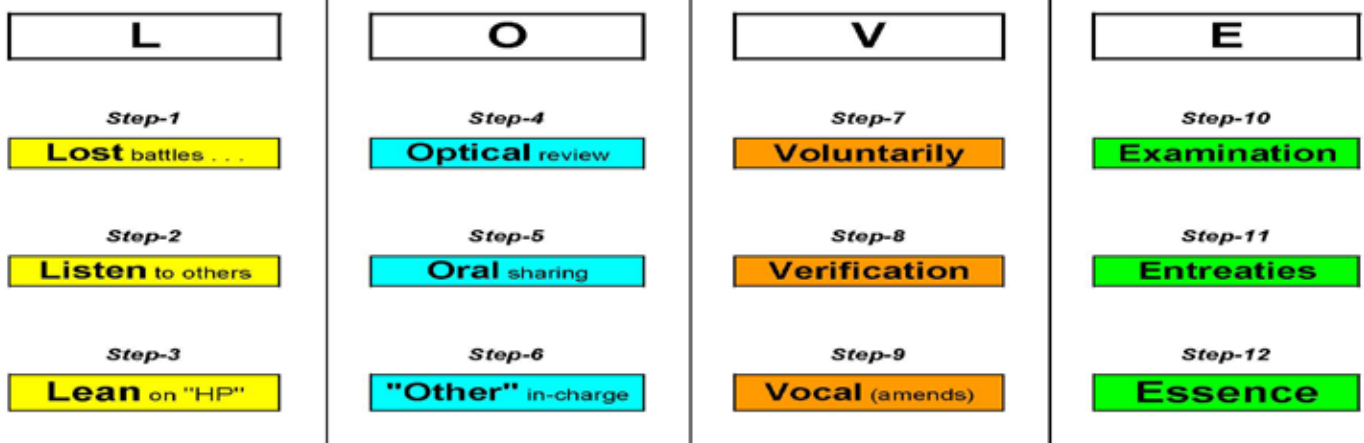
Bill Wilson learned that in order to stay sober he had to work with other alcoholics. My sponsor sent me down to Central Office on the day I had six months, and told me to sign in as a 12th Step volunteer. I did, and I stayed sober.

Today in Santa Clara County we need 12th Step volunteers. In May of 2012 we had 115 volunteers willing to take calls (on the phone or going out on 12th Step calls.) Today, December 2, 2012, we have only 85 members on the 12th Step list – a loss of thirty volunteers, or 25% less than six months ago.

Please pass the word at your meetings and to your sponsees that A.A. needs 12th Step volunteers with six months or more of sobriety willing to 12th Step and to return calls from suffering alcoholics asking for the hand of A.A.

**To become a 12th Step worker, come to the 12th Step Workshop on the third Saturday of the month at 10:00 a.m. in the Central Office (274 E. Hamilton, Suite D, Campbell.)**

Note the importance of this service: Recently a suffering alcoholic called the hotline at 7:00 a.m. The diverter worker who took the call spent two hours trying to find someone to take his call. The 12th Step worker was able to take the individual to his first meeting. We need YOU!



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