



FOCUS: PREDICAMENT - THEY FINALLY CAUGHT UP WITH ME

When the question is posed, "How did I get into this predicament?" in relation to being in the program of A.A., the answers can come from any angle. I could offer the reasoning of "Well, I got a felony DUI; they finally caught up to me." Yet I believe, as A.A.s do, that my legal problems were just a symptom of my real problem. This problem is the disease of alcoholism.

My dishonesty, resentments, secrets, stealing and cheating in my disease finally got the best of me. I hit my rock bottom. I see the word "predicament" as having a negative connotation. But to me this "predicament" between a life of drinking and a life of sobriety took me a while to give myself, completely, to one side or the other. The life given to me in the fellowship of A.A. is something I never dreamt possible: a productive and happy life.

When faced with a "predicament" you are left with choices to be made and a path to be chosen. Some of us choose one way and end up in prisons, institutions or even death. But, like many of us that have had the privilege to stick

around in the rooms, I have chosen a sober life. A beautiful, meaningful and honest life that to me, at one point, was nothing but a novel fantasy that daydreams were made of. In this alcoholic life we wake up everyday with the same choice: "Do I drink today or do I not?" My answer for today is not to pick up. I am hoping tomorrow my answer will stand fast but I will only know when I get there.

All I can do is pray for my Higher Power to keep me sober today and to direct me to do the next right thing in all my affairs. If I do these things, I may have the honor of being sober tomorrow. Every day is a battle, every day there are choices to this "predicament" which, as alcoholics, we must make with careful consideration and guidance from our Higher Power. Strength is held within the rooms of A.A., where our Higher Power often shows itself to us. Without these places and fellow A.A.s, many of us would be lost at the fork in the road to recovery.

Lindsey S.

Monthly Topics

Here's lookin' at you!! Happy May to all you Taurus and late-month Gemini. We're coming up on summer! May Day starts us off on the 1st, and this is Date Your Mate Month, National Recommitment Month, as well as Photograph, Foster Care, Barbecue, Bike, Hamburger, Salad, Blood Pressure and Older Americans Month. Wow! And remember the days of Cinco de Mayo? Ah, those last years were a blur, always setting out to have a great Mexican "dinner" and turning into a blackout. Those Margueritas were so good going down, but what an expensive headache on May 6th!

This month's featured meeting is the AA Men's 4th Step Meeting which meets on Pine & Newport on Friday evenings. See story on Pages 2-3.

In this issue we're talking about "How'd I Get Into this Predicament? Me?" Stories begin on this page and continue on Pages 4-5. Also, this month is Tradition Five: Carry the message to the still-suffering alcoholic.

Next month's topic is Coping with Loss in Sobriety, which is due by May 22nd. Please **submit your stories on this or the 6th Tradition (No outside help or promotion) to OdaatCOIN@yahoo.com. Thanks for all your writing!**

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FEATURE: Men's 4th Step Meeting



I came to my home group, Men's 4th Step meeting, on a Friday night in October of 1974. I had just moved from Chicago due to a job transfer in August 1974, and was struggling with my new work environment and the new AA meeting format. I was four-and-a-half-years sober and raised on closed meetings with no time limits, with everyone having the opportunity to share. After hearing my complaints for several months, a member at another meeting suggested that I attend this "closed men's meeting," since its format was similar to the format in Chicago. I had never attended a "closed" men's meeting, so this was a concern. While in Chicago, I only knew of one men's meeting, and it was the same night as my home group, so I had never attended.

My first meeting was attended by approximately eight or ten other

members, and everyone had the opportunity to share. Although I was by far the youngest member in attendance, I felt welcome and at home and thus began my 39-year journey with my home group. Shortly after my first meeting came other young guys: Eddy H. (Fast Eddy), Jim J. (Gunga), Bill (Pill Bill), Burke B. (Gus), Jerry (Coy) and John M. (Won Ton). My intuition from the first meeting was that my "sense of belonging" could be met in this meeting.

I was told by Robbie R. that this meeting started in June 1961 and has met continuously at Saint Francis Episcopal Church at Newport and Pine (Willow Glen) since its beginning. We meet in the main church hall unless the hall is being used for another event and then we meet in the library or TV room. The meeting format has remained the same: closed

men's, everyone gets to share, but a time limit was added about 20 years ago, at the request of the church. They were receiving complaints from neighbors of too much noise late at night. We then changed the format to two hours, from eight to ten o'clock. Prior to the format change, meetings often went late into the night, like 11:30 or midnight and beyond, since guys who had attended other meetings without getting a chance to share showed up late to share at this meeting. Since the format change, we have been able to allow all in attendance to share, except for a few times because of a large group or someone had a major problem or need of more time.

My home group became very active in starting non-AA activities open to all AA Men, whether or not they attended this meeting. The first was

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Men's 4th Step continued from page 2



the creation of "The Eagles Dinner," which has met continuously for 36 Years on the third Thursday, to celebrate AA Birthdays. In the first ten years we traveled around the valley to various restaurants and then settled on a particular restaurant until we tired of the food or were unable to obtain reservations. The past twelve years we have spent eating Chinese family style. The dinner is open to all AA men, and Birthday Boys get a free celebration dinner. Joke-telling was added many years ago and some nights the laughs far out distance the moans.

In 1980, the group held our first of seven New Years Eve dinner-dances. The church has a full kitchen, which we were able to use. We knew nothing about holding such a large event, which ended up being attended by over 150 people. We charged \$2

a head for a sit-down dinner, noise-makers, and all decorations, plus all cooking and serving was handled by members of the group or other AA men, who wished to be a part of the group. Each year we got more efficient; we added entertainment -- The Eagles Choir and The DoWops -- supplied cloth napkins and table coverings, had a disc jockey and priced the event more realistically. The smallest attendance over the seven years was 120. I still get asked today why we no longer hold a News Years Eve Party, since they were so much fun, and the answer is: we wore ourselves out.

In 1982, after pricing the New Years Eve event more realistically and receiving numerous donations, we made money. Since money was never the goal, Bill J. (Red Wino) suggested we donate half to the church and spend the remainder on the first

"Beach Blanket Bingo" open to all family members and to be held at Aptos Beach. The "The Beach Blanket Bingo" turned into a great and fun event and was held even after the New Years Eve parties stopped. It was revived last year, after a several years.

In 1986, Eddy H. (Fast Eddy), Ken R. (Superman) and Fred (Buffy) were all instrumental in starting and continuing "The Eagles Skiing Trip" to Lake Tahoe. The Trip has been hit-or-miss the last couple of years, but was well attended for many years. In 1988 Bob O. (Bubo) started "The Eagles Fishing Trip" on Sonora Pass and it is entering its 25th consecutive year. This year's trip is scheduled for the second weekend in July.

My home group is committed to friendship, fellowship, caring and sharing, laughter and fun for all ages. On attending a meeting you will hear and notice nicknames, laughter, sometimes tears, lots of movement in and out of the meeting room for smoking outside, coffee or one on one meeting in the kitchen or outside. There is no cross talk, while the chairperson is sharing, but does arise at times during the meeting. There is order and tolerance for all, which has made this a special place to me and many others. The group has lots of long-term sobriety, with newcomers showing on a regular basis and being made to feel welcome.

Tom K.

WHAT IS YOUR SERVICE IN AA

If you want what we have...do what we do. Trust God, Clean House, and Work With Others = we have to give it away to keep it...which brings us to the 12th Step; having had a spiritual awakening...we carry the message and practice the principles...which brings us back to...if you want what we have...do what we do.

I started small. My very first service commitment was many years ago when members smoked in the rooms. I was offered (and accepted) the job of emptying the small metal ashtrays, taking them home and washing them out every Tuesday for six months! (I was not a meeting smoker.) It was a yucky job, but from it came a degree of humility.

Next I became a Secretary of a morning meeting called the Early Birds, which my sponsor started at Newport and Pine in San Jose, held at 9:30 AM with babysitting for stay-at-home moms. In those days, the meeting secretary was responsible for everything...coffee, refreshments, literature, H & I cans, and being responsible for turning in the basket money at the end of their six-month term. We took everything home in large boxes in the trunks of our cars where

we stored it all for the six months of our service. We washed the coffee pots at home...and bought the coffee, creamer, sugar, Sweet & Low and Tea. Some meetings still had honey on the coffee table for shaking newcomers. Oh yes...we were also the "cookie person."

It was a different time. Things have changed...meetings have cupboards and closets to store our stuff. There is the "coffee person," "literature person," "cookie person," etc. -- which is great because that many more people can get into service where they get their support.

Over the years, I've been a meeting secretary many times. Worked the Central Office Diverter for five years...6 - 9 AM the 4th Wednesday of every month. Was Treasurer twice, of a meeting where I am still in service today as the current secretary of the Saturday noon meeting of the Serenity First Fellowship, and am also the Recording Secretary on the steering committee for that fellowship.

The 4th Friday of every month I take an AA Meeting to a locked Treatment Center. I have given a ton of rides and work, work, worked with other

women in the capacity of Sponsor taking them through the Steps. I get back so much more than I give...it is an indescribable gift and blessing to be of and in Service to people just like me.

There are positions as Intergroup Rep, H & I Rep, GSR...to name a few of the other ways to be of service. You can volunteer at Central Office...and write articles for the COIN.

God in his infinite wisdom knew exactly how to get me out of my shell...the shell King Alcohol told me I needed "X" amounts of drinks to come out of...sometimes quickly, sometimes slowly...

depending upon what I was drinking. I was shy, don't ya know...I needed the King to help me be me! The gift is there just waiting for all of us...the gift of Service...which comes to us from God through the Program of Alcoholics Anonymous...using us where he knows we will blossom.

We are all miracles surrounded by the spirituality of each other doin' what we have to do...One Day at A Time...to stay sober!

Danette G., San Jose

HOW'D I GET INTO THIS PREDICAMENT?!

Me?

Predicaments are "unpleasantly difficult, perplexing, or dangerous situations." I don't get into too many predicaments anymore, because I've worked the steps a number of times and continue to practice the principles that I've learned in so doing in all my affairs. Well, to the best of my ability, anyway. Some days are better than others. And in thinking about predicaments, and how one might get into such a state, someone on the writing team has given us a clue... this all has to do with Step Four. Ah, the inventory. Oh, the defects of character. Well, that gives me some direction, all right!

I'm not in danger and I'm really

not perplexed. In fact, I'm in a very familiar place. I'm committed to doing something that I don't really want to do. How did I get here? AGAIN!? Probably people pleasing. That's one of my most recurring character defects. It was hard to see this as a defect of character, a shortcoming... after all, I only want everyone to be happy. Okay, that's a half-truth (not quite a lie!). I want everyone to be happy AND I want them all to like me. In fact, it would be really good if everyone could be happy and it could be all my doing! Yes! Then you would see what a wonderful friend and colleague I am and you'd want me around all the time.

Oh. But then you'd ask me to

participate... to DO things, because you know I can, and that I'll do a good job. Of course, you know I'll do a good job, because that's how I'm going to stay in that place I want to be, where everyone likes me and wants me around. But guess what happens? I say, "Yes!" when you ask me to participate, even when I don't want to; even when I don't have time; even when it's not good for me.

Sigh. You know what comes next, right? Yep, the "R word." Now I'm resentful because I'm stuck doing something I don't really have time for and I'm royally annoyed at you for asking me. Geez, why don't you ask someone else once in a while? Why does it always have to be me? Uh, a

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WHY ME? I KNEW BETTER.

This month's topic "How'd I Get into This Predicament? Me?" really struck a cord. I've heard enough of my fellows to know that the rooms of Alcoholics Anonymous are filled with people that have felt EXACTLY this same way. Heck, I know I refused to believe that I was any kind of addict. Hell, I prided myself on the fact that I'd "always" been able to quit "anything," therefore I couldn't have an addictive nature and happily I would never become an alcoholic.

What? You don't think that thought train sounds logical? Well, it worked for me (okay, it only sort of worked for me but that's unimportant) for quite a while and I continued to remain steadfastly convinced despite mounting evidence to the contrary.

It wasn't "A Dark and Stormy night...", but it was a cold, cruel morning when I finally admitted to another person that I knew I had a drinking problem. I had looked myself in the eye the night before and admitted to myself that I was an alcoholic. I went from thinking I might need a LITTLE help around the house -- but only because of my fibromyalgia, not because my life was unmanageable -- to knowing I was an alcoholic, mere hours after the worst drunk of my life.

Amusingly (not then, of course, but now) I was devastated by this admission of alcoholism and thoroughly and totally ashamed of myself because I'd sworn I'd never be an alcoholic. Never! Holy Macarel, Batman, I was filled with so much sanctimony, such

delusions of grandeur; it's incredible.

I once identified with a CD and would sing along with conviction in my utterly, off-key voice to one of their songs with the following lyrics: "I won't become the thing I hate, I won't become you..." and yet, sadly, invariably, and completely without conscious effort we DO become them. We become the very people we swore we would never be.

So, how is it that I (intelligent, well-educated, etc.) ended up becoming the woman I so loathed? How had I become my mother?

When I first started to share tidbits of my last drunk at podium level, I would say, "I was driving around with my dead husband in the back of the car..." and it never, ever occurred to me that people would automatically think that I had my husband's dead body in the back of my car. Sometimes, I'm pretty slow for a smart girl. Of course it didn't help that in response to the gasps from my fellow AA members, I said, "What? I didn't kill him! Honest!" It also could have been the irrepressible giggle that slipped out between the words "him" and "Honest." Either way, it never occurred to me!

Did I mention that I'm pretty damn slow for a smart girl?

If ever there was an example of self-will run riot it would've been that day in October. I have long prided myself on my "Titanium Will" but this pride was simply vanity as my super-stellar self-will always ended up steering

me right toward the wall at suicidal speeds.

Therefore, it feels like a miracle to me that self-hatred, in and of itself, didn't keep me out of the rooms! I'd become my mother, for goodness sake. OMG, a fate worse than death! But truly, how could I have really avoided it when I had such an over-whelming, larger-than-life example to unconsciously mirror? Ah.....Mother!

I'm certain that the long laundry list of abuses I barely survived might have had something to do with my alcoholism. I'm also pretty sure that the history of alcoholism, severe trauma, addiction and mental illness from both sides of my gene pool had something to do with my addictive nature. In the end, all the pointing and deflecting do me no good whatsoever. Whether or not I was born with "the allergy" is immaterial at this point.

The point is that I got myself here one step at a time, by means of one bad choice after another after another. Finger-pointing and blaming aren't going to keep me sober, they sure the hell didn't get me sober! I do, however, have good news!

The good news is that the more I'm around my fellow AA friends and the more Service this particular alcoholic does, the more tools I acquire. The best news of all, the more tools I have the better my chances of staying sober.

Grateful Kat

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little cheese with that whine, maybe?

I learned in doing one of my many fourth steps that people pleasing is a form of dishonesty and that the right behavior in place of people pleasing is setting and maintaining boundaries. After all, it's not your job to know when to stop asking me just so that I don't have to say, "No" in order to save my sanity. I'm responsible

for that. Well, I'm supposed to be, anyway. And I am, most of the time. But every now and again, there I am, not fully paying attention, and I find my hand shooting up or my head nodding furiously or those words coming out of my mouth... "Of course I will!" And sure enough, there I am, in a predicament.

Thankfully, most of my predicaments

today can be weathered. I can bumble through them, probably asking for a bit of forgiveness along the way, but I eventually find myself on the other side. I look back at the whole thing, make sure that I've made any amends necessary, and vow, I mean, REALLY VOW, to never let it happen again. Right? Right!

Ceased The Fight

Editor's Bag

Happy May! This is my favorite month -- sun is shining, flowers are blossoming everywhere, summer is almost here, and the weather is getting glorious (here, in Northern California, that is.) Since I was born in May, and my dad was sent home at the end of that month with a Purple Heart, we heard lots of stories when we were little. He'd been injured in April by torpedo fire on his ship, and my mom was glad to have him home in one piece to show him his new daughter. A significant month in the war.

VE Day – Victory in Europe Day, which marks the formal celebration of the Allies' victory in Europe during World War II. May 8th signified the unconditional surrender of Germany, which was signed at Rheims on May 7 and ratified at Berlin on May 8, 1945.

In AA's history, in May of 1935 (paraphrased from the Timeline AA World Services, Inc.) Henrietta Seiberling, daughter-in-law of the founder of the Goodyear Rubber Co., invites Bill to their estate, where she lives in the gatehouse. She tells him about the struggle of Dr. Robert S., and the meeting of both of them takes place the next day (Mother's Day, 1935.) They talk and Dr. Bob realizes how much spiritual support happens when one alcoholic talks to another. Bill then joins the Smiths at the weekly Oxford Group held in the home of T. Henry Williams and his wife Clarace, both particularly sympathetic to the plight of alcoholics. Soon, at the suggestion of Dr. Bob's wife, Anne, Bill moves to their home at 855 Ardmore Avenue in Akron, Ohio. Dr. Bob lapsed into drinking again but quickly recovered. Stay tuned next month for when Dr. Bob came back...June is busting out all over!



Once again grateful for another year of sobriety (25 now) and to all my alcoholic friends who have helped me on this journey.

Fran

Topics Upcoming & Deadlines

June	Coping with Loss in Sobriety	5/22/2013
	Tradition 6: No Outside Help or Promotion	
July	Becoming Your Best in Sobriety	6/20/2013
	Tradition 7: Fully self-supporting, no outside contributions	
August	Serenity	7/24/2013
	Tradition 8: Forever non-professional	



COIN Production —

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GEEZER TRIBUTES

We've lost three men in Alcoholics Anonymous recently, and we're just going to tell you a little something about each of them, because they all contributed a lot to meetings in this valley for many years.

Lou P. (see website www.Lou-P.com) passed away in February with forty-three years of sobriety, and was known for being Lou, the gentle ex-con who hugged men, especially new ones, and didn't let go when he hugged them. Awkward at first, they came to know that they were safe being hugged by a man who wanted to pass along to them that they could be held in a safe embrace, where it was okay to weep or be comforted. His gentle manner will be sorely missed by all who knew him.

Lou frequently recited the poem, "The Man in the Glass" by Peter Dale Wimbrow, Sr. (The original is called The Guy in the Glass, published first in 1934, and can be found on the website with that name.)

When you get what you want in your struggle for self
And the world makes you king for a day
Just go to the mirror and look at yourself
And see what that man has to say.

For it isn't your father, or mother, or wife
Who judgment upon you must pass.
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

He's the fellow to please – never mind all the rest
For he's with you, clear to the end
And you've passed your most difficult, dangerous test
If the man in the glass is your friend.

You may fool the whole world down the pathway of years
And get pats on the back as you pass
But your final reward will be heartache and tears
If you've cheated the man in the glass.

The second man to die recently was Kevin John C., who passed away on March 15, 2013 in Redwood City. He was in service for many years to not only AA, but local churches and the VA hospital in Palo Alto as well.

Lastly, one of my favorite men in the program, "Incredible Albert" V. on April 21, 2013 with 42 years of sobriety at the age of 87. He initiated me into service at the Red Cross Building's Spiritual Progress Group to "share the job" of greeter at that meeting. I was honored as a newcomer to get the attention. As a result of that post, I met my future husband, Don D., and the rest was history for us. Albert and his wife Catherine were always around – together we attended a "Big Band Dance Night," and saw him at many AA functions. He was an avid fisherman and loved to get groups together to do any kind of water trip – white water river rafting, Alaska and Mexico fishing trips, campouts and other outdoor get-togethers.

He initiated the Sunday morning "Newcomers Spiritual Progress" group to offset the larger meeting at 9:15 that can be overwhelming to the newcomer. He also started the Basic Big Book Meeting on Thursdays at 6 PM, which now meets at the St. Francis Episcopal Church in San Jose. One of Albert's favorite sayings was "Just don't drink or get married between meetings."

He was buried in his brightly-painted orange tennis shoes, and will be missed by a host of sponsees, grand-sponsees, and all the many whose lives he has infused with enthusiasm over his 42 years in the program.

Just Plain AA Speaker Meeting: St. Mark's Saturday 8 PM

May 4: Lee "With a Tie", 22 Years, SNL
May 11: Angela T., 8 Years, House of Grace
May 18: Melissa, 6 Years, SJ
May 25: Cindy, "Old Timer", SJ

HOW DID I FIND MYSELF IN THIS PREDICAMENT?

Me? I am a nice girl. I was raised in a nice, wholesome military family by Ozzie and Harriet. Neither of my parents was an alcoholic, not even close. My mother stayed home and took care of her three kids, while Dad went off to war. I graduated high school, college, graduate school and had a successful 25 year career, so how in the heck did I end up alcoholic?

I blame it on the jeans. Not the Levis 501 jeans. I meant genes. The alcoholic genes I got through my dad, from his dad that my uncle got that made him and two of his three kids alcoholic. Heredity.

I also blame it on socialization and peer pressure. From high school to college, to law school, the pressure to drink and let loose & have a good time was present. Going out to night clubs, from the Pruneyard to Los Gatos, was the thing to do in the 70s and 80s. I actually bartended at a place called the Terrace in Campbell. Ironically, I never drank while I worked at the bar because I always had to get-up and go to class or study the next day. My alcoholism blossomed later in life, when a few tragedies and difficulties presented a perfect excuse to escalate from heavy social drinker to alcoholic drinker.

Afraid to admit and address my alcoholism for several years, I continued to “function” and work while hiding my secret in the closet-literally. I kept a bottle of vodka hidden in the corner of my closet to hide my drinking. Or, so I thought. Well, you know how the story goes.

Eventually, my inability to quit drinking got me into treatment and AA. What a gift and a blessing. By working the 12 steps of the program, I have had the opportunity to get in touch with my Higher Power, and to live a happy, healthy life as a contributing member of society. This predicament saved my life for sure!

“Famous Quotes” on our old Views on Alcohol --

Sometimes when I reflect back on all the wine I drink I feel shame. Then I look into the glass and think about the workers in the vineyards and all of their hopes and dreams. If I didn't drink this wine, they might be out of work and their dreams would be shattered. Then I say to myself, “It is better that I drink this wine and let their dreams come true than be selfish and worry about my liver.” ~ Jack Handy

“I feel sorry for people who don't drink. When they wake up in the morning, that's as good as they're going to feel all day.” ~ Frank Sinatra

“When I read about the evils of drinking, I gave up reading.” ~ Henny Youngman

“24 hours in a day, 24 beers in a case. Coincidence? I think not.” ~ Stephen Wright

“When we drink, we get drunk. When we get drunk, we fall asleep. When we fall asleep, we commit no sin. When we commit no sin, we go to heaven. So, let's all get drunk and go to heaven!” ~ Brian O'Rourke

“Beer is proof that God loves us and wants us to be happy.” ~ Benjamin Franklin

“Without question, the greatest invention in the history of mankind is beer. Oh, I grant you that the wheel was also a fine invention, but the wheel does not go nearly as well with pizza.” ~ Dave Barry

“To some it's a six-pack, to me it's a Support Group. Salvation in a can!” ~ Dave Howell

And saving the best for last, as explained by Cliff Clavin, of Cheers. One afternoon at Cheers, Cliff Clavin was explaining the Theory to his buddy Norm.

Here's how it went:

“Well ya see, Norm, it's like this: A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Excessive intake of alcohol, as we know, kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. That's why you always feel smarter after a few beers.”

ARCHIVES

Did you know that AA has a quarterly Archives newsletter? Well it does! It's called Markings, and past newsletters can be found at AA.org. You can also select to have the newsletter emailed to you.

I found this great quote from Dr. Bob in the Summer 2012 Markings Newsletter.

When Dr. Bob was in ill health, a concerned A.A. member asked him why he still went to so many meetings and stated that perhaps it would be better for him to stay home and take care of himself. Dr. Bob's three-fold reply was this:

"The first reason is that this way is working so well, why should I take a chance on any other way? The second reason is that I don't want to deprive myself of the

privilege of meeting, greeting and visiting with fellow alcoholics; it's a pleasure to me. And the third reason is the most important. I belong at that meeting for the sake of that new man or woman who might walk through that door. Because I am living proof that A.A. will work as long as I work A.A. And I owe it to that person to be there. I'm the living example."

If you want to learn more about A.A. history, check out Markings. If you want to learn more about our local (Santa Clara County) A.A. history, please join us at our Central Office (274 E. Hamilton Ave., Suite D Campbell, CA 95008) on the first Saturday of every month at 11:15am for Archives Workday.

Nichole L., Archives Chair

Steps FOUR & FIVE



Filter

Out

Useless

Resentments



Freedom

In

Voicing

Everything

The Cleansing Pair

May 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																		
<p>April 2013</p> <table style="width: 100%; text-align: center; font-size: small;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	14	15	16	17	18	19	21	22	23	24	25	26	28	29	30				<p>June 2013</p> <table style="width: 100%; text-align: center; font-size: small;"> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>						1	2	3	4	5	6	7	9	10	11	12	13	14	16	17	18	19	20	21	23	24	25	26	27	28	29	30						<p>1</p> <p>PI/CPC WORKSHOP: 5:30 PI/CPC MEETING: 6pm OUTREACH MTG: 5:45pm INTERGROUP MTG: 7:30pm</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>SECRETARY'S WORKSHOP 10am, Central Office ARCHIVES WORK DAY 11:15am, Central Office</p>
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<p>26</p>	<p>27</p> <p>CENTRAL OFFICE CLOSED Memorial Day</p>	<p>28</p> <p>H & I Committee 7:00pm</p>	<p>29</p>	<p>30</p>	<p>31</p>																																																																			

LOCAL EVENTS

- May 3-5** Sober & Free Conference 2013 "Expect Miracles", San Jose Hilton, 300 Almaden Blvd., San Jose (Downtown) www.soberandfree.org
- May 18** Saturday Nite Live's 32 Anniversary! 10AM - 4PM, Willow Street Park, 1320 Willow St., San Jose
- May 18** Cornerstone Fellowship Group Spring Fling BBQ: 12PM, 1600 Dell Avenue (2nd Floor), Campbell
- June 1** SCCYPAA Annual Kickball Tournament: 12:30PM, John D. Morgan Park, 540 W. Rincon Ave., Campbell www.sccypaa-ca.com
- June 8** Central Office Honors Founder's Day Celebration "In Our Own Words" Replay, IPM, Central Office, 274 E. Hamilton Ave., Suite D, Campbell
- June 8** Early Bird Group of AA 3rd Annual Picnic BBQ & Potluck: 11AM, Redwood Grove at Kelly Park, 1300 Senter Rd., San Jose
- Oct. TBD** Annual "Take Your Sponsor to Brunch", Date TBD, 11AM - 2PM, Lincoln Glen Church, 2700 Booksin Ave., San Jose

CALIFORNIA EVENTS

- May 16-19** 29th Annual Tri-State Round-Up, Riverside Resort Hotel & Casino, Laughlin, NV www.tristate-roundup.com
- Jun. 6-9** A.A. Desert Pow Wow, Renaissance Esmeralda Resort, 44-400 Indian Wells Lane, Indian Wells, CA 92210
- Jun. 7-9** Humboldt County Intergroup Campout 2013: Triumphant Life Camp, 12 miles east of Bridgeville on Hwy. 36, CA

June 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 2013 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	July 2013 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31					1 SECRETARY'S WORKSHOP 10am, Central Office ARCHIVES WORK DAY 11:15am, Central Office
2	3	4 SCCPAA BUSINESS MEETING 6:30pm	5 PI/CPC WORKSHOP: 5:30 PI/CPC MEETING: 6pm OUTREACH MTG: 5:45pm INTERGROUP MTG: 7:30pm	6	7	8 PI/CPC Workshop 10am, Central Office FOUNDER'S DAY AT CENTRAL OFFICE!! View- ing of "In Our Own Words" and Ice-Cream
9	10	11	12 NORTH COUNTY GENERAL SERVICE MEETING 7:30pm	13	14	15 DIVERTER/12TH STEPPERS WORKSHOP 10am, Central Office
16 Fatherr's Day	17 BRIDGING THE GAP MEETING: 7:00pm 1980 E. Hamilton Ave., SJ	18 SO COUNTY GENERAL SERVICE MEETING: 7pm	19	20	21 Solstice	22
23/30	24	25 H & I Committee 7:00pm	26	27	28	29

- June 22 & 23** Cache Creek Group 26th Meeting on the River, Santa Rosa, CA www.cache-creek-group.org
July 11-14 Serenity in the Sierras Campout XXIV: Camp Richardson, South Lake Tahoe
Sept. 5-8 8th International Seniors in Sobriety Conference, Town & Country Resort Hotel, San Diego, CA www.aasis2013.org
Sept. 21 7th Annual Hand-In-Hand Women's Day of Unity, Happy Joyous & Free, First Baptist Church of Lodi, 267 N. Mills Ave., Lodi

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
June 7-9 Founder's Day Herald 78th Anniversary of A.A. www.akronaa.org
July 11-14 55th ICYPAA, Arizona Biltmore, 2400 East Missouri Ave., Phoenix, AZ 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

Telephone Calls Received During April 2013

Daytime at Central Office.....**304**

Daytime 12 Step Calls..... 10

(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

Go with God: Mon., 8PM, 586 N. 1st Street, Suite 230, San Jose.

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.

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.

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
Terry L.	25	Maggie W.	04/29/1988
Mary Pat P.	30	Bernadette P.	01/28/1983
Jill B.	30	Bernadette P., Rose W.	04/09/1983
Allie M.	25	Bernadette P.	03/06/1988
Fran U.	25	Aileen B.	04/17/1988
Doug E.	26	Doug E.	04/22/1987
Nancy P.	32	Richard M.	04/24/1981
Pam M.	1	Carol B.	04/25/2012
Kate D.	7	Carol B.	05/01/2006
Bruce K.	30	Bruce K.	04/27/1983

HAPPY BIRTHDAY TO ALL!! 231 YEARS OF SOBRIETY!!

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

In Memorium

Our fellowship has lost another long-time member, Albert V., who passed away on 4/21/2013 with 42 years of sobriety. He will be missed greatly and was a well-known member within our community. Rest in Peace.

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.

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.

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!



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: April 3, 2013

- Gloria V., Intergroup Chairperson, opened the meeting at 7:32 PM, followed by a Moment of Silence and the serenity prayer.
- Robin read the definition of Intergroup.
- Judi read the 12 traditions.
- New Intergroup Reps: Julie, Midday Women's Group, Monday at 1:00; Patti, A.B.C. Women's Group, Monday at 7:30pm; Patti, Newport & Pine; Gary, Gay Alcoholics Living in Sobriety Group, Wednesday at 8:00pm; Robin, Spiritual Progress Group, Los Gatos
- Visitors: Paul, Shannon S., Joe
- Birthdays: Paul T, 11yrs.; Mike W, 28 yrs.; Pat, 8 yrs.; Gail, 36 yrs.; Kathy, 11 yrs.; Robin, 17 yrs.; Tony, 2 yrs.; Joe, 2 yrs.; Paige, 11 yrs.
- 7th tradition.
- Corrections or Additions to the agenda (None)
- Corrections or Additions to the previous month's minutes (None)
- Treasurer's Report – Laura (next report in June)
- 54 voting representatives in attendance.

REPORTS

Intergroup Chair, Gloria V. -- No report.

Central Service Board, Annie

- The Board met last week, March 28. Finances—Even though our Prudent Reserve is where it needs to be, we continue to need groups' financial support. Donations have been dropping off. In March 2012, contributions were \$12,000, while in March 2013 contributions were \$7600. Please continue to let groups know that Central Office needs support. Our rent lease was renewed, and we have a new ceiling already. The Board discussed obtaining insurance for groups. Bruce has found one or two companies that will write this type of coverage (we have 500 meetings in Santa Clara County). Once the Board gets more details, we'll provide this information at the InterGroup meeting. We are making good progress. Bruce is now Executive Director of Central Office, and Cory is the Office Manager.

Central Office, Bruce

- I'm going to the CNCA Pre-Conference Assembly in Antioch April 6. I attended the Northern California Central Office Managers meeting Friday, March 8, in Monterey; 8 managers attended. We shared our problems with deliveries from AAWS (which have now been resolved). It was a fruitful meeting.

PI, Ramon

- Shannon S. is our new vice chair for PI.
- April 28th we'll have a literature table at the Healthy Living Fair held at Our Lady of Refuge Church at 2165 Lucretia Avenue in San Jose from 9am-2pm.
- May 21 we're presenting at the Community Health Class at Santa Clara University from 1:45-3:15.
- We're making two presentations at a domestic violence counseling class.
- We conduct a PI workshop at 5:30 before our regular monthly PI/CPC meeting held at 6:00pm at Trinity Presbyterian Church before the 7:30 Intergroup Meeting. We also have a PI/CPC workshop the 2nd Saturday of the month, 10:00am at Central Office.

CPC, Larry

- Last month we presented at Project Homeless Connect in Mountain View.
- We received word from the General Service Office that the Association of American Indian Physicians will meet July 29-August 4 at the Santa Clara Convention Center.

12 Step Committee, Bill -- All is well.

Daytime Coordinator, Mike M. -- Our shifts are filled, but we need alternates.

Nights & Weekends Diverter Coordinator, Tommy O.

- Mike D, the alternate Nights & Weekends Diverter Coordinator, reported for Tommy.
- We always need volunteers; people move or get jobs that make it impossible to continue this important responsibility. In order to participate, come to the Diverter/12th Step workshop, held the 3rd Saturday of the month, 10:00am at Central Office. The diverter sobriety requirement is one year; the diverter is the voice on the phone to answer calls when Central Office is closed. Shifts are 3-4 hours in the evening and midnight-6:00am. The sobriety requirement for 12th Step work is 6 months; 12th step volunteers call the person back to talk with them at length.

Outreach Committee, Kathy Ann C. -- Kathy Ann C. will begin her service next month.

COIN, Fran

- Brian does the COIN layout. Ask your groups to submit articles. The May topic is How Did I Get Into This Predicament? June features Coping with Loss in Sobriety. The July topic is Becoming Your Best in Sobriety. When you deliver the InterGroup meeting feedback, tell members that the COIN needs articles.

Activities Committee, Robby W.

- Robby was not able to attend the meeting, as he was headed to Florida for vacation and an AA conference. He submitted the following report:

- The Chili Cook off was a blast! Thank you to all the Intergroup Reps who got the word out to your home groups! We had 13 Chili Teams and 3 Cornbread Teams.
We took in \$3,969 at the door, so I am guessing that our attendance was: 397 Paid & 45 Scholarships. Total guesstimated attendance of 443
- I want to thank Gloria for walking me through my first Intergroup activity! It was a very humbling experience, and I now have a new feeling about the meaning of the saying "Trusted Servant"!
- This event could not have taken place without the support of our endless volunteers--from Colin's cleanup crew to Mary Pat, who ran to the store more times than expected.
- I am truly grateful to be of service! See you all in May, Robby W

Communications Committee, Leona

- Leona, our new Communications Committee lead, reported that we have had basically the same website since 2005. The committee met last week, and Leona got an update re what has been going on. New website development is 75% done; the new website should be available by May 1. Leona developed an online survey to determine what people are looking for on the website. A barcode will take Smart Phone users directly to the survey link: <http://bit.ly/aasj2013>. We're in a general information-gathering stage; the survey is only 5 questions and should not take more than 5 minutes to complete.
- Anyone may take the survey, but please take it only once. Data collected from this survey will be used to determine how Internet resources for Santa Clara County Intergroup (currently <http://www.aasanjose.org>) may be improved upon. Survey answers will be collected until midnight April 17, 2013.
- In accordance with our 5th Tradition: "To carry the message to the alcoholic who still suffers," the goal of this survey is to find out how our website can better serve AAs in Santa Clara County and how it can better help newcomers.

OLD/ONGOING BUSINESS

Last month we discussed a blanket insurance policy to cover all meetings in Santa Clara County. The Happy Destiny and Spiritual Progress Groups attempted to share a policy but felt that it was not a good idea to list Spiritual Progress as Happy Destiny to save money on the premium. So each group has purchased a policy with a \$460 premium.

OTHER SERVICE COMMITTEE REPORTS

Unity Day, Josh

- The Unity Day committee met last week. We will have the same event format as last year; the date is August 18. We are waiting for the Milpitas City Council May Board Meeting to determine if they will waive various fees so our cost would be in the \$700-800 range instead of \$2200. We have backup site options if we have to change the location of this year's Unity Day.

NCCAA, Open -- No report.

Hospitals and Institutions, Open

Bridging the Gap, Kate R.

- The purpose of Bridging the Gap is to help people make the transition from jails and facilities to AA. The next meeting will be April 15 at 7:00 at First Congregational Church, 1980 Hamilton Avenue (Hamilton & Leigh), San Jose.

North County and South County General Service, Miguel

- On March 16 Districts 04 and 40 co-hosted an Agenda Topics Workshop for GSRs and anyone else interested in learning about some of these topics at the Alano Club at 1122 Fair Avenue from 2-5pm. There were 50 attendees, including 30 GSRs. The Pre-Conference Assembly will be held April 6 in Antioch; our delegate will take our group consciences to the General Service Conference in New York. We are working with the Spanish community re Unity Day participation.

SCCYPAA, Caitlyn

- SCCYPAA elections will be held April 20 starting at 11:00am with a BBQ; the elections will run from noon to 6pm at the Brick Cottage at Calvary Baptist Church, 16330 Los Gatos Blvd, Los Gatos. Our website is <http://www.sccypaa-ca.com>. The International Conference of Young People in AA (ICYPAA) will be held July 11-14 in Phoenix.

OPEN FORUM

- We will honor Founder's Day June 8 at Central Office at 1:00. We'll show a video of the 2011 play, "In Our Own Words. . ." at 1:30 followed by a discussion of Tradition 3 moderated by Billy D. Popcorn will be served during the movie, followed by root beer floats or ice cream
- The Serenity First Downtown Fellowship is now meeting Monday through Friday at 10:30am, 6th & Julian.
- If your home group has 5 people who are interested in PI, Ramon will come to your home group meeting to conduct a PI workshop; you can contact him at 408/401-3985 or toolfan462@att.net.
- An insurance premium of \$290/year was mentioned, and a member heard that Alanon groups pay a premium of \$39/year for insurance coverage; InterGroup Central Office is trying to provide something comparable.
- Thanks to Gavin for making coffee tonight!

The meeting was adjourned at 8:28pm.

Intergroup Central Office
of Santa Clara County, Inc.
274 E. Hamilton Ave., Suite D
Campbell, CA 95008

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RETURN SERVICE REQUESTED



REMEMBER ...

PERSONAL CONTRIBUTIONS TO CENTRAL OFFICE
(any amount, to a maximum of \$3000.00 per year, please)
ARE CHEERFULLY RECEIVED AT:

INTERGROUP CENTRAL OFFICE
274 E. HAMILTON AVE., SUITE D
CAMPBELL, CA 95008

*(*your contributions are tax deductible)*

