



FOCUS: SERENITY - WHAT IS IT... GETTING IT... KEEPING IT...

Those are great questions for which I have no concrete answers. From my window I see serenity very much like happiness, as a by-product. Happiness, I've been taught, is a by-product of right living and also a by-product of the effort to make someone else happy. Pursuing happiness got me right through the doors of Alcoholics Anonymous.

Serenity is not something I can chase or will-to-be mine. When I sit down to meditate with the intent of grabbing some serenity, it's as elusive as a feral cat. I experience glimpses of serenity, throughout the day, as I do glimpses of God. Maybe not every day, but most days. For me, the two are very much interconnected.

I generally experience serenity when I take my lunch out into the back yard and just sit and enjoy. Also,

frequently, when walking the dog, or being by the ocean, I experience a power greater than myself, for sure. Nature, being still, experiencing the moment, is where God resides. My experience of that feeling, which is difficult to articulate, is a deep sense of peace, safety, grace, God. Then it's gone.

I once heard a speaker on a tape say (paraphrased) that serenity passed through his brain faster than a woman could sail a credit card through Macy's. Yeah, sorta like that. However, with practice at staying in the moment, breathing in and out, right foot, left foot, prayer, meditation -- and most of all, staying sober -- all things are possible. I look forward to seeing you as we trudge the road to happy destiny.

Anonymous.

Monthly Topics

Here's lookin' at you!! Happy August, all you Leo and Virgo friends. This is the month for Family Fun, Golf, Romance Awareness (ahem!) and National Picnics. How about "Admit You're Happy" or National Catfish, Eye Exam, Peach, or Water Quality Month? There's more, like National Ice Cream Sandwich Day (2nd), U.S. Coast Guard Day (4th), Son & Daughter Day (11th), Aviation Day (19th), Tooth Fairy Day (22nd), Women's Equality Day (26th), and National Trail Mix Day on the 31st. Plenty more where that info came from. See www.holidayinsights.com.

This month's featured meeting is the Cambrian Group which meets at St. Timothy's Church on Carter Avenue in San Jose on Saturday nights at 8:15. See story on pages 2-3.

This month's topic is Serenity – Getting It, Keeping It. Stories begin on this page and continue on Pages 4-5.

Next month's topic is Overcoming Obstacles, and the deadline is 8/21/13. Of course the Tradition for the 9th month of the year is AA is never being organized...I'll bet some people are really glad we are such a loosey-goosey bunch. Write about it! We'd love to hear from you. Send your stories to ODAATCOIN@yahoo.com or COIN@AASanJose.org. Thank you so much for your stories.

Intergroup Central Office

274 East Hamilton Ave.

Suite D

Campbell, CA 95008

P: 408.374.8511

F: 408.371.8557

email: aasanjose@comcast.net

www.aasanjose.org

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FEATURE: CAMBRIAN SATURDAY NIGHT GROUP



Cambrian Saturday Night Group meets at 8:15, giving out weekly chips. Location: St. Timothy's Lutheran Church, 5151 Carter Avenue, San Jose.

This meeting, one of the oldest in the Santa Clara Valley, has been in existence for 57 years. The format is topic discussion, with the speaker allowed only ten minutes to share his or her experience, strength and hope, in order to allow those getting chips to share in this hour-long meeting. Due to the size of the meeting and the acoustics of the room, there is a microphone and a podium to make sure that everyone can hear the speakers.

The first meeting was on September 15, 1956 at the First Methodist Church on Wyrick Avenue. Tal A. from Minnesota started the meeting, with the help of others, and was the

first secretary. The meeting moved to St. Edwards on Union Avenue in 1966, and then to St Christopher's on Booksin Avenue in 1977. On March 10th, 2001, the meeting moved to St. Timothy's on Carter Avenue, and has been in this location ever since.

The meeting is comprised of a number of old-timers, and although we have lost many over the years, a number of long-time couples (Jerry (Gus) & Lynn G. , Al McC. and his wife, Lee S., Jim L., Rob & Caprice, Julie & Bob S., Rob & Lois, Judith & Lee N., Laura & Chuck C., Dan & Kate H.) and regular singles attend this meeting. The fellowship is made up of a wide variety of young people, and since chips are a great feature of the meeting, they appeal to newly-sober members. At the front of the meeting is a huge board with the twelve steps and twelve traditions on it.

Every Saturday is Chip Night! Come join us!



THE TOOLS FOR TRYING TIMES

The morning of Tuesday February 6th started out like many I have had in over eight years of sobriety. I work nights and weekends, but I get up to help my daughter get ready for school by 7:00 a.m., run, shower and check email. Then our life changed. We got a call from the Los Angeles coroner to say our beautiful son, Aaron, was found dead in his room from an accidental heroin overdose. It was his second try.

The first thing I did was get in touch with my sponsor. I knew staying close to the program was necessary for my own survival. Canceling my students and getting to Long Beach was the next right thing. My daughter came home and I think we all just cried. My husband and I went to Long Beach the next morning to try to make sense of it. Even in the horror of it all, I was able to use the tools of the program to help me and my family through the next few days.

My son's roommate was honest about the events leading up to finding Aaron dead in his room. He knew Aaron was trying heroin and stayed away to avoid temptation. That may have saved his life. He was thinking about rehab, pills I guess. I told him about my program and encouraged him to try NA. Maybe this experience could save him. I don't think Aaron was at all ready to try rehab. Years of meetings has taught me the program won't work if you are not willing.

We had no idea Aaron had such addiction problems. He was home over Christmas and I think things were better than they had been in years. I am grateful we left on the best of terms. He was growing up but his drug use was growing too. Anyone who has thought "they'd be better off without me" is wrong. I would be willing to fight any physical or emotional struggle for a chance to still have Aaron. Never ever underestimate how much you are loved and the pain of such a loss.

Cleaning out his room was the hardest thing I've ever done. Mike and I knew everything there. An Honor Roll certificate From Long Beach State was something we were all proud of. We found evidence of steroid and prescription drugs. We also found a shirt from the jail he spent the night in last September, accused of drug sales. His lawyer said he would beat the charge with community service and maybe NA meetings. I wish he'd gone to the meetings. Faster justice may have saved my son's life.

Back home, asking for help and accepting support kept us going. I went to as many meetings as I could, keeping up a reduced work schedule. Friends in the program helped me spiritually, too. My spiritual condition is no longer something I take for granted. It is amazing how much food for thought planning a service has given me. It is exhausting to grieve but I am grateful to be given the strength to endure it all.

I have alcoholism and depression in my family. Before I quit drinking I had been prescribed antidepressants. Not using alcohol has been a big help. So has regular exercise. I have great respect for depression and am willing to take a prescribed medication if it seems necessary. In the meantime I have a friend who jogs, and a family that walks dogs with me. I also never drink!

I have been doing what I call Thank You Card Journaling. When I have the opportunity, I write a thank you card to the people who have helped us. Food, flowers, cards, chores, and help with the memorial were given in such abundance. Our sadness could make it easy to forget how many people were there for us. Writing the cards at night kept me in constant gratitude. I look at the list and am amazed how many people have helped us. I kept a list of people who sent cards and will send Holiday cards in December. When I came in to the program I

didn't even know how much I had to be grateful for. My sponsor modeled it to me for years before I got it.

The same tools of honesty and gratitude have made our smaller family stronger and closer. I tend to close down when forced to bear strong emotion. Alcohol was the tool that kept me alone, without feelings. If my family could have stayed together this long in my alcoholism, and really I doubt it, this would have broken us apart. My beautiful daughter was finishing up high school and planning to go to college back east. We were able to support her decision to continue on and graduate with many honors. We are so proud of her.

My husband and I are looking at our 25th anniversary as empty nesters. Most of our relationship has been helped along with my program. He has been strong, but he would not have been strong enough for both of us. No one could.

We have tried grief groups, but I have found more solace from my AA meetings. I see many young men and women who have had similar problems find solutions. I keep in touch with my son's room mate because I have heard stories of people not sure about rehab finding their way with a little outreach.

I don't know what the future will bring. I'll keep going to meetings. We will get Sarah to college in September. We hope to go on a long planned trip to Greece for our anniversary. I am always busy with work. Whatever I do, AA will be helping me do the next right thing.

Betty C

Los Altos CA

SPECIAL ARCHIVES: SERENITY, MOMENT TO MOMENT

SERENITY, Moment to Moment

Before the mirrors of yourself
Fourteen years ago you stood,
Trying to find among the wreckage
A few things that were good.

Bitter, confused and arrogant,
You had plowed your way through life
Taking all and giving nothing
Until all you had left was trouble and strife.

One day you were tapped on the shoulder
By a power that's greater than all.
God, in His infinite mercy
Saw fit to answer your call.

Within your hands He placed these gifts:
Sobriety, love and life.
Carry his message to other men
Trust in Him and there is no strife.

Take His yoke upon your shoulders,
For it is humble and light.
Give all of yourself, then give some more,
Then you can stand in His sight.

For fourteen years these things you have done,
You have been a fisher of men.
You gave of yourself, then you gave some more,
Just knowing God, your reward has been.

Others are following this path of life
By the example you have set.
The example of love of one for another,
Your reward in heaven with God, you will get.

Fear not the scoffers, they just don't know,
Pity the sick and the lame.
Pray for those who persecute you,
Just ask, "All is given in His name."

Practice these truths, my dear good friend,
Beware you don't waiver or slack.
This message of hope that He gave you,
Carry to others so they can come back.
My life has been richer by knowing you,
I hope yours has been the same.
Let's both remember and never forget,
God gave us sobriety, because we asked in His name.

Jack H.

SNL Speaker Meetings Fridays 8PM

8/9: Rich B. Sunnyvale, 5 Years

8/16: Melissa, San Jose, 6 Years

8/23: Colin, Grapevine Speakers Mtg. Sunnyvale, 6
Years

8/30: AJ L., SNL, Midnite, 3 Years

Birthday Nite: 8/31: Bobbi A., Oakland, 10 Years

St. Mark's Just Plain AA Saturdays 8PM

8/10: Shannon, SNL, 5 Years

8/17: Carlos L., Alano Club of San Jose, 6 Years

8/24: Surprise Speaker

8/31: Surprise Speaker

ELUSIVE SERENITY

The feeling that was never mine -- Serenity -- eluded me for a third of my lifetime. Even as I sat in my first AA meetings, having joined in reciting the Serenity Prayer at the opening of each meeting (after having memorized it very quickly), I read the Serenity Prayer that was framed and hanging in some of the meetings, and my thought was, "That must be nice for those who have found serenity in sobriety...it would be wonderful if I, too, could achieve serenity as people say they have." But I just knew it would probably elude me forever. Why would I ever be so blessed as to receive this precious gift of serenity?

I wanted the "Three Grants" of the Serenity Prayer with all my heart... Acceptance, Courage, and Wisdom. It occurred to me that what I was asking for in this prayer, to begin with, was serenity. That, with acceptance, courage and wisdom, I would end up with serenity. That the word serenity is the beginning and the end -- the alpha and the omega of this prayer. I realized that, as I was praying for these three things ...in the beginning, with Serenity...and ending up with...Serenity, that as a result of this prayer, and if I used it sincerely, and not just as needed...but maybe to begin my day, and once or twice during my day...that if I were really, really, to achieve it...Serenity, I would remember to thank God for my blessings...every single day.

Becoming aware of the fact that I was over-analyzing, which is much more of a detriment than a help tool for me, on any given subject or situation, came to the point where I could believe in trusting God for some serenity...and sorta waiting to see what would happen...would peace and serenity ever be mine? After all, I had used the King (King Alcohol) to be calm, cool and collected as the need

arose for many years. Instant euphoria was just a bottle away.

When I started listening to the PROMISES closely, as they were read at some of the meetings, I finally comprehended what I was hearing...the Third Promise states: "We will comprehend the word SERENITY and we will know PEACE." At the end, it says: "They (the Promises) are being fulfilled among us...sometimes quickly, sometimes slowly. They will always materialize if we work for them."

Work, work, work. Read, read, read. Write, write, write. And so it began. Both to get and to keep serenity, every morning, for a long time now...I have thanked God for another day of sobriety. I ask him to please guide my thinking, my reactions, my actions, my feelings, and my emotions. This is done before I even turn on my morning coffee. Then comes my private prayer time for God's ears only...then I meditate on one or more spiritual things and read a morning meditation for the day. This is my mindset. I worked the Twelve Steps and studied the Traditions and became aware of the fact there are Twelve Principles, too...one for each Step. I had my spiritual awakening...and got my serenity, the result of actually doing what was suggested to me to do.

It sorta snuck up on me. Because I'm human...sometimes at 10:00 AM...or maybe 2:00 PM...or maybe in the evening when a situation has occurred that has left me uneasy...I say, "Help God, help...help me not to let anyone steal my joy." And most of the time, quickly, I start to feel peace. If I am in a nerve-wracking situation, I will inhale slowly, exhale slowly and make my AA affirmation that states: "I will not allow people, places, things or outside influences to spoil my day (or

evening)"... as many times as needed, and I will feel peace and my serenity again, as I then go into saying the Serenity Prayer. My prayer and my tools are with me always, just as my God is...this is now part of me... part of my spirituality...one of my God things...one of my best gifts and one of my blessings of this program. I have found that one can use the Serenity Prayer for anything and everything...I say it to God sometimes, just to touch base, so to speak.

Today, I am so grateful that I chose to live without King Alcohol...that I chose Alcoholics Anonymous where I was given my Serenity Prayer, my resulting serenity, and my "Three Grants" of Acceptance, Courage, and Wisdom. My blessings and gifts of the program, in addition to my other spiritual gifts, have been so freely given to me. I have known peace. I know that this is so so much more than King Alcohol would ever have given, because he wanted my life, not my serenity.

Danette G. San Jose, CATT

Editor's Bag

I was born in May of 1945, and WWII was coming to an end. VE (Victory in Europe) Day was that month, but Asia was still holding out. Our atom bomb attack in two cities signified the end of the war in that part of the world, and the official end of World War II has three dates attached to it: August 14, 1945 is the official V-J Day (Victory over Japan Day) when the Japanese cabled their surrender to the United States. Then it was announced to the world on August 15th, and the formal surrender ceremony took place in Tokyo Bay aboard the USS Missouri on September 2, 1945, which President Truman declared to be VJ Day. Whichever date you use, we know it was finally OVER by September 2, 1945.

In AA history, only twelve years ago in August of 2001, two G.S.O. New York staff members and Dr. George Vaillant (non-alcoholic trustee) traveled to China to meet with medical practitioners and attend meetings of China's three A.A. groups in existence at the time – two in Beijing and one in Changchun. By invitation, Dr. Vaillant addressed a gathering of some 50 physicians on the subject of alcoholism. This was the beginning of A.A. taking root in China. From www.aa.org/aatimeline.

Unity Day this year should be loads of fun. If you were there for last year's event, a very funny play was performed by members of the fellowship, and this year some people are presenting a MUSICAL that was performed in San Antonio at the International Convention, (a spoof on "Sound of Music") called the "The Sound of Boozing." It's on stage twice that day: 1:30 and 5:45 pm. Should be a hoot.

A few years ago I had a big role in Unity Day making sure the food was covered. That was more work than I ever bargained for, and I sincerely want to thank all the 12-step programs who have gotten involved in this entire day of free food and entertainment, workshops and PROGRAMS, because it is truly a celebration of the work that people do as volunteers. Because of this new "stretch"

Topics Upcoming and Deadlines

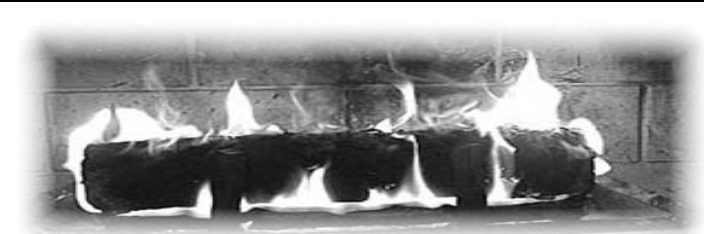
September	Overcoming Obstacles Tradition 9: Never Organized	8/21/2013
October	Family Issues (Sober Approach) Tradition 10: Attraction, Not Promotion	9/18/2013
November	Gratitude Tradition 11: Personal Anonymity	10/23/2013
December	Peace on Earth; Let It Begin With Me Tradition 12: Principles Before Personalities	11/20/2013



into performing, I've become acquainted with an awesome bunch of people who apparently have been around, performing and acting away all this time, while I had no idea what they were about. Rather like Intergroup – I just fell into it because of the COIN involvement, and Bingo! A whole new world appeared before me. Who were all these behind-the-scenes people that were getting these jobs done? Amazing! So if you haven't gotten into service yet, grab a pamphlet that strikes your interest, go to a workshop, look in the current meeting guide to check out all the organizations that can use help, and get involved. There is SO much to do, and it is SO much fun. Once you get into a group, you see commitment on a whole new level. And you'll become a "part of" that is genuinely exciting.

I never want to go back to the bottle; I'm living a life of serenity, just in knowing what I'm doing and who my friends really are. I'm finished getting drunk on trains and planes and boats, falling off trains and buses (more like getting ejected!) and just stumbling everywhere, thinking this is fun. I don't miss nights of coming home plastered, stumbling down the hallway side-to-side, thinking, "Wow, I'm really loaded!" Yeah, wow. I don't have to do that any more. I like being part of a community that enjoys me as a sober member. I DO remember what I did last night. And I wake up in my own bed, with my own husband. What a treat. I'll take sobriety for my serenity, thank you, God.

Fran



COIN Production — Address: COIN@AASanJose.org.
Editor: Fran U.; Design & Layout: Brian M.;
Photography: Richard U.; Archives: Nicole L

SERENITY --- NEVER HEARD OF IT...

My home housed a typically dysfunctional alcoholic family. My Dad suffered from alcoholism, the variety where everything went along smoothly for a week or a couple of months and then an explosion happened. Dad would depart for a weekend of fishing with one of his buddies; Mother would become extremely anxious and afraid. The hours would pass and Dad wouldn't return home at the expected hour. A nervous pall and deathly silence would descend on the house. Life went on: meals were eaten, homework was completed, children were ordered outside 'to play.' The question always seemed the same: How could life go on without hearing from Dad, but who knew where Dad was? None of us little ones realized the level of stress, frantic imaginings, fright that surrounded us did not happen in the homes of our schoolmates, we took it as normal. We were told to keep our mouths closed, "What happens in this house stays in this house." And "blood is thicker than water." We learned, as do most adult children of alcoholics: don't trust, don't talk, don't feel.

Equipped with these unhelpful slogans, I embarked on adulthood. Alcohol held a prominent place among the hallmarks of 'growing up' in my world. Children weren't allowed to drink and there were no rules for how to do this new, adult behavior skillfully. No one held class on how to drink successfully. One learned how to do it more or less on their own, perhaps with some peer advice: don't drink beer and wine together, eat before you go drinking, take two aspirin before you go to bed. My life centered on alcohol; no liquor? I did not attend that event. You didn't drink? I had no time for you. A pious, compliant, young person, I knew nothing about self-acceptance, self worth, and peace. I didn't believe I was enough; I had enough, or did enough. Someone else could always do better, be better, get better grades, and be more popular. No wonder I

once told a friend as we were driving over a mountain pass to the beach, I thought suicide was the only option. Although she was studying counseling and knew she should take me seriously; she burst out laughing and asked what would make me feel better. I told her I thought an hot fudge sundae would do the trick.

The years passed and the pain grew worse, as pain does, I studied and studied and earned degrees that allowed me to hold seminars on spirituality. We began looking at the Serenity Prayer. I realized suddenly I wasn't sure how to spell the word and I surely had no idea what it was, or how it felt. As the years have gone by, I've gotten sober, found a more loving Higher Power and discovered that talking lessens the pain and relieves the stress, fear and tension I know so well. For me today I know serenity and I go to sleep easily quickly without feeling guilty that, "I could have, should have..." My best remedy for keeping my serenity is the oft quoted "HALT."

When I find myself in any one of those states or two, I'm in trouble and I need to stop and remember that, "God is in charge, I'm not."

Anonymous

THE EDITORIAL STAFF HAS A NEW ADDRESS!!

To write to the COIN, send stories to either ODAATCOIN@yahoo.com OR the new email address at **Central Office: COIN@AASanJose.org.**

Surrender of Self-defeat
Seek Sanity beyond Self-made results

Embrace "Care" of an External Higher Power

Review Resentments in writing
Reveal nature of personal Roles

Evaluate Experience thus far . . .

Necessary Nurturing (by Higher Power)
Negativity in previous relationships Noted

Integration of Introspection & Intentions

Taking Time to review Thoughts & actions daily
Transformation of Troubles into Thankfulness

Yielding Yesterdays to the present moment

July 2013, Cheyenne C. - San Jose CA



"I DIDN'T REALIZE OL' BILL
WUZ DRUNK TILL ONE DAY I
SAW HIM SOBER

SERENITY

Serenity is going to a poignant and funny play written by women about women and realizing that I am just like everyone else...no different at all. Whether thin or fat, tall or short, flat-chested or ponderous-breasted, we all hear our mother's voice inside our heads, saying, "If only you'd do this, you wouldn't have that worry..." We all have our crosses to bear, but they are our own, yet shared. When we truly look around us, we find so many more people who are just like we are.

In AA we are truly blessed. Unlike the authors who need to get published to get their voices heard, we can share our very own personae (yes, we have more than one person inside ourselves) in meetings, listening to others and hearing ourselves speak. If we truly listen to ourselves, we can hear the truth reverberating through us and each other.

A small portion of the evening's script was the tale of a woman resolving to become neat and tidy by carrying a small purse, large enough only to hold a credit card, a lipstick, car keys, and a comb. When, after several attempts at maintaining this declaration, she decides to increase the size of the purse just a little, the purse suddenly turns into a "bag" large enough to hold

everything, including -- tennis shoes! When it's time to ferret out the wallet, the keys, the credit cards, or the tennis shoes, she finds they've disappeared, yet she knows they are IN THERE SOMEWHERE!!! Frantically she rummages in her now monstrosity-large bag to find the thing she needs immediately, feeling once again like a failure.

We women have all been there. Or finding one item in your closet that is stuffed with clothes, and the ONE blouse that you have to have today is no longer visible. It's nowhere to be found. You had it last week; it's somewhere, not in the laundry, not in the washing machine, but it's gone -- STOLEN! It must be! A robber came in the house and TOOK that ONE blouse!

I personally have moved mountains of clothing, shoes, books, jewelry -- all in the name of seeking out something that I have misplaced. Years may go by, but usually I have found my "stolen" items... I'm still hunting down my \$300 wine goblets (which I no longer need, want or have to use, that's for sure!) because I haven't seen them in seven years. Or maybe longer, because really, when DID I use them last?

We are not perfect. This business of looking like we actually know what

we're doing at all times is for the birds. And heck, have you ever watched a bunch of birds squabble over the rights to eat? We have to accept that we are here, on God's earth, doing His work, whatever it is (because we DO NOT KNOW) being highly IMPERFECT, and maintaining some serenity in being of service to someone else.

A friend died two days ago. Her husband needs her, wants her, will never again have her. He needs support, in many ways, but most of all he's scared. How will he survive? He's surrounded by friends in AA, but he doesn't know how they can help him. They can. They will. They always do. He'll need to change some things in his life, but he can and will. Others have done it and they'll show him how. It's hard. Life is hard. Life is fun. Life is being able to have the wind in our hair, the sun on our faces, the clouds in the sky above, the stars in the evening heavens. We can watch these things and know that we are not in charge -- God is. If we appreciate what we have, we can make it through anything. Listen. Be still and know. Sober, no longer fried. We can have serenity. Ask and it shall be given you.

Anonymous

PASSED ON... NOT FORGOTTEN

Geraldine Josephine L., with 40 years sobriety. Life 9/6/37 – 7/13/13.

She was well known to many in the AA fellowship as Gerri L., as someone who was consistently in service, as well as being a marathon runner. Probably her longest commitment was to H&I, acting as the Elmwood coordinator for many years, ensuring that volunteers had literature to bring into the jails and had their clearances updated. Her life celebration was held on July 20, 2013.

John P., with 14 years of sobriety with Men's Seeking Guidance group. Life 4/14/38 – 7/10/13.

Beloved husband of Bernadette P. (40 years sober) celebrated on July 20, 2013.

Donna S., with 41 years of sobriety, passed away on July 22, at home after a short illness. Her husband Lee, also with 41 years of sobriety and his daughter, Jen, with thirteen years, are having a celebration of her life on August 17, 2013 from 2-4PM at St. Timothy's Church in the Fellowship Hall (5100 Camden Avenue, SJ).

Al E., with 62 years of sobriety, passed away on July 27th at the age of 96. He chaired his last men's meeting on Monday, July 22nd, to a crowd of over 100 men. He was an icon in the valley, and his wife Berniece was the founder of Al-Anon in the Santa Clara Valley. He started many meetings here, and was known for his great sense of humor, and calling all of us newcomers "Ding Dongs." He will be sorely missed. A celebration of his life and reception has been scheduled for August 24, 2013 from 1-5PM at Jubilee Christian Center, 105 Nortech Parkway, San Jose.

ARCHIVES: SISTER MARY IGNATIA (1889-1966)



Born Della Mary Gavin in 1889 in Ireland, Sister Ignatia worked with Dr. Bob to help admit alcoholics into St. Thomas Hospital in Akron, Ohio, starting in 1939. She surmounted obstacles to personally care for thousands of alcoholics over the next several decades, both in Akron and later at St. Vincent Charity Hospital in Cleveland. Beloved by all who were associated with or helped by her, she was commonly referred to as the "Angel of Alcoholics Anonymous."

Originally a musician, Sister Ignatia was transferred by her order, the Sisters of Charity of Saint Augustine, to St. Thomas Hospital in Akron to work in their admissions office. It was in that capacity that she first met and worked with Dr. Bob. In an interview with Bill W., Sister regaled the co-founder with cherished recollections of Dr. Bob and their work with drunks at St. Thomas:

"Dr. Bob was the essence of professional dignity. He had a fine sense of humor and exceptional vocabulary.... Now, as I look back over the years, I realize that Dr. Bob was slowly but surely preparing me for the great project he had in mind. We often discussed the problem of alcoholism and the tragedies caused by excessive drinking. The individual given to alcoholic addiction is frequently a wreck of humanity – broken in body and soul, and heart and unable to help himself. His loved ones suffer, too; there were many broken homes and hearts because of compulsive drinking." (Recording of Sister Ignatia, 1954)

Her work in helping alcoholics was done with much dignity and modest

distinction. In December 1949, she was presented with the Poverello Medal of the College of Steubenville. The medal was given to her for the A.A. Fellowship for her untiring efforts with alcoholics in Akron. In March 1961, Sister Ignatia received a letter of acknowledgment for her pioneering contributions from the White House (President Kennedy), which she shared with Bill W. The letter read:

Dear Sister Mary Ignatia:

Through an admirer of yours, the President has learned of the fine work you have done in the past at St. Thomas Hospital in Akron, and, more recently, at St. Vincent's in Cleveland.

He has been informed that a large number of citizens have been restored to useful citizenship as a result of your efforts. As you have been a strong influence for the good to many people, you have added strength to your community and nation.

In response to receiving a copy of the President's letter, Bill responded to Sister Ignatia and wrote:

We have read the marvelous letter which President Kennedy requested be sent to you. It reminds me that I have no words to tell of my devotion and my gratitude to you, of the constant inspiration you have given me and so many over the years by your example of the finest in all that is spiritual and eternal, as well as temporal.

(Taken from <http://www.aa.org/sub-page.cfm?page=443>.)



If you are interested in learning more about A.A. history, there are a couple of great books available through our Central Office (also available for sale at many meetings). One of them is called Dr. Bob and the Good Oldtimers: A biography, with recollections of early A.A. in the Midwest. While reading it recently, I stumbled across a fantastic story about Sister Ignatia (otherwise known as the "Angel of A.A.")

Sister Ignatia (1889-1966) was an early, non-alcoholic friend of A.A. She was originally a musician, but was transferred by her order to St. Thomas Hospital in Akron to work in admissions. In the book, she tells the story of Dr. Bob coming to her after being told "to seek refuge for his jittering patients elsewhere" by another hospital. This was in 1939.

She was nervous about admitting alcoholics because she had admitted one before and had been told that the next time she "admitted a D.T." she'd better be prepared to stay up all night and run around the corridors after him.

Dr. Bob and the Good Oldtimers talks about Sister Ignatia's first experiences working with Dr. Bob and admitting alcoholics. Between that first day and the time that Dr. Bob died, 4,800 alcoholics were admitted into St. Thomas Hospital under Dr. Bob's care. Sister Ignatia gave each patient a Sacred Heart medallion upon release from the hospital. They were all asked to return the medallion before they took the first drink.

She was awarded the Poverello Medal of the College of Steubenville for her work with alcoholics in 1941 and received a letter from President Kennedy in 1961 acknowledging her dedication to the field.

Nichole L., Archives

AUGUST 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	September 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			1	2	3 SECRETARY'S WORKSHOP 10am, Central Office ARCHIVES WORK DAY 11:15am, Central Office
4	5	6 SCCPAA BUSINESS MEETING 6:30pm	7 PI/CPC WORKSHOP: 5:30 PI/CPC MEETING: 6pm OUTREACH MTG: 5:45pm INTERGROUP MTG: 7:30pm	8	9	10 PI/CPC Workshop 10am, Central Office
11	12	13	14 NORTH COUNTY GENERAL SERVICE MEETING 7:30pm	15	16	17 DIVERTER/12TH STEPPERS WORKSHOP 10am, Central Office
18 UNITY DAY Milpitas Community Center	19 BRIDGING THE GAP MEETING: 7:00pm 1980 E. Hamilton Ave., SJ	20 SO COUNTY GENERAL SERVICE MEETING: 7pm	21	22	23	24
25	26	27 H & I Committee 7:00pm 1980 E. Hamilton Ave., SJ	28	29	30	31

LOCAL EVENTS

Aug 18 Unity Day (all day) Free food, free entertainment, free speaker meetings. Milpitas Community Center, 457 E. Calaveras Blvd., Milpitas, CA 95035. See flyers coming soon.

Oct. 5 Annual "Take Your Sponsor to Brunch", Date TBD, 11AM - 2PM, Lincoln Glen Church, 2700 Booksin Ave., San Jose

CALIFORNIA EVENTS

July 11-14 Serenity in the Sierras Campout XXIV: Camp Richardson, South Lake Tahoe

Aug 10 CNCA 2013 Summer Assembly, 8:30AM-5PM, Del Norte County Fairgrounds, 421 Hwy 101 North, Crescent City

Aug 10 CNCA 2013 Summer Assembly BBQ & Meeting, 6:30PM, Del Norte County Fairgrounds, 421 Hwy 101 North, Crescent City

9/12-9/22 IG SF & Marin Presents "Our Experience Has Taught Us", Thickhouse Theater, 1695 18th Street, San Francisco. For info. email: play@aasf.org

8/30-9/1 2013 Redwood Coast Roundup, River Lodge, 1800 Riverwalk Dr., Fortuna. www.redwoodcoastroundup.org

SEPTEMBER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 LABOR DAY Office Closed	3 SCCYPAA BUSINESS MEETING 6:30pm	4 PI/CPC WORKSHOP: 5:30 PI/CPC MEETING: 6pm OUTREACH MTG: 5:45pm INTERGROUP MTG: 7:30pm	5	6	7 SECRETARY'S WORKSHOP 10am, Central Office ARCHIVES WORK DAY 11:15am, Central Office
8	9	10	11 NORTH COUNTY GENERAL SERVICE MEETING 7:30pm	12	13	14 PI/CPC Workshop 10am, Central Office
15	16 BRIDGING THE GAP MEETING: 7:00pm 1980 E. Hamilton Ave., SJ	17 SO COUNTY GENERAL SERVICE MEETING: 7pm	18	19	20	21 DIVERTER/12TH STEPPERS WORKSHOP 10am, Central Office
22	23	24 H & I Committee 7:00pm 1980 E. Hamilton Ave., SJ	25	26	27	28
29	30				<div> <div>August 2013</div> <div> <div>1 2 3</div> <div>4 5 6 7 8 9 10</div> <div>11 12 13 14 15 16 17</div> <div>18 19 20 21 22 23 24</div> <div>25 26 27 28 29 30 31</div> </div> <div> <div>October 2013</div> <div> <div>1 2 3 4 5</div> <div>6 7 8 9 10 11 12</div> <div>13 14 15 16 17 18 19</div> <div>20 21 22 23 24 25 26</div> <div>27 28 29 30 31</div> </div> </div> </div>	

- 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
- Sept. 27-29** 39th Annual Woman To Woman San Diego, www.womantowomansandiego.com
- Oct. 11-13** 66th Annual Fall NCCAA Conference, Modesto, CA, www.norcalaa.org

EVENTS AROUND THE COUNTRY AND GLOBE

- 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 July 2013

Daytime at Central Office.....**338**

Daytime 12 Step Calls.....5

(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

Serenity Speaker Meeting

Sundays at 6:15

West Valley Presbyterian Church: 6191 Bollinger Rd., Cupertino

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

Serenity Speaker Meeting: Sun., 6:15PM, West Valley Presbyterian Church, 6191 Bollinger Rd., Cupertino.

The Survivors: Wed., 7PM, Veteran's Housing Facility, 10 Kirk Ave., San Jose.

Change: Sun., 8PM, Change Recovery House, 526 Page St., San Jose.

As Bill Sees It: Fri., 10:30AM, Serenity First Fellowship, 304 N. 6th Street (at Julian), San Jose.

Basic Instincts for Men: Sun., 1:30PM, Serenity First Fellowship, 304 N. 6th Street (at Julian), San Jose.

Daily Reflections: Mon., 10:30AM, Serenity First Fellowship, 304 N. 6th Street (at Julian), San Jose.

Stick to Sobriety: Tues., 10:30AM, Serenity First Fellowship, 304 N. 6th Street (at Julian), San Jose.

Came to Believe: Thurs., 10:30AM, Serenity First Fellowship, 304 N. 6th Street (at Julian), San Jose.

Bonair Siding Big Book Study: Wed., 12 Noon, 340 Bonair Siding Road, Stanford University Campus, Zones Conference Room. Across from Parking and Transportation Dept. Metered Parking. Quarters Available.

Decision of Your Life Group: Sat., 8PM, 1557 Michigan Avenue #20, Alviso.

Willow Glen Book Study: Tues., 12 Noon, Elaine's Cafe, 1383 Lincoln Ave., San Jose.

Recovery Roulette: Thurs., 8PM, Rock Church, 929 Weddell Ct., Sunnyvale.

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

CHANGED

Gay & Lesbian Steps & Traditions Group: Fri., 8:00PM, Billy DeFrank LGBT Center, 938 The Alameda, San Jose. The meeting time has changed to 7:30PM.

Steps & Traditions: Wed., 8:15PM, Oak Grove Baptist Church, 479 Blossom Hill Rd. at Snell Ave. Former South San Jose Kaiser Meeting that has a new location.

Sufficient Substitute: Mon.-Fri., 12 Noon, United Methodist Church, 1420 Newport Ave., San Jose. Effective immediately, all Sufficient Substitute noon meetings have moved to Dwell Christian Church, 1292 Minnesota Ave., San Jose.

Noon Gratitude: Sun., 12 Noon, Serenity First Fellowship, 304 N. 6th Street (at Julian), San Jose.

NO LONGER MEETING

Cornerstone Fellowship Group: 1600 Dell Avenue in Campbell. All 7:30AM meetings are no longer meeting. In addition, the Friday 10AM meeting is no longer meeting.

Willow Glen Step Study: Tues., 12 Noon, Elaine's Cafe, 1383 Lincoln Ave., San Jose.

Gay Reflections on the Solution: Sun., 8:30AM, Kaiser Hospital, 710 Lawrence Expressway, Santa Clara.

Birthday Contributions

BIRTHDAY CELEBRANT	YEARS	CONTRIBUTIONS	BIRTHDAY
Bill R.	32	Bill R.	08/01/1981
John P.	14	Bernadette P., Sharen D., Sharon L. & Men's Seeking Guidance Group, & Rose W.	
Bernadette P.	40	Sharon L., Bernadette P., Rose W.	06/18/1973
Gary S.	30	Gary S.	07/01/1983
Bert J.	31	Bert J.	07/20/1982
Chuck G.	31	Robbie R.	04/17/1982
Mike S.	21	Mike S.	04/29/1992
Mike M.	10	Anonymous	07/10/2003
Chelsi W.	1	Eric L.	07/13/2012
Linda D.	35	Linda D.	07/17/1978

HAPPY BIRTHDAY TO ALL!! 245 YEARS OF SOBRIETY!!

If you would like to participate or honor a friend,

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: July 3, 2013

- Gloria V., Intergroup Chairperson, opened the meeting at 7:32 PM, followed by a Moment of Silence and the serenity prayer.
- Steve read the definition of Intergroup.
- Rachel read the 12 traditions.
- New Intergroup Reps: Mary, Sisters Seeking Serenity Group, Campbell; Leslie, Friday Truly Happy Hour Group, Campbell; Rachel, Liquor Was But a Symptom Group, Campbell; Fran, Serenity Discussion Group, Santa Clara; Coree (Alternate IGR), Ten O'Clock High Group, Saratoga
- Jim, Fremont & Manet Group; Steve, Higher Power Hour Group
- Visitors: Ray, Jenna
- Birthdays: Jamie, 12 yrs.; Reynaldo, 1 yr.; Ryan, 3 yrs.; Gloria, 6 yrs.
- 7th tradition.
- Corrections or Additions to the agenda (None)
- Corrections or Additions to the previous month's minutes
- In PI/CPC section, June 29 presentation was at Full Circle Farm (not Family)
- Treasurer's Report – Laura: Rent has been paid through June; our cash balance is \$325, in addition to our Prudent Reserve of \$325.
- 56 voting representatives in attendance.

REPORTS

Intergroup Chair, Gloria V.

- Thanks, Gavin, for making the coffee. Thanks to Paige for standing in for me last month. We have no new business tonight. In August we will discuss new committee chairs as well as possible ad hoc committees. When you are addressing the group, please speak up and out to the audience. If you as a presenter are asked a question, please repeat the question for the audience.

Central Service Board, Mike

- June group contributions were down in comparison with last year, as well as literature sales. Our Prudent Reserve is fully funded. We paid \$2,176 as the premium for our new group umbrella insurance policy, and group insurance premiums are beginning to come in to offset this expense. In August the Board will conduct its inventory.

Central Office, Cory (for Bruce)

- Our group insurance plan now has about a dozen groups participating, representing about 50 meetings. This effort has proven pretty straightforward, and procedures are in place at the office to assure quick and accurate coverage. Cory will be pulling some extra duty at the office, covering for me while I assist my wife after her surgery. This would be a good time for all of you to visit the office and receive some competent help. We truly appreciate the support you give the office. That support is not just financial, but also includes the fine work of many volunteers as well as your endorsement of our efforts. Thank you. And Central Office fares well.

PI/CPC, Ramon

- In June we presented to students in Parole and Probation careers at the University of Phoenix. On June 29 we had a literature table at the Full Circle Farm Sunnyvale Social Services event from 9:00-12:00. Ramon will come to meetings/groups if there is any interest in a PI/CPC workshop. He will be conducting a PI/CPC workshop at the Get Up and Go women's meeting July 20 at St. Mark's at 10:30. Ramon is stepping down as PI chair. His replacement will be Sydra (559-307-6347), who will assume Ramon's two-year commitment running from September 2012 through August 2014.

12 Step Committee, Bill D.

- The monthly training workshop is held on the third Saturday at Central Office at 10:00am. No one showed up for the June workshop—the first time in a long time that this has happened. There will be a 12th Step training workshop at the Alano Club of San Jose after the men's meeting. And we'll give the workshop two times at Unity Day August 18. We're thinking of establishing a Sunshine Club to serve those who can't attend meetings—the Sunshine Club would take a meeting to them. San Francisco has been doing this for a number of years. The Sunshine Club should be a separate committee.

Daytime Coordinator, Mike M.

- In June we received 297 calls, with 6 requiring special follow-up from an individual on the 12th Step list. Daytime office phone volunteers staff shifts Monday through Friday from 9:00am-4:30pm; each shift is 2 ½ hours long. All shifts are currently full, but we're always looking for alternates. There is a two-year sobriety requirement, with a good understanding of the Traditions.

Nights & Weekends Diverter Coordinator, Tommy O.

- All shifts are full, but we're always looking for alternates. New updated packets were sent out to everyone on the diverter and alternate lists. Diverter have a one-year sobriety requirement, while 12th Step volunteers have a six-month sobriety requirement.

Outreach Committee, Cathy Ann C. No report.

COIN, Fran

- We need articles. The August topic is Serenity—Getting It, Keeping It. September features Overcoming Obstacles. And we're looking at Family Issues (Sober Approach) in October. We also need Tradition articles each month. We have two mailboxes. Submit your 300-400 word article in Word format to COIN@aasanjose.org OR to ODAATCOIN@yahoo.com.

Activities Committee, Robby W.

- Founders' Day was great—we had a full house at Central Office. We viewed the play, "In Our Own Words." October 5 we will have the "Take Your Sponsor to Brunch" event at Lincoln Glen Church, 2700 Booksin Avenue, San Jose.

Communications Committee, Leona

- The new website is almost completely done. A group insurance flier will be on the website. The demo website can be accessed at <http://aasjonline.com>. InterGroup meeting minutes cannot be posted until they are approved by the InterGroup committee. The approved InterGroup meeting minutes are included in the COIN, mailed the Friday after the InterGroup meeting. Contact Leona at Leona@aasan-jose.org.

OLD/ONGOING BUSINESS – None**NEW BUSINESS – None****OTHER SERVICE COMMITTEE REPORTS****Unity Day**

- Unity Day fliers are available. The date is August 18. There will be workshops and speaker panels. Spanish translation will be available. The theme is "Back to the Basics—Unity, Service, Recovery." Alanon will have workshops, and there will be a play, "The Sound of Boozing," with two performances at 1:30 and 5:45. The \$120 fee for play rehearsals is being absorbed by last year's surplus. We could use volunteers; please contact Gloria at gloagogo@yahoo.com. We need help serving lunch and dinner as well as maintaining the coffee service. We also need help at the registration desk. We have individual groups serving meals, but we can use more volunteers.

NCCAA, Dennis

- I went to the summer conference in Foster City, which was well attended. The next conference will be in Modesto October 11-13. Pre-registration is \$10; registration at the door is \$15. Fliers are available online at <http://www.norcalaa.org>.

Hospitals and Institutions, Judith L-G

- H&I meets the 4th Tuesday of the month at 7pm at the First Congregational Church of San Jose, 1980 Hamilton Ave. at Leigh, San Jose 95025. There is a 6:30 meeting for new H&I reps. Santa Clara County (Area 71) contributed \$5,327 for the month of May, and year-to-date (December-May) Area 71 has contributed \$25,703. H&I takes 55 meetings/week into hospitals/treatment centers such as the VA and Valley Med and institutions (such as Elmwood, Soledad, and San Quentin). Service works! Please encourage your meetings to have an H&I rep. Judith's phone number is 408-242-2722.

Bridging the Gap, Kate R.

- The purpose of Bridging the Gap is to help people make the transition from jails and facilities to their first AA meeting. Meetings are held the third Monday of the month at 7:00 at First Congregational Church, 1980 Hamilton Avenue (Hamilton & Leigh), San Jose. All positions are filled. Cindy will be the BTG liaison to InterGroup in the future (408-771-6500).

North County General Service, Eric

- Two pieces of new business are now under discussion at the district. Next month we'll be voting on one of the items, and in August we'll most likely vote on the second motion.
- Much discussion centered around a Bridging the Gap committee motion to fund (cost of \$700, split between Districts 04 and 40) a BTG committee member to travel to Illinois for a national BTG workshop. BTG in Santa Clara County has struggled to find a footing, with infrequently-held meetings. Since January the committee has grown substantially.
- The second motion will be new business next month and voted on in August or September. This motion would create an ad-hoc committee to re-draw sub-district boundaries and present possible new district maps for district approval. The issue here is that there are 69 meetings in Campbell and 2 meetings in Cupertino, so we're looking at more parity in sub-district mapping. We're also preparing to travel to the Summer Assembly in August. Topics under discussion will include workshops about carrying the message of AA to members with special needs (e.g., deaf and blind AA members), anonymity, safety, self-support, practicing humility in service, La Vina and the Grapevine, and the inventory process. Though the summer Assembly is far away (in Crescent City), we're looking forward to the trip, the fellowship, and the learning.

South County General Service, Miguel - No report. South County will elect a new InterGroup liaison.

SCCYPAA, Jeff

- East Bay Young People in AA will host a Yuba Campout at the American River Resort, 6019 New River Road, Coloma, CA July 12-14; cost is \$25/person. On July 20 there will be a Thrift Shop Getdown (wear your retro clothes!) at the Masonic Hall in Los Gatos; this will include a speaker meeting and dance. On July 29 Santa Cruz will host a meeting and obstacle course. There will be a Fearless Factor function August 10 at Bowers Park in Santa Clara. The 11:30 BBQ will be followed by a speaker meeting and games (like eating gross food). For more information, contact Jeff at 408-247-5614.

OPEN FORUM

On July 27 from 12:00 noon-6:00, Saturday Nite Live will host an artisanal craft fair; a birthday speaker meeting will be held at 8:00pm.

The Saturday Morning Los Gatos Ferris & Spencer meeting will celebrate its 25th anniversary August 24 11am-5pm areas 5&6 at Oak Meadow Park. Tickets are \$15, which includes an all-you-can-eat BBQ and drinks, along with a raffle; net proceeds benefit Central Office.

The meeting was adjourned at 8:30pm.

Intergroup Central Office

of Santa Clara County, Inc.

274 E. Hamilton Ave., Suite D

Campbell, CA 95008

Non-Profit Org.

U.S. Postage

PAID

San Jose, CA

Permit No. 3556

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)*



INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Profit & Loss

July 2013

	Jul 13	Jul 12
Ordinary Income/Expense		
Income		
3030 · Contributions-General	17,074.07	18,132.24
3050 · Group Insurance (Group premium payments)	150.00	0.00
8010 · Literature Sales	4,607.00	3,940.83
8020 · Meeting Guide Sales	595.42	771.50
8050 · Activities Committee	0.00	0.00
8060 · Newsletter Subscriptions	5.00	5.00
Total Income	22,431.49	22,849.57
Cost of Goods Sold		
5000 · Cost of Goods Sold		
5100 · Cost of Inventory Sold	3,261.64	2,742.17
5150 · Cost of Meeting Directories	529.07	497.70
Total 5000 · Cost of Goods Sold	3,790.71	3,239.87
Total COGS	3,790.71	3,239.87
Gross Profit	18,640.78	19,609.70
Expense		
6010 · Alarm Service	207.00	207.00
6015 · Activities Committee Expense	0.00	0.00
6025 · Central Office Events Expense	0.00	0.00
6030 · Accounting and Legal Fee	0.00	1,700.00
6070 · Bank Credit card charges (Credit card costs and fees)	39.36	88.67
6120 · Computer Expenses	0.00	0.00
6140 · Conferences - Exec. Dir.	0.00	0.00
6150 · Unity Day Expense	0.00	0.00
6160 · Copier Expense	114.74	0.00
6190 · Depreciation Expense	0.00	0.00
6220 · Insurance - Worker Compensation	-24.21	-301.51
6230 · Insurance - General Liability	66.75	190.92
6231 · Insurance - CGL Group Umbrella	0.00	0.00
6240 · Employee HRA Plan	370.90	592.10
6245 · Internet Access Charges	29.95	29.95
6320 · Newsletter Expense	0.00	718.81
6330 · Office Expense	126.70	57.75
6360 · Archives	0.00	0.00
6370 · Office Paper Supply	46.21	124.44
6380 · Payroll Taxes	567.35	498.31
6410 · Postage	40.32	18.70
6430 · PI/CPC	0.00	0.00
6480 · Rent	2,090.55	2,534.00
6510 · Repairs & Maintenance	0.00	0.00
6540 · Salaries - Office	7,416.26	6,513.90
6560 · Payroll Expenses	90.80	80.38
6600 · Signing Services	0.00	200.00
7010 · Taxes and Licenses	0.00	0.00
7050 · Telephone	154.83	477.68
7060 · Travel	20.00	0.00
9080 · Sales Tax (Sales tax paid on purchases)	0.00	-0.25
Total Expense	11,357.51	13,730.85
Net Ordinary Income	7,283.27	5,878.85
Other Income/Expense		
Other Income		
8030 · Interest Income	6.09	2.72
Total Other Income	6.09	2.72
Net Other Income	6.09	2.72
Net Income	7,289.36	5,881.57

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Profit & Loss

July 2013

Jan - Jul 13

Ordinary Income/Expense

Income

3030 · Contributions-General	82,698.78
3050 · Group Insurance (Group premium payments)	1,185.00
8010 · Literature Sales	28,892.01
8020 · Meeting Guide Sales	4,133.92
8050 · Activities Committee	4,338.44
8060 · Newsletter Subscriptions	80.00

Total Income 121,328.15

Cost of Goods Sold

5000 · Cost of Goods Sold	
5100 · Cost of Inventory Sold	20,248.55
5150 · Cost of Meeting Directories	3,201.96
Total 5000 · Cost of Goods Sold	23,450.51

Total COGS

23,450.51

Gross Profit

97,877.64

Expense

6010 · Alarm Service	621.00
6015 · Activities Committee Expense	2,551.92
6025 · Central Office Events Expense	52.82
6030 · Accounting and Legal Fee	1,025.00
6070 · Bank Credit card charges (Credit card costs and fees)	646.93
6120 · Computer Expenses	144.81
6140 · Conferences - Exec. Dir.	681.11
6150 · Unity Day Expense	815.00
6160 · Copier Expense	740.65
6190 · Depreciation Expense	472.00
6220 · Insurance - Worker Compensation	421.85
6230 · Insurance - General Liability	953.67
6231 · Insurance - CGL Group Umbrella	2,176.00
6240 · Employee HRA Plan	5,385.45
6245 · Internet Access Charges	182.34
6320 · Newsletter Expense	493.79
6330 · Office Expense	1,579.63
6360 · Archives	68.09
6370 · Office Paper Supply	1,080.83
6380 · Payroll Taxes	4,516.12
6410 · Postage	604.14
6430 · PI/CPC	249.71
6480 · Rent	15,077.30
6510 · Repairs & Maintenance	2.81
6540 · Salaries - Office	48,968.80
6560 · Payroll Expenses	684.09
6600 · Signing Services	1,250.00
7010 · Taxes and Licenses	80.00
7050 · Telephone	1,192.75
7060 · Travel	60.39
9080 · Sales Tax (Sales tax paid on purchases)	-0.40

Total Expense

92,778.60

Net Ordinary Income

5,099.04

Other Income/Expense

Other Income

8030 · Interest Income	72.37
------------------------	-------

Total Other Income

72.37

Net Other Income

72.37

Net Income

5,171.41

3:24 PM
08/06/13
Accrual Basis

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Balance Sheet

As of July 31, 2013

Jul 31, 13

ASSETS

Current Assets

Checking/Savings

1010 - PettyCash	126.82
1020 - First Republic Bank (Checking account)	11,103.44
1021 - First Republic Bank CD 0429 (12 Mo. CD @ .1%, 08/12/2013)	17,518.74
1023 - First Republic Bank CD 3228 (12 Mos. CD @ .1%, 02/05/2014)	16,440.21
1025 - First Republic Bank CD 7266 (12 Mos. CD @ .1%, 01/06/2014)	20,090.14
1026 - First Republic Bank CD 7619 (12 Mos. CD @ .45%, 06/21/2014)	15,009.39
1027 - First Republic Bank CD 7681 (9 Mo. CD @ .5%, 01.29/14)	15,016.88

Total Checking/Savings 95,305.62

Accounts Receivable

1110 - Accounts Rec - Group Deposits	-1,548.60
--------------------------------------	-----------

Total Accounts Receivable -1,548.60

Other Current Assets

1250 - Literature Inventory	19,030.08
1310 - Prepaid Insurance	1,479.35
1499 - Undeposited Funds	3,271.16

Total Other Current Assets 23,780.59

Total Current Assets 117,537.61

Fixed Assets

1630 - Office Equipment	30,259.02
1640 - Office Furnishings - Asset	7,507.80
1641 - Less Accumulated Depreciation	-34,189.17
1680 - Leasehold Improvements	300.00
1681 - Less Accumulated Amortization	-300.00

Total Fixed Assets 3,577.65

Other Assets

1860 - Deposits	1,993.85
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Total Other Assets 1,993.85

TOTAL ASSETS

123,109.11

LIABILITIES & EQUITY

Liabilities

Current Liabilities

Other Current Liabilities

2240 - Sales Tax Payable (due quarterly)	1,558.49
2600 - UnityDay	3,403.87

Total Other Current Liabilities 4,962.36

Total Current Liabilities 4,962.36

Total Liabilities 4,962.36

Equity

2740 - TemporarilyRestricted Funds	10,842.08
3900 - Unrestricted Funds	102,133.26
Net Income	5,171.41

Total Equity 118,146.75

TOTAL LIABILITIES & EQUITY

123,109.11

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08/06/13
Accrual Basis

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

July 2013

	Jul 13	Jan - Jul 13		Jul 13
1 INV EarlyBird Group 70968	350.00	350.00	Free to Be Me SJ (W omen) 736 (Tues.)	0.00
1 Inv Freedom Fellowship 70940	0.00	170.38	G Attitude Adjustment	0.00
1 INV Fremont & Hollenbeck Group 70907	0.00	770.00	G Forged From AdversityGroup 70957	207.00
1 INV Fremont & Manet Group 70975	0.00	1,260.00	G GilroyGroups 70906	0.00
1 INV One Dayat a Time 70903	0.00	3,864.66	G Higher Power Hour 70952	283.50
1 INV R and B Group 70972	1,374.32	3,919.67	G Remember W e Deal W ith Alcohol 70938	272.82
1 INV SaturdayNite Live Group 70905	70.00	490.00	G Sunrise Group of Palo Alto 70963	938.51
1 Inv Seeking Guidance Group 70976	385.00	1,015.00	G Sunrisers Group/Carrows 70932	428.51
1 INV SerenityFirst Fellowship 70902	250.00	250.00	G Third Tradition W omen's Gp, The 70979	140.62
1 INV South CountyFellowship 70954	210.00	1,890.00	G W e Care Group 70934	0.00
1 INV Spiritual Progress Group 70904	0.00	2,600.00	Gathered Together for Sobriety43 (Sun.)	0.00
1 INV W inchester Fellowship 70960	0.00	150.00	Gay & Lesbian Sober Experience 896 (Mon.)	0.00
12 Keys to Freedom 334 (Wed.)	0.00	125.10	GayGrab Bag Solution 41 (Sun.)	137.66
12 Steps at Noon 303 (Fri.)	0.00	315.00	GayMen & W omen Together 85 (Mon.)	0.00
3rd Steppers Book Study(W om) 610 (Thur.)	442.79	442.79	GayMen's Freedom 262 (Thur.)	364.70
4 Directions 855 (Fri.)	0.00	86.10	Get Up and Go (W omen) 187 (Sat.)	749.48
A Vision for You W omen's 802 (Tues.)	0.00	200.00	Get Well Group 17 (Sun.)	267.04
A.B.C. W omen's Group 58 (Mon.)	0.00	210.00	Grace Group of AA 352 (Sat.)	0.00
Almaden ValleyDiscussion 30 (Sun.)	0.00	245.00	Grateful Live Group 535 (Mon.)	0.00
Attitude Adjustment SJ 258 (Fri.)	203.46	203.46	HappyDestiny(W omen) 109 (Tues.)	350.00
Attitude Adjustment SJ 43 (Sat.)	0.00	186.00	HappyHour W G 652 (Fri.)	0.00
Attitude Adjustment SJ 861 (Thur.)	0.00	154.00	Happy, Joyous & Free 650 (Tues.)	0.00
Back to Basics Saratoga Noon 151 (Tues.)	0.00	101.00	HOW Group 71 (Mon.)	0.00
Big Book Men's Group (Men) 106 (Tues.)	0.00	175.00	HumblyAsked 87 (Sun.)	156.10
Big Book Speakers Group 289 (Fri.)	105.00	210.00	In the Basement 545 (Sun.)	0.00
BirthdayContribution 00951	257.00	2,353.00	In the Solution 647 (Sat.)	0.00
Boiled Owls (Men's) 816 (Wed)	1,294.00	2,355.00	Intergroup Council 80909	0.00
Bowers Fellowship 46 (Sun.)	0.00	49.00	Ladies Amethyst AA StudyGroup 749 (Wed.)	153.30
California Ave. Supper Group 715 (Thur.)	0.00	475.66	Lesbians Living the Promises 349 (Fri.)	0.00
Cambrian SaturdayNight (Chips) 376 (Sat)	0.00	1,019.90	LGBT HappyDestinyGroup 621 (Sat.)	535.65
Campus Group 234 (Thur.)	0.00	272.40	Liquor Was But A Symptom 203 (Thur.)	0.00
Candlelight Group 380 (Sat.)	0.00	50.00	Living in the Solution MH (W) 33 (Sat.)	0.00
Character Defect Freedom 201 (Tues)	0.00	364.00	Living Solutions 728 (Fri.)	0.00
Chip W inners (Chips) 168 (Wed.)	586.75	1,661.23	Los Altos Big Book 860 (Thurs.)	0.00
Chips and Dyps (Chips) 559 (Tues.)	821.80	1,421.80	Los Altos Group 225 (Thur.)	0.00
EarlyBird SJ 244 (Thur.)	0.00	72.00	Los Altos Men's Group 59 (Mon.)	0.00
EarlyTuesdayGroup 119 (Tues.)	361.31	1,026.66	Los Gatos Big Book 664 (Mon.)	388.50
Easier W ayGroup 290 (Fri.)	482.81	962.31	Memorium Contribution	50.00
East ValleyGroup 322 (Fri.)	0.00	350.00	Men's 4th Step Group 320 (Fri.)	0.00
El Camino 108 (Tues)	0.00	190.00	Men's Basic Step StudyGroup 891 (Tues.)	0.00
Eleventh Step Meditation Mtg 276 (Thur.)	213.77	213.77	Men's Group 97 (Mon.)	0.00
End of the Line Men's Group 147 (Tues.)	0.00	279.65	Men's HonestyGroup 26 (Sat.)	350.00
Evergreen Group 884 (Thur.)	0.00	70.00	Men's Single Problem StudyGp 220 (Thur.)	464.00
Fireside Drunx 400 (Mon.)	0.00	70.00	MiddayW omen's Group 91 (Mon.)	0.00
Mondayat a Time 208 (Mon.)	137.90	229.90	W e Are Not Saints 12 & 12 520 (Tues.)	125.00
Mountain Miracles 882 (Thur.)	0.00	104.00	W e Care Step Study 128 (Tues.)	0.00

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INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

July 2013

	Jul 13	Jan - Jul 13		Jul 13
Mountain ViewGroup 350 (Sat.)	100.00	268.00	West ValleyFellowship (Chips) 374 (Sat.)	140.00
NewNooners 808 (Mon.)	35.00	155.00	Wisdom to Know 651 (Mon.)	0.00
NewSteps for Living 20 (Sun.)	0.00	313.60	Women's Topic Disc. Group 103 (Tues.)	95.00
No Bull Big Book 655 (Fri.)	0.00	581.46	Women on the Move 570 (Wed.)	0.00
Other WednesdayNite,The (Men) 209 (Wed)	0.00	363.00	Women to Women 704 (Sat.)	104.84
Pass It On Group 418 (Sun.)	53.90	181.77	TOTAL	17,074.07
Personal 00911	764.81	1,771.16		
Plaza Del ReyGroup 52 (Sun.)	0.00	367.00		
Rincon Men's Fellowship 567 (Thur.)	210.00	630.00		
Saturday's Reflections 622 (Sat.)	0.00	217.00		
Saturday6PM Meeting 413 (Sat.)	0.00	204.72		
SaturdayMorning Los Gatos 777 (Sat.)	0.00	1,680.00		
Second Tradition Group Spkr 721 (Sat.)	0.00	1,374.50		
SerenityDiscussion 210 (Wed.)	400.00	523.00		
Shared Gift, The (Women) 61 (Mon.)	0.00	483.35		
Silver Serenity 517 (Thurs.)	318.28	318.28		
Single Problem Study(Men) 212 (Wed.)	272.81	439.40		
Single Problem Topic (Men's) 582 (Mon.)	0.00	668.92		
Sisters Seeking Serenity 858 (Wed.)	0.00	720.00		
Sober in the Park 688 (Sun.)	0.00	400.00		
Societyof the Second Chance 305 (Tues.)	108.13	108.13		
Solutions for GayWomen 870 (Thur.)	0.00	117.00		
South ValleyMen's 845 (Thur.)	0.00	197.35		
South ValleyWomen's Surrender 88 (Mon.)	0.00	85.08		
Spiritual Awakening 813 (Tues.)	0.00	715.00		
Spiritual Step Study 233 (Sun.)	0.00	1,258.10		
St. Luke's Group 113 (Tues.)	0.00	275.00		
St. Mark's Group 270 (Thur.)	0.00	725.00		
SundayNight Recovery 23 (Sun.)	0.00	100.00		
Sundowner's Dinner Mtg (Chips) 768 (Wed.)	0.00	100.00		
Sunshine Group noon 243 (Thur.)	0.00	100.00		
Think Tank (Men's) 361 (Sat.)	0.00	700.00		
TrinityGroup 370 (Sat.)	75.00	300.00		
TrulyHappyHour 324 (Fri.)	0.00	352.00		
TuesdayNight Men's Mtg 525 (Tues.)	438.00	1,301.00		
TuesdayNight Saratoga Group 152 (Tues.)	0.00	300.00		
TuesdayNoon Step Study 556 (Tues)	0.00	140.00		
Up the Creek-DailyReflections 745 (Tue.)	50.00	150.00		
Veterans of Alcohol NorthH 338 (Tues.)	0.00	150.00		
Villages Group of AA, The 406 (Mon.)	0.00	350.48		

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1 INV EarlyBird Group 70968	35.00
1 Inv Freedom Fellowship 70940	285.90
1 INV Fremont & Hollenbeck Group 70907	207.00
1 INV Fremont & Manet Group 70975	210.00
1 INV One Day at a Time 70903	1,038.30
1 INV R and B Group 70972	439.42
1 INV SaturdayNite Live Group 70905	2,489.00
1 Inv Seeking Guidance Group 70976	3,051.64
1 INV SerenityFirst Fellowship 70902	2,482.59
1 INV South CountyFellowship 70954	882.00
1 INV Spiritual Progress Group 70904	87.00
1 INV W inchester Fellowship 70960	78.00
12 Keys to Freedom 334 (Wed.)	137.66
12 Steps at Noon 303 (Fri.)	364.00
3rd Steppers Book Study(W om) 610 (Thur.)	364.70
4 Directions 855 (Fri.)	2,268.93
A Vision for You W omen's 802 (Tues.)	559.36
A.B.C. Women's Group 58 (Mon.)	630.00
Almaden ValleyDiscussion 30 (Sun.)	667.00
Attitude Adjustment SJ 258 (Fri.)	1,225.00
Attitude Adjustment SJ 43 (Sat.)	540.00
Attitude Adjustment SJ 861 (Thur.)	60.00
Back to Basics Saratoga Noon 151 (Tues.)	1,098.00
Big Book Men's Group (Men) 106 (Tues.)	506.10
Big Book Speakers Group 289 (Fri.)	122.00
BirthdayContribution 00951	516.90
Boiled Owls (Men's) 816 (Wed)	600.67
Bowers Fellowship 46 (Sun.)	512.21
California Ave. Supper Group 715 (Thur.)	120.00
Cambrian SaturdayNight (Chips) 376 (Sat)	535.65
Campus Group 234 (Thur.)	330.00
Candlelight Group 380 (Sat.)	111.78
Character Defect Freedom 201 (Tues)	513.28
Chip W inners (Chips) 168 (Wed.)	504.58
Chips and Dyps (Chips) 559 (Tues.)	150.00
EarlyBird SJ 244 (Thur.)	280.00
EarlyTuesdayGroup 119 (Tues.)	613.50
Easier W ayGroup 290 (Fri.)	50.00
East ValleyGroup 322 (Fri.)	110.00
El Camino 108 (Tues)	284.00
Eleventh Step Meditation Mtg 276 (Thur.)	720.83
End of the Line Men's Group 147 (Tues.)	1,246.00
Evergreen Group 884 (Thur.)	935.00
Fireside Drunx 400 (Mon.)	829.15
Monday at a Time 208 (Mon.)	210.00
Mountain Miracles 882 (Thur.)	203.00

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Mountain ViewGroup 350 (Sat.)	140.00
NewNooners 808 (Mon.)	140.00
NewSteps for Living 20 (Sun.)	267.00
No Bull Big Book 655 (Fri.)	505.00
Other WednesdayNite,The (Men) 209 (Wed)	283.89
Pass It On Group 418 (Sun.)	82,698.78
Personal 00911	
Plaza Del ReyGroup 52 (Sun.)	
Rincon Men's Fellowship 567 (Thur.)	
Saturday's Reflections 622 (Sat.)	
Saturday6PM Meeting 413 (Sat.)	
SaturdayMorning Los Gatos 777 (Sat.)	
Second Tradition Group Spkr 721 (Sat.)	
SerenityDiscussion 210 (Wed.)	
Shared Gift, The (Women) 61 (Mon.)	
Silver Serenity 517 (Thurs.)	
Single Problem Study(Men) 212 (Wed.)	
Single Problem Topic (Men's) 582 (Mon.)	
Sisters Seeking Serenity 858 (Wed.)	
Sober in the Park 688 (Sun.)	
Society of the Second Chance 305 (Tues.)	
Solutions for GayWomen 870 (Thur.)	
South ValleyMen's 845 (Thur.)	
South ValleyWomen's Surrender 88 (Mon.)	
Spiritual Awakening 813 (Tues.)	
Spiritual Step Study 233 (Sun.)	
St. Luke's Group 113 (Tues.)	
St. Mark's Group 270 (Thur.)	
SundayNight Recovery 23 (Sun.)	
Sundowner's Dinner Mtg (Chips) 768 (Wed.)	
Sunshine Group noon 243 (Thur.)	
Think Tank (Men's) 361 (Sat.)	
TrinityGroup 370 (Sat.)	
TrulyHappyHour 324 (Fri.)	
TuesdayNight Men's Mtg 525 (Tues.)	
TuesdayNight Saratoga Group 152 (Tues.)	
TuesdayNoon Step Study 556 (Tues)	
Up the Creek-DailyReflections 745 (Tue.)	
Veterans of Alcohol NorthH 338 (Tues.)	
Villages Group of AA, The 406 (Mon.)	

SANTA CLARA COUNTY INTERGROUP

7th Annual

TAKE YOUR SPONSOR TO BRUNCH

Music~Food~Friendship~Recovery

Saturday October 5, 2012

Lincoln Glen Church, 2700 Booksin Ave., San Jose

In 1960, Bill Wilson wrote this dedication in an AA book that he gave to Ebby Thacher:

“Dear Ebby, No day passes that I do not remember that you brought me the message that saved me - and only God knows how many more. In affection, Bill”

Pancake & Breakfast Brunch

served 11 am to 2pm

\$10.00 donation per person

No Flour, No Sugar and Vegan options also available.

Recovery meeting at 1pm

!!! Raffle following speaker!!!

Presale tickets available after September 4 thru your Intergroup Reps or at Central Office.

Volunteer to help at the event or donate prizes for the raffle.

Contact intergroup activities chair:

Robby W – 408.373.2465

72nd Anniversary Celebration

of the

*Palo Alto Group
of Alcoholics Anonymous*

at the

Lucie Stern Community Center

Come Celebrate the Oldest Surviving Meeting on the Peninsula

September 20, 2013



Doors Open - 7:00

Speaker: **George S.** -7:30 (Free)

Dance/Potluck Dinner - 9:00 (\$10 Donation)

Music by **East Crescent**

Raffle

CD's of Speaker

To sign up for potluck, email
luciepotluck@gmail.com

SUNDAY ~ August 18, 2013

UNITY DAY – 2013

Milpitas Community Center | 457 East Calaveras Blvd. | Milpitas, CA 95035

Speakers:

Morning: TBA, 9am .

Afternoon: David N., San Francisco

Evening: Diane O., Sunnyvale

Event Hours

8:00am~8:00pm

Workshops, speaker panels, service opportunities...

FREE!! BREAKFAST, LUNCH & DINNER

Open to all ~ Spanish Translation will be available

This year's theme:

BACK TO THE BASICS

Unity ~Service ~ Recovery

Sponsored by:

Intergroup, District 04,
District 17, District 40,
Hospitals & Institutions

*Thank you for all of your service that makes
our personal recovery and UNITY possible!*

Back by popular demand, a play for your enjoyment!! This year...

The Hills are alive with...

" The Sound of Boozing"...

a play written by Jeffery W. and Directed by Joel F.

Performed at the 2010 International Convention in San Antonio, Texas.

Don't miss this special one-day event, two performances at Unity Day 2013!

Show times are 1:30 p.m. and 5:45 p.m.