

Monthly Intergroup Newsletter

Volume I, Issue I
January 2006

New Format and Editor For Newsletter



We're up & running!
aasanjose.org.

At the November Intergroup Meeting, the reps voted to elect a Newsletter editor, (Rose W). The idea is to have the newsletter published by the members for the members. This staff is currently small, although has every hope members of the fellowship will want to participate in its production.

Our initial goals are to personalize the content with interviews, highlights of AA history around Santa Clara County, and share the types of activities the fellowship are engaged in, so that the Newsletter will be an additional tool to aid members in their recovery.

For example:

Are you good at graphics and have an eye for layout? Do you want to share your talent in the newsletter?

Does your group or fellowship have an annual event you would like to let us know about?

Has your group tried something new that you would like to share with other members?

Have some ideas about getting the word out to more members? Want to be a conduit? Anything you would like to see in the newsletter that would make it more interesting to read (and maybe to even subscribe)?

Get Involved

We're looking for your response. Call Central Office at 374-8511 or email patg40175@comcast.net so we can let you know when the February planning meeting will be.

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Visit your Central Office and check out the neat archives display. You might even get a free cup of coffee!



We have a daily reprieve based on our spiritual condition” Big Book, page 85

Don D.

Many of us have had the great joy of trudging this road of Happy Destiny with Don Dugan, After a long illness Don passed away on December 18, 2005. His courage and sense of humor were an inspiration and he will be greatly missed.

People coming into the Fellowship for the first time won't have the gift of knowing Don in person but his example and the wisdom he shared with so many will be passed on to others,

We've had a lot of heroes who have gone on to the Big Meeting. I often think of the people I love who have passed on. Once upon a time, before I came to you, I avoided loving people because too many died or went away. And I couldn't handle the feelings. You have taught me that it's worth it and I can remember and honor them by following their examples.

There will be a celebration of Don's life in January.

The Serenity Prayer

Brilliant in its simplicity, **The Serenity Prayer** is one of the key spiritual tools used by virtually all 12-step recovery support group members.

**“God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
and wisdom to know the difference”.**

For so many people in desperate situations -- seeking peace, strength, and wisdom -- those simple words, whispered to a "God as they understand him," have seen them through the darkest hours. Although literally millions of people -- in and out of the recovery community -- have been helped and strengthened by those few lines, few know the origin.

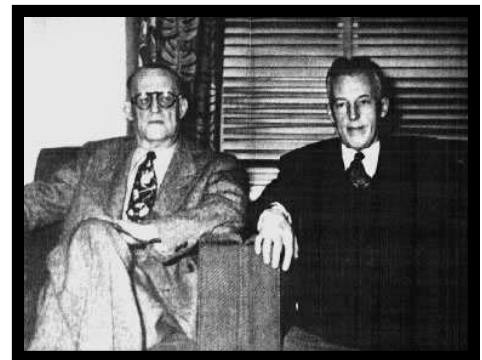
For the entire story of the Serenity Prayer and the long version, go to:

www.aahistory.com A great site for history and trivia, - not affiliated with AA or Grapevine.

Bill's First notes on the 12 steps

For God -
 1. Admitted hopeless
 2. Got honest with self
 3. Got honest with doctor
 4. Made Amends
 5. Helped other without demand
 6. Prayed to God as for understanding.
 Ever
 Bill W.
 Original 6 steps
 April 1953

A minister named Frank Buchman who ran a school was fired. He had a serious resentment regarding his dismissal and happened upon a woman who gave a talk about resentments. He started practicing what he had learned from her talk and discovered that he felt better, so he wrote down what he had done. There were five things which he did that were similar to our original six steps. He found these so valuable that he started the Oxford Group in order to share these principles. It was through the Oxford Group that our original AA members were first helped.



HINTS FOR NEWCOMERS (AND OTHERS!)

Bottom is relative. You can drown in the ocean, you can drown in a swimming pool, you can drown in your bathtub. It doesn't matter how deep the bottom is, it matters that you are in over your head!

Worrying about something that may never happen is like paying interest on money you may never borrow.

The true meaning of life is to plant trees under whose shade you do not expect to sit.

Use our 12 Traditions as a guide to your relationships. Be self-supporting emotionally, have no opinion on outside issues, put principles before personalities.

You can't give away what you don't have

You have to give it away to keep it.

Hurt people hurt people.

Acceptance is not endorsement.

Sometimes we need the Courage to leave alone the things we *can* change!

You don't have to plant weeds, that's why meetings are important!

Steps 1, 2, 3: I can't, He can, I think I'll let Him.

You do the work and let God do the worrying!

I came, I came to, I came to believe.

There is no situation so bad that a drink won't make it worse.

Pick up the phone before you pick up a drink.

Look for the similarities, not the differences

Utilize, don't analyze.

Analysis leads to paralysis.

You can't out give God

If you're too busy to go to meetings, you're too busy

Don't let the life AA gave you take you away from your AA life

The Promises

"If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

"Are these extravagant promises? We think not. They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we work for them."

From Chapter Six of "The Big Book of Alcoholics Anonymous."



The Santa Clara County Monthly Intergroup Newsletter is published by the Santa Clara County Central Office of Alcoholics Anonymous. Opinions expressed are the writers', not those of Alcoholics Anonymous as a whole. Publication of any article does not imply endorsement by Alcoholics Anonymous of Santa Clara County Central Office, except when Conference-approved publications are quoted. Quotations from AA books and pamphlets and the 12 Steps and 12 Traditions are reprinted with permission of AA World Services, Inc.; quotations and cartoons from *The Grapevine* are reprinted with the permission of AA Grapevine, Inc.

Contributions from AA members are welcome and will be printed as space allows. Submissions can be sent via email or should be typed or neatly handwritten. The editors reserve the right to edit content for length, clarity, and relation to AA Traditions. All material, including announcements, should be submitted by the 25th of the month prior to publication.

Young People in AA

Saturday, January 28th

Sober Comedy Night

8pm – 12

Belmont Community Center

20 Twin Pines Lane Belmont, CA 94002

Its gonna be funny Suggested Donation

\$10

Prelude to ACYPAAXXIV conference

Feb. 23—26 Santa Clara Marriott Hotel



ARCHIVES for January 2006

Bill W passed away at 11:30 on Sunday, January 24, 1971 at the Miami Beach Heart Institute, after a long illness. He had been treated for emphysema since 1968. He was 75 years old at his death.

Bill's wishes were for a private funeral service and burial in East Dorset, VT, where he was born.

He had gone to Florida anticipating a full speaking schedule, but virus pneumonia necessitated hospitalization.

"Bill was never paid a salary for his AA work. A complete account of all his AA financial transactions is kept on file at the General Service Office for the membership to see. It shows Bill was paid only the usual author's royalties for his writing."

Box 459 Memorial Issue

January, 1971 (Thanks, Chuck)

Seattle Remembers 'Bill W.'

This article, by reporter George Foster, appeared in the February 15, 1971 Seattle Post-Intelligencer.

The faces in the crowd - some showing the strain of harder times past, some bespectacled business types, others youthful - ran the gamut of the American experience.

In another perspective, they were the faces of reclaimed lives from all walks of life.

Seattle's members of Alcoholics Anonymous were gathered to honor and memorialize the cofounder of their organization.

Bill W., whose real name was William G. Wilson, died of emphysema Jan 24 [1971] in New York. He helped to

found AA in 1935 with Dr. Robert H. Smith.

Wilson's 15-year battle with the bottle had washed him out of a successful career as a Wall Street broker before he "went sober" and started a group attack on alcoholism.

"We know that many of us would be long dead and gone, had it not been for the founding of this organization," said one speaker at memorial services here at AA's 64-year-old meeting hall on East Pine Street.

The crowd of more than 300 heard speakers reflects on the good works of Bill, who like all members of AA, use their first and initial of the last name to maintain anonymity.

"Bill W. will never be gone as long as we do our job," said one man.

Another speaker commented, "He is one of the gifted few who left the world in a different way than he found it."

Wilson, who described himself as "just another guy named Bill who can't handle booze," wrote four books as a leader of AA since its founding, "Alcoholics Anonymous," "Twelve Steps and Twelve Traditions," "AA Comes of Age," and "The AA Way of Life."

Some read excerpts from Wilson's works at yesterday's service.

The meeting began with AA prayer and credo: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

Enlarged portraits of Wilson and Dr. Bob (Smith) flanked the stage of the second floor auditorium.

Hearts and streams of red leaves were hung from the balcony of the square, gothic atrium [sic] reminding its inhabitants that it was Valentine's Day.

Many of the women in the audience were decorated in red for the occasion.

It was not a day of mourning.



Heard Around the Fellowship

Our **Inquiring Reporter** asked members the following question: *What is your one-sentence definition of Acceptance?* Here are some responses:

"Trust God and be in the moment."
Monica, Thursday Nite/Los Altos

"Free of judgment."
Maureen /St. Mark's

"Acknowledging reality."
Bert/Winchester Fellowship

"Letting go of the results."
Heather/Lake & Arguello, SF

"Surrender."
Molly/Los Gatos Saturday a.m.

"Stop fighting everything and everyone."
Mike/St. Mark's Men's Meeting

"Being OK regardless of what is going on"
Allie/Pruneridge Thursday Nite

If you would like to take a turn as an Inquiring Reporter for this column, please email the Newsletter (address on front)



“HOME” MEETINGS, AT HOME

More than 20 years ago one of Bud T's sponsees asked him if there were any meetings that discussed the structure and history of AA. There didn't seem to be one, so they started one. Bud offered the use of his home for the weekly meeting. The format is to read an AA book, cover to cover. The meeting lasts for an hour and a half. Participants each read and at the end of the chapter or the step/tradition there is discussion. The group has read the Big Book, 12x12, AA Comes of Age, Pass It On, Dr. Bob & The Good Old-timers, etc.

Today there are members who have moved to Louisiana, Mississippi, Texas, Kansas, Washington, Virginia, and Canada. They keep in touch with Bud and thanks to their time studying AA and it's history they have been able to pass it on no matter where they go!

If you have been sober a little while, it's probably a good time to start learning about AA history. Sponsors, sponsees, friends; check them out and see if anyone is interested in a study group. You may not continue for 20 years but I guarantee the time spent is

well worth it! I recently read "Pass It On". (I don't know how I missed it before). After reading this book I was filled with overwhelming gratitude for Dr. Bob and Bill W. "Pass It On" tells a lot about the early years and the struggles they experienced financially. I am so grateful that they didn't give up when things got tough! I remember all the times I gave up before I finally got sober. Sometimes I look around the meeting and think what it would be like for us if our founders hadn't kept on keeping on.

Can you imagine seeing a notice in the newspaper saying, "Have a problem with alcohol? Come to a meeting at 8 p.m. at the Church on the corner of First & Main. We're going to try to figure this out. "

So there would be no Big Book, no 12x12, no steps, no sponsors, no experience, and very little hope.

If you start a book study, please share your experience with us. You can contact the newsletter by email or snail mail.

— Anonymous



First Month Focus—Step One

Step 1 "We admitted we were powerless over alcohol--that our lives had become unmanageable."

Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

Grapevine, December 1947

Tradition One

"Our common welfare should come first; personal recovery depends upon A.A. Unity"

Our whole AA program is securely founded on the principle of humility -- that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are -- "a small part of a great whole." Seeing our fellows thus, we shall enjoy group harmony. That is why AA Tradition can confidently state, "Our common welfare comes first."

SECRETARY'S PAGE

SECRETARIES PLEASE READ TO YOUR GROUP

New location for H&I Meetings:

Tuesday, January 24

1st Congregational Church of Christ

1980 Hamilton Avenue, San Jose

(Leigh & Hamilton)

Telephone Calls Received During December

Daytime at Central Office 545

Daytime 12 Step Calls 4

Evening Calls – information not available

Groups contributing to your Central Office make it possible to provide telephone service and coverage so that someone is always available to the caller in need. We also have a listing in the white and yellow pages of the phone books for all the cities in Santa Clara County. **WE THANK YOU!**

We're looking for a new name. Got an idea for one? Email your suggestions.



A **Secretary's Workshop** is held the first Saturday of each month – January 7 – at 10:00 a.m. at Central Office. New or experienced, young or old, this is an excellent way to hone your skills and stay in touch with Central Office. Call for more information: 374-8511



Can you spare a few hours each month to take calls from people who really need our help? You would be a great fit for one of the diverter shifts. Call Central Office to volunteer.

Public Information & Cooperation With the Professional Community—Monthly training meetings 2nd Saturday at 10 a.m.—Central Office

Bridging The Gap, is an AA service committee. Its mission is to provide a contact for people from institutions with their first outside meeting. Monthly meeting: **6:15 p.m. the First Wednesday of the Month at Central Office.** You are invited!

Central Office is in need of 12 Step Volunteers. 6 months sobriety required. **Email: office@asaanjose.org**

Birthday Contributions

Name	Sobriety Years	Contributed By	Birthday
Audrey D	24 Years		09/30/81
Bob C	34 Years	Wilda C	11/29/71
Ernie B	19 Years		12/03/86
Elfriede S	23 Years	Rita R	12/17/82
Wilda C	34 Years		12/18/71
Don Z	16 Years		12/28/89
Colleen K	24 Years		12/31/81
Clayton S	7 Years	Dominic	12/04/98
Douglas R	47 Years		Unknown
Don D	In Memoriam		09/19/82

HAPPY BIRTHDAY
for a total of **228 YEARS**
of Sobriety
and for total contributions
of **\$345.00!**
If you would like to participate, please use the birthday forms at your meetings or at Central Office.



January 2006

Sun Mon Tue Wed Thu Fri Sat

1	2	3	4	5	6	Secretary Workshop
8	9	10	11	12	13	PI 14 Training
15	16	17	18	19	20	21
22	23	H&I Meeting 24	25	26	27	28
29	30	31				

UPCOMING EVENTS

MORE INFORMATION ON THESE EVENTS IS AVAILABLE
AT CENTRAL OFFICE

- Feb 9-12 42nd International AA Women's Conference,
Minneapolis, MN Info: iaawc2006@yahoo.com
- Feb 23-26 34th ACYPA (Young People in AA) Conference,
Santa Clara, CA Info: www.acypaaxxiv.org
- Mar 10-12 59th Annual NCCAA Spring Conference, San Ramon, CA
Info: www.ncc-aa.org
- Mar 31— 35th Annual H&I Conference, Visalia, CA
Apr 2 Info: handiconference06@sbcglobal.net
- Apr 21-23 All Ireland Conference, Cork, Ireland
Info: silverspringsinfo@moranshotel.com
- May 18-21 1st Annual Sober Over Sixty Conference, Kailua-Kona, HI
Info: marianb@hawaii.rr.com
- July 21-23 Palo Alto Fellowship's Annual Retreat
Info: bobwray@aol.com

SPEAKER MEETINGS

Weekender Speaker Meeting

Sundays at 6 p.m.

Good Shepherd Lutheran Church
1735 Hecker Pass Road, Gilroy

Grapevine Speakers Meeting

Fridays at 8 p.m.

Presbyterian Church
San Tomas & Homestead, Santa Clara

Second Tradition Group of AA

Saturdays at 8 p.m.

790 Coe Avenue (Willow Glen) SJ

Saturday Night Speakers—8 p.m.

Alano Club of San Jose
1122 Fair Avenue, 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

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.
Profit & Loss
December 2005

	<u>Dec 05</u>	<u>Dec 04</u>	<u>Jan - Dec 05</u>
Ordinary Income/Expense			
Income			
3030 · Contributions-General	8,828.94	9,612.05	117,344.41
4999 · Uncategorized Income	0.00	0.00	3.50
8010 · Literature Sales	7,070.04	6,349.83	75,213.03
8060 · Newsletter Subscriptions	37.00	5.00	192.00
Total Income	<u>15,935.98</u>	<u>15,966.88</u>	<u>192,752.94</u>
Cost of Goods Sold			
5000 · Cost of Goods Sold			
5100 · Cost of Inventory Sold (Excl. Mtg. Dir. after 6/1/06)	4,530.97	5,749.87	50,641.47
5000 · Cost of Goods Sold - Other	0.00	0.00	-45.32
Total 5000 · Cost of Goods Sold	<u>4,530.97</u>	<u>5,749.87</u>	<u>50,596.15</u>
9010 · Literature Purchases	0.00	0.00	993.68
9040 · Literature Inv Adjustment	0.00	0.00	142.93
Total COGS	<u>4,530.97</u>	<u>5,749.87</u>	<u>51,732.76</u>
Gross Profit	11,405.01	10,217.01	141,020.18
Expense			
Suspense	0.00	1,042.11	0.00
6010 · Alarm Service	0.00	0.00	672.00
6030 · Accounting and Legal Fee	92.88	0.00	7,560.75
6060 · Amortization of Improvements	3.25	3.25	13.00
6120 · Computer Expenses	0.00	0.00	-564.20
6140 · Conferences - Office Manager	0.00	0.00	713.93
6150 · Unity Day Expense	0.00	0.00	540.00
6160 · Copier Expense	265.96	1,000.00	867.29
6190 · Depreciation Expense	473.00	396.00	1,730.00
6220 · Insurance - Worker Compensation	729.50	827.50	1,316.31
6230 · Insurance - General Liability	388.75	354.25	2,108.77
6245 · Internet Access Charges	19.95	30.00	239.40
6280 · Miscellaneous Expense	0.00	0.00	0.00
6330 · Office Expense	716.04	370.72	3,528.16
6350 · Office Furnishings - Expense	0.00	146.12	835.44
6370 · Office Paper Supply	0.00	0.00	2,097.83
6380 · Payroll Taxes	609.89	527.41	6,275.23
6410 · Postage	154.28	259.39	1,657.32
6480 · Rent	2,153.90	2,090.55	25,783.45
6510 · Repairs & Maintenance	0.00	13.04	142.75
6540 · Salaries - Office	7,513.57	5,956.94	69,844.74
6600 · Signing Services	200.00	200.00	2,470.00
7010 · Taxes and Licenses	0.00	0.00	35.00
7050 · Telephone	404.27	344.63	4,143.94
7060 · Travel	0.00	0.00	498.63
9080 · Sales Tax (Sales tax paid on purchases)	0.00	0.00	-0.35
9090 · Loss on Asset Disposal	32.45	0.00	32.45
Total Expense	<u>13,757.69</u>	<u>13,561.91</u>	<u>132,541.84</u>
Net Ordinary Income	-2,352.68	-3,344.90	8,478.34
Other Income/Expense			
Other Income			
8030 · Interest Income	178.71	207.79	1,915.39
Total Other Income	<u>178.71</u>	<u>207.79</u>	<u>1,915.39</u>
Net Other Income	178.71	207.79	1,915.39
Net Income	<u><u>-2,173.97</u></u>	<u><u>-3,137.11</u></u>	<u><u>10,393.73</u></u>

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Balance Sheet

As of December 31, 2005

	<u>Dec 31, 05</u>
ASSETS	
Current Assets	
Checking/Savings	
1010 · Petty Cash	225.00
1035 · Bank of America (Bank account)	6,592.24
1036 · Bank of America CD 5247 (10 mo CD @ 4.16%, 01/17/07)	12,078.67
1038 · Bank of America CD 5716 (9 mo flex CD 2.33%, 10/21/05)	19,049.52
1039 · Bank of America CD 5717 (12 mo. CD @ 3.73%, 1/23/07)	14,363.22
1040 · Bank of America CD 5718 (8 mo. CD @ 4.79%, 9/24/07)	14,376.81
1041 · Bank of America CD 5931 (18 mo. CD @ 3.39%, 2/28/07)	14,163.47
Total Checking/Savings	<u>80,848.93</u>
Accounts Receivable	
1110 · Accounts Rec - Group Deposits	-761.59
Total Accounts Receivable	<u>-761.59</u>
Other Current Assets	
1250 · Literature Inventory	20,831.11
1310 · Prepaid Insurance	330.75
Total Other Current Assets	<u>21,161.86</u>
Total Current Assets	101,249.20
Fixed Assets	
1630 · Office Equipment	15,364.00
1640 · Office Furnishings - Asset	2,197.84
1641 · Less Accumulated Depreciation	-13,615.00
1680 · Leasehold Improvements	300.00
1681 · Less Accumulated Amortization	-121.00
Total Fixed Assets	<u>4,125.84</u>
Other Assets	
1860 · Deposits	1,993.85
Total Other Assets	<u>1,993.85</u>
TOTAL ASSETS	<u><u>107,368.89</u></u>
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
2240 · Sales Tax Payable (Sales Tax Payable)	1,197.25
Total Other Current Liabilities	<u>1,197.25</u>
Total Current Liabilities	<u>1,197.25</u>
Total Liabilities	1,197.25
Equity	
2740 · Unrestricted Funds	95,777.91
Net Income	10,393.73
Total Equity	<u>106,171.64</u>
TOTAL LIABILITIES & EQUITY	<u><u>107,368.89</u></u>

