



Putting Gratitude Into Action

The premium that AA members put on gratitude led to the custom of designating November as “gratitude month.” (In Canada, it’s October.)

This practice started in the 1940’s, when the General Service Board held small “gratitude dinners,” which were replaced in the 1960s by bigger and more elaborate “gratitude luncheons.” These affairs, which Bill W. would address, were occasions for AA members to express their appreciation for the program. Most important, it was AA’s opportunity to meet with members of the media to thank them for their sympathetic coverage.

Why November became Gratitude Month in the U.S. is uncertain. It may have something to do with Bill W’s mistaken notion for a time that his sobriety began in November, instead of its actual start date of December 11. Or, it might be that Thanksgiving is in November.

Some groups will hold Traditions meetings in November to remind themselves of the rich heritage of AA. Others conduct topic meetings on the various aspects of gratitude, such as “gratitude is not passive” or “giving it away.” During the year, many members of the fellowship send a gratitude gift of one or two dollars for each year of sobriety on their anniversaries to their local Intergroup or to the General Service Office.

Of course, individual AA members express gratitude for their sobriety in quiet ways throughout the year. Showing up early to set up a meeting or taking a meeting into a detox are ways of demonstrating gratitude for a life-saving program of recovery. The AA member who takes a call in the middle of the night from an alcoholic who needs to talk is expressing thanks for Alcoholics Anonymous.

GSO files contain correspondence from AA members who have written for no other reason than to talk about why they are grateful for AA.

Michael M., in Sparks, Nevada, says in one letter: “The program of AA has given me the hope and sanity that alcohol had taken from me so many years ago.”

Enclosed in a letter from Bob H of Neudorf, Saskatchewan, is a quote from Austin R, an alcoholic priest in recovery, who said, “the one imperative to happy, permanent, effective sobriety for any AA member is the

simple virtue of gratitude.”

As Bill W wrote in a letter in 1959, “If you carry the message to others, you will be making the best possible repayment for the help given you.”

Box 459, Vol. 53, No.5, October-November 2007

Gratitude



The topic of my first AA meeting was Gratitude. I wondered if I would ever be a grateful woman and what I could be grateful for. Under the guidance of a kind sponsor I found a loving God.

Slowly, one day at a time, I learned that I was grateful for the healing power of the Twelve Steps; for the renewed respect of my family; for the joy of the companionship of sober friends; for the peace of a sober life and the serenity of passing on the message.

I thank God for AA and the new life it has given me.

Nancy S. Los Gatos

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Gratitude



A THANKSGIVING STORY

Thanksgiving 1996, I had thought my entire family (my 2 sons and their families and my husband and my self) would go over to Nevada and have the holiday dinner with my sister and her family. When I called her to thank her for having us all over, I said, "I don't know if you intended to invite such a big crowd when you invited me". She said she was happy to have us but then said, "You remember, we are going to have Thanksgiving dinner on Friday instead of Thursday so my kids can drive up from Los Angeles". "Oh no", I said, "I don't know if that will work", because my oldest son and his wife only got 2 days off for the holiday and 1 of those would be a travel day. So as it turned out, we then had to revise our plans and have my family here at my house after all. I was mildly disappointed as I had been looking forward to the entire "clan" being together for the first time in many years

Then Thanksgiving day, I called my sister early in the morning to share stuffing recipes and in that conversation, she said she was fixing her turkey too. "Why are you doing your turkey now?" I asked, "You're not eating until tomorrow". "No", she said, "We decided to celebrate today after all and my kids drove up yesterday". I didn't say anything on the phone but after I got off, I was disappointed and angry and heard myself thinking, "We could have had the entire holiday at her house after all!" "Why didn't she call me when she changed the plans?" and, "I'm pissed!" I tried to let go of it but as I continued on preparing my meal, I kept going back to my anger and disappointment that the day wasn't going as I would have planned. Then a phrase from the Big Book came into my head; "Nothing, absolutely nothing, happens in God's world by mistake". At that moment, I said to myself, "I need to keep my eyes open; it will become clear to me at some point why I am spending my Thanksgiving here in California instead of going to Nevada". This thought would come to me again every time I would feel a little miffed at my sister for her change in plans. As the day

wore on, I looked around the dinner table when my family was gathered for the dinner and thought to myself, "this must be why we didn't go to Nevada, so that we could share this holiday intimately with each other instead of with a big crowd". But then, the next day, I had arranged to meet with my ex-sister-in-law, Donna, who happened to be in California. This sister-in-law and I had not seen each other for 20 years since a painful divorce between her brother and myself. I had been in my disease at that time and hurt her with my behavior. I had thought that her side of the family wouldn't want to have anything to do with me. Five years ago, she had reestablished contact with me through Christmas cards and we had spoken once on the phone, but I knew there was much unfinished business between us. Knowing she was in the Bay Area, I thought this was an excellent opportunity for us to visit and for her to see her nephews who were here at my house for Thanksgiving.

So Friday after Thanksgiving, we all met at a restaurant near the airport where my son and his wife would be departing. The meeting went wonderfully; I had an opportunity to share with her what had been going on for me 20 years ago and why I had felt too embarrassed to contact her. It was an amends to her and she received it and me with love. Then I thought; "Now I really know why I didn't go to Nevada over this holiday. It was so I could make this amends and repair this relationship". I felt so much joy at the healing that can take place when I face my damaged relationships and take responsibility for my behavior. I told her, "It feels like I've gotten a part of my family back again", and she agreed with me. We had a wonderful afternoon and after we all departed, I was so thankful that I had not stayed in my anger and disappointment but had remembered what the Program has taught me about "nothing happening by mistake". I shared this story in the following week at meetings about how I had kept my eyes open for the miracle of being in God's will. I had thought that this was all to this story, but two weeks later, I got a phone call from Donna. She said how much she had enjoyed the day together and again we both said how we felt we had regained a very important relationship that had been lost.

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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.

Gratitude

Then she said, "Did you notice how when you greeted me and said, 'Donna, you haven't changed at all in these years', that I didn't answer back with a similar comment?" "Yes", I said, "but I just thought that I probably do look different now." She said, "I wasn't able to answer you with the truth then, because I couldn't tell you the truth with all the kids there". She said, "On the way home from our visit, my daughter said, 'How beautiful Aunt Sharon looks'." Donna then said, "Your face just glowed and I knew what it was--I know you are in the Program and it was serenity I was seeing, and I knew I wanted what you have". I was just stunned by what she had said and then there was more. She asked me, "Did you know I have a drinking problem?" "No", I said. "Did you know I've been in treatment a couple of times?" Again I said, "No". She then proceeded to tell me how she had struggled with the idea that she was an alcoholic and could never drink again, "I just want to be normal", she said. She said she had not been drinking on that trip because her daughter knew she had a drinking problem and would be concerned if she saw her drinking, but upon her return to her home state she had "treated herself" and gotten drunk again. But, she said, "I saw on that day how much you have changed and how much peace you have and I want to get that for myself". We talked some more and will continue talking as she is going back to AA meetings in the town in which she lives, but as we talked, I was just filled with the joy of one alcoholic talking to another and knew in my heart that *this* was the reason that I had been meant to be in California for Thanksgiving. The miracle for me was that I had kept my eyes open for God's purpose for me instead of staying angry and spiteful when the plans didn't go the way I wanted them to! And I also realized that I am always carrying the message even when I am not aware of it. I often tell people that I sponsor, "You may be the only copy of the Big Book that someone will see"; that as a recovering member of Alcoholics Anonymous, my behavior must reflect the principles of the 12 Steps so that others can see that this program works. I thank God for AA and I thank AA for my God.

Sharon L., San Jose

AN ALCOHOLIC AND A TEACHER

Being an alcoholic and a teacher, when asked to write a few paragraphs on gratitude, I went first to the dictionary: "the quality of being thankful; readiness to show appreciation for and return kindness". I wanted to get it "right", to impress, and then I realized that all I need to do is share my experience, strength, and hope, and for that I am grateful.

Early in my sobriety the concept of gratitude was foreign and intangible. I was just hanging on trying to get through the day without drinking. After a bit, when positive things occurred in my life, I felt grateful and was able to thank God. It's easy for me to be grateful when things are going my way. As I've grown in AA so has my understanding of gratitude. For me, gratitude is my way of expressing my faith and thanks to God. I don't always feel grateful, and used to think there was something wrong with me and/or my program. One day I heard a woman share that for her, gratitude was an action; the commitment to look for the good in everything. That was something I could do.



Expressing gratitude enhances my spiritual growth. It reminds me and shows others who is working in my recovery. It keeps me from starting to believe I'm doing this all myself and that I'm in charge. Gratitude keeps me focused on what I do have in my life instead of being afraid I'll lose something I think is mine or not get something I think I deserve. For me, gratitude is one of my anchors to God, it keeps me from drifting too far and helps me keep things the right size.

Corvus M, Los Gatos



From an AA friend Down Under:



I was talking to the guy in the office across the hall this morning. He said he was at a Doctor's office a while ago and saw this filthy glass on the window sill. When he asked, the Doctor said "Oh, that? That was my last drink..." Noel said he couldn't understand why the doctor kept it. I said "Oh, I do... If you've stared down the barrel of death and it missed, you keep the bullet..."

Gratitude

ANOTHER GRATEFUL ALCOHOLIC

“I’m a grateful alcoholic!” I heard that all the time when I first came into the rooms of Alcoholics Anonymous, and each time I did, I wondered, “What does that *mean?*” I had no idea what it meant to be a grateful alcoholic.

I’d recently been saved from an existence of restlessness and discontent. I was never satisfied or good enough – nothing was. My expectations were never met and things were never as they should have been.

I was one of those alcoholics who didn’t get here until I’d exhausted every other option. Even after I’d found the rooms, I spent the next couple of years in shocked horror at my circumstances; still lying to everyone, including myself, and still trying to hide the alcohol on my breath. I was far from grateful.

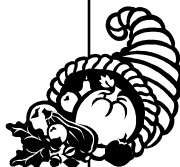
I was desperate, afraid and angry when I got here and very confused by those proclaiming to be “grateful alcoholics.” I kept coming back, though, and listening to the appreciation and indebtedness others felt and slowly I, too, started counting my blessings. Gratitude is not what I was feeling when I got here, but I feel it now.

I’m even grateful for all the pain I experienced – and it took me a lot of pain to get here – because that’s what allows me to fully appreciate the different perspective I have today. Back then, the proverbial glass was always half empty, and, of course, I lived in fear of running out! Worse still, there was never enough! Today, *my cup runneth over!* I focus on the half of the glass that’s full. It’s all positive these days. There is an upside to everything – every single thing.

It’s a miracle that I am alive, sober and living a life filled with love. I am *so* grateful to be *so* blessed! Sobriety is such a gift! I appreciate and value it, and I thank God for it everyday. Living clean and sober is not normal for me; it did not come naturally. So, each day that I spend sober, I am living in a state of grace. It’s only by the grace of God that I am sober.

I’ve been blessed with an elevated sense of awareness of how precious life is. I’ve been blessed with a family I love and I’m able to be there for them - to be *present*. They’re precious to me - and I’m only one drink away from losing them. So everyday that I don’t drink is a good day. And I’m thankful.

The beauty of living life with an attitude of gratitude is that it makes it really difficult to feel anything negative. It’s impossible to be resentful and grateful at the same time.



I was blessed with the gift of sobriety and all the wondrous possibilities that come with it. My life is full of love and laughter. The promises do come true. Today, I know what it means to be a grateful alcoholic – and that’s exactly what I am.

Lisa G, Los Gatos

I’M NEVER GOING TO HAVE FUN AGAIN

“I’m Never Going to Have Fun Again” was my thinking when I first came to AA. How will I ever be able to get through the day without a drink?

I was exchanging email one day and my friend was telling me about her great upcoming weekend and said, “We absolutely insist on enjoying life”. I thought, that’s a cool attitude to have. Of course, as I continued to read the Big Book, I came across it and thought to myself, oh, “that’s an AA thing, cool”!

I went on a road trip to the Pacific Northwest and what a freedom not to have the whole trip be centered on alcohol. I was able to wake up the next morning and enjoy the day and activities that were planned and not be hating life from a nasty hangover. When I was drinking, I put a lot of work into planning my drinking. First getting to the hotel so I could drink then going to dinner and drinking more then getting back to the hotel and drinking more and finally managing the hangover, the next day hating life.

I am also doing things I have wanted to do for a long time. I recently went on a cruise to Alaska. I was excited to hear that they had AA meetings. I went to three of them and no one showed up. I realized what I really wanted was an AA buddy so I could judge the active alcoholics – those with the 9:30am sun glasses, a Bloody Mary and a hangover!

I have been taught that if I am going to be around alcohol, to bone up on my AA meetings before hand, take an AA buddy with me if possible, to always have a non-alcoholic drink in my hand, do not accept drinks from someone and don’t stay long. This has worked well for me.

Sobriety has been a gift one-day-at-a-time. I have a new zest for life and sense of adventure that has been asleep within for so long. Today, I can travel, attend social functions, concerts and get through the day without a drink. Getting reacquainted with hobbies and acquiring new ones has been wonderful and is a great way to re-channel energy.

Enjoy Life Absolutely!!

Paula S., Sunnyvale

STEPPING OUT IN SOBRIETY



I walk along the hiking trail, watching the play of light and shadow, noticing the manzanita on one side and the coyote bush on the other. I think, "Thank you God that I didn't die back there, and I'm alive today to see all this." "Back there," of course, is the end of my drinking when I was suicidal and was getting very serious about killing myself every time I got drunk. I went to AA, even though I wasn't an alcoholic, to get six months without drinking together so I could get my life in order. That was 35 1/2 years ago.

So, you see, my pleasure in hiking is heavily seasoned with gratitude. I've always loved to walk and when I was working, I used to walk often on my lunch hour and on weekends. I first started hiking with a group that used a bus to get to the hiking trails. After a couple of years of being bused to the hikes, I decided to join another group that carools back and forth to the hiking trails. This was somewhat difficult for me because I had to ask a driver if I could ride with them. So when I first joined, I had to get myself together and hope I'd always get a ride. And, of course, I always did. Hikers, in general, are some of the nicest people in the world! I usually pay the driver but some of the drivers won't even take the money. I've been with this group now for 3 1/2 years, and I've gotten to know everyone pretty well. I like the carpool hikes better than the bus hikes because we can go to a lot more place than the bus hikes can as our guide always had to plan hikes where there was enough room for the bus to be parked. I also get a chance to meet more people carpooling because on the bus, I'm limited to the person who's sharing the seat with me. Whereas, riding (and then hiking) with different people gives me a chance to get to know a lot more people.

And in the time I've been hiking, I have seen such beauty! I've been to Point Lobos and Point Reyes, Fort Ord, Santa Cruz, Half Moon Bay, Henry Coe Park, Pacifica, the Santa Cruz range and the Hamilton range and many other places within driving distance of the Santa Clara Valley. I've hiked to a ridge where I could see the Pacific Ocean on one side and San Francisco Bay on the other. Now if that isn't something to crow about, I don't know what is. We've hiked in rain, fog, cold, and heat. I've hauled this reluctant carcass of

mine up and down slopes I was sure I couldn't do - but I did! Something about being sober and hanging on for just a little bit longer. Something about staying in the present moment and concentrating on doing what I have to do right then and there.

There's so many times at the end of a hike when I think I can't go any further, but I do, and the joy I feel when we finish that one more time I did it.. Then at the end of the hike a good many of the group will all meet for lunch at some local restaurant. We're a noisy group, and we kid around a lot. Some will order wine with their meal; I don't care - I know what one little glass of wine would do to me, and I enjoy myself every bit as much as they do. I really enjoy being with the other hikers. They're, for the most part, a talkative, active bunch of people, and I find that as I put myself out to them, they respond to me.

Hugh, one of our best hikers, celebrated his 80th birthday last week. I hope that if I live to be 80 years old, I too will still be trucking along those trails!

Julia M, Campbell

AA Thought for the Day

A Thankful Heart

I try hard to hold fast to the truth
that a full and thankful heart
cannot entertain great conceits.
When brimming with gratitude,
one's heartbeat must surely result in outgoing
love,
the finest emotion that we can ever know.

Reprinted from *As Bill Sees It*, Page 37,

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ARCHIVES

In 1937 Bill W. went back to Wall Street for a time but was not successful due to the depression. Bill went west to Detroit and Cleveland but with no success in either place. He then went to visit Dr. Bob in Akron. On a November day in 1937 Bill and Dr. Bob sat in Bob's living room counting noses of recoveries. "A hard core of very grim, last-gasp cases had by then been sober a couple of years." (page 76 AA comes of Age). They figured out that forty or more were staying completely sober. They realized that the program might one day circle the globe. "There would be no more flying totally blind. We actually wept for joy and Bob, Anne and I bowed our heads in silent thanks."

In San Jose, the first meeting of the Trinity group took place on Saturday night November 9, 1946 at Trinity Episcopal Church at second and St. John. A meeting is still there but the original meeting was started as an open meeting at which family members and friends of the alcoholic were able to attend and participate. It soon became quite popular and included potluck dinners and other social functions after the meeting.

In November of 1943 Bill and Lois W. were in the Bay Area on their first trip to the West Coast. They had Thanksgiving dinner with Dave and his wife in Palo Alto. They returned to Palo Alto to speak at an open meeting in the Community Center the following Tuesday. At that time the Palo Alto Group was affiliated with San Francisco.

In November of 1949 the Sunnyvale Family Group was started. The first three meetings were held in members homes until the group grew larger. It then moved to a building in downtown Sunnyvale at \$7 a month rent. On October of 1950 the group held a large first year celebration. At this celebration the secretary resigned since she and another member of the group planned to go to Mexico to divorce their respective spouses in order to get married to each other. They thought it would be best not to attend that meeting for a while until things cooled off. By 1955 the group moved to St. Thomas Church at 231 S. Sunset. The group was disbanded a few years ago.

ACTIVITIES COMMITTEE

COME IN FROM THE COLD
CELEBRATING THE HOME GROUP
SATURDAY, FEBRUARY 23, 1 p.m. to 4 p.m.
PRINCE OF PEACE LUTHERAN CHURCH,
SARATOGA

Hello to all our Santa Clara County Intergroup Home Groups! The Activities Committee is proud to announce the home groups that will be competing in our first

Intergroup Chili Cook-off:

Forged from Adversity, Sunnyvale
Freedom Fellowship, Mountain View



Living with Others, San Jose
Men's Single Problem Study Group, Campbell
Saturday Nite Live, San Jose
Women's A Vision for You, Campbell

We expect a "heated" competition. Forget about "principles over personality." This is about home group bragging rights, people! We will need **more home groups** who can participate in preparing salad and chili toppings, cornbread and desserts, coffee and beverages, set-up/ decorations, raffle. Please volunteer. Contact the committee through your Intergroup rep, or chosen group members. Contact Central Office, 408 374-8511, for chair Marilyn H. Don't be left out in the cold!



INSTEAD OF ASKING GOD TO CHANGE THE CIRCUMSTANCES IN YOUR LIFE, WHY DON'T YOU TRY ASKING GOD TO USE THE CIRCUMSTANCES IN YOUR LIFE TO CHANGE YOU.



Alcoholics
Anonymous ...
How may we help you?



Telephone Calls Received During September

Daytime at Central Office - 528
Daytime 12 Step Calls - 7
Evening and Weekend calls - 464

Evening 12 Step Call information is not available.

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

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!

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.

Lincoln Glen Church, 2700 Booksin Ave, San Jose

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

MEETING CHANGES

Deleted

Lifelong Friends, Tues, 6:30PM, Monterey Highway

Open AA, Wed., 7:15PM, St. Francis Episcopal Church, Pine and Newport

Dawn Patrol, Mon., 6:30AM, Alano Club of San Jose

Sober Times, Thurs, 8:15PM, St. Mary's Church, Los Gatos

Candlelight Group, Fri, 8:00PM, San Tomas Park, Campbell

Saturday Nite Live, Fri, 6:00AM, Bascom at Stokes

Practice These Principles (Moms and babies)

The Naked Truth, Los Gatos

Changed

Gay/Lesbian Big Book Discussion, Tues., 7:30PM, moved to St. Francis Episcopal Church, Whickam Rm., 1205 Pine, San Jose.

Sunday Early Evening, Sun., 7:00PM, moved to Bowers Park, 2582 Cabrillo, Santa Clara.

Living Sober, Sun., 10:30AM, moved to Kaiser Conference Center, 710 Lawrence Expressway, Santa Clara.

Gay Reflections on the Solution, Sun, 8:30AM, moved to Kaiser Conference Center, 710 Lawrence Expressway, Santa Clara.

Freethinkers of the Valley, Tues., 8:00PM, moved to Kaiser Conference Center, 710 Lawrence Expressway, Santa Clara.

Gay Men & Women Together, Fri., 8:00PM, has changed their name to Gay & Lesbian Steps & Traditions Study Group and moved to Holy Redeemer Lutheran Church, 1948 The Alameda, San Jose.

New

The Gal in the Glass, Sun, 10AM, Women, Mid-Peninsula Alano Club, 1155 Reed Ave.

Alano Club West, 1344 Dell, Campbell:

Monday, 7:30AM, Getting Started Group

Wednesday, 7:30AM, Morning Show

Thursday, 7:30AM, (name to be announced)

Friday, 7:30AM, Just Do It

Saturday, 7:30AM, (name to be announced)

Mine, Yours, Ours, Mon. 12:00 noon, Mid-Peninsula Alano Club, 1155 Reed Ave., Sunnyvale

Titanic Group, Sat., 10:00AM, (men's group), Alano Club of San Jose, 1122 Fair Ave., San Jose.

Skyland Group, Mon. 8PM, Skyland Church, 25100 Skyland Rd., Los Gatos

SCCYPAA Young at Heart, Tues., 8:00PM, Calvary Korean Baptist Church, Rm. D-112, 16330 Los Gatos Blvd., Los Gatos

IN MEMORIAUM

Phil H., Midday Women's Group, 22 Years

Birthdays Contributions

Name	Years	Gift From	Birthday
Laila M.	31	Mary Pat P.	9-3-76
Aby R.	18	Mary Pat P.	9-9-89
Vicky W.	32		10-3-75
Jeff G.	20	Mom	10-5-87
Fran H.	27	Rita M., Mary Pat P.	10-15-87
Neale S.	32	Dorinne R., Rita M., Mary Pat P.	10-16-75
Gordon R.	40		10-18-67
Dan P.	18	Rita M.	10-22-89
Jo C.	35	Mickey L., Nancy S., Dorrine R., Dorothy S.	10-25-72
Gwen	11	Pat C. and the Colonel	10-26-96
Molly B.	27	Rita M.	10-30-80
Rose W.	31	Pat C., and "anonymous"	10-31-76
Dan C.		Several gifts were received in memory of Dan who died with 59 yrs., 9 mos. sobriety . THANK YOU	10-4-47

HAPPY BIRTHDAY

For a total of **322**

YEARS OF SOBRIETY

If you would like to participate or honor a friend, please use

CONGRATULATIONS AND THANKS

The **"End of the Line Men's Group"** held its 2500th consecutive meeting on Tuesday, November 6. That's over 48 years of carrying the message.

Way to go, guys!

November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Secretary's Workshop, 10:00 AM, Central Office
4	5	6	7 Intergroup Meeting 8:00 PM	8	9	10 PI/CPC Workshop 10:00AM, Central Office
11	12	13	14 North County General Service	15	16	17 Archives Workshop 10:00AM, Central Office
18	19	20 South County General Service	21	22 Alcothon Alano Club of San Jose See below for details	23	24
25	26	27 H & I Meeting	28	29	30	

LOCAL EVENTS

THANKSGIVING ALCATHON

FAIR AVENUE FELLOWSHIP

Alano Club of San Jose

1122 Fair Avenue

Meetings begin at 8:00AM

Last meeting at 10:00PM

FREE Dinner 2:00—5:00PM

EVENTS AROUND CALIFORNIA

Nov. 16-18 Curry Village, Yosemite National Park: "Serenity in Yosemite", www.serenityyosemite.com

INTERNATIONAL EVENTS

Please check the GSO website at www.aa.org for a full listing of gatherings in the United States and around the world.



SANTA CLARA COUNTY INTERGROUP COUNCIL

MINUTES MONTHLY MEETING

November 7, 2007

- Bill, Intergroup Chairperson, opened the meeting at 8:00 pm, followed by a Moment of Silence, and the Serenity Prayer.
- Kelly read the short Definition of Intergroup.
- There were 47 voting representatives and 17 visitors in attendance.
- Julie Anna read the Twelve Traditions.
- Additions to the agenda:
 - Outreach committee chair 2008
 - December meeting potluck
- No corrections or additions to the pervious month's minutes.
- Intergroup Council Treasurer's Report: Chuck G.

Beginning Balance:	10/03/07	\$05.00	Prudent Reserve \$300.00
Contributions:	10/03/07	\$81.00	
Refreshments:	10/03/07	\$05.00	
Balance:	11/07/07	\$81.00	Prudent Reserve \$300.00
- Birthdays: Michael 14 yrs; Liz 3 yrs; Debra 3 yrs; Pat 6 yrs.
- Announcements:
 - Justin - SCCYPAA & EBYPAA: November 10th potluck 7pm, meeting 8pm, and talent show 9pm at the Lutheran Church of the Cross, 1744 University Ave, Berkeley; Call Cirilo O (925) 395-3935 or Jessica H. (707) 799-2014 for more information.

Peter – Cassy passed on. Services at St Justin's, Saturday November 11th at 11:00am

Reports

1. Intergroup Chair – Bill D.
 - No report
2. Central Service Board – Dave J.
 - No report
3. Central Office – Bruce K.
 - Oklahoma City, October 3rd-7th, Annual Manager's Conference: shared about workshops and gatherings attended. For more information, stop by Central Office.
 - Financially ok, ahead for the year, donations have slowed down last couple months.
 - Was asked to Secretary an inventory for CNCA in Watsonville, November 3rd.
 - Saturday, November 10, will make presentation on "Are we going to any lengths" at San Francisco Unity Day.
4. PI/CPC – Darcy A.
 - Meetings held 6pm-7pm at St. Timothy's, Grant Rd, Mtn. View. Everyone welcome!
 - Speaker Workshops held at Central Office 10am – 11am on November 10.
 - Continued involvement in DUI classes; District 40- 5 Spanish meetings; Involved in Day of the Dead at Unity Church, Health Day in Saratoga November 3, Continuation school November 13.
 - Always in need of Big Books
 - CPC – focus on Bar Association and judges involvement, having private lunch with judges; nurses at Evergreen College; Psychology department at SJSU.
 - Need a new recording secretary
5. Twelfth Step Committee
 - Daytime – Bruce K. daytime shifts covered but always looking for subs/alternates.

- Nights and Weekends – Maxine: 3 open shifts available, contact Maxine or Central Office for times.
6. Outreach Committee – Sally D.
 - Volunteers needed, one-year sobriety prerequisite.
 - 614 meetings; 264 visited; 29 found not to exist.
 - Committee meeting: 6:15pm at Central Office 1st Wednesday of each month.
 7. Newsletter – No report
 8. Activities Committee – Rina
 - Chili Cook-off – “Celebrating the Home Group”
February 23rd, 1pm to 4pm, Prince of Peace Lutheran Church, Saratoga
Still in need of groups to help in clean up; \$10 suggested donation at door; each group being funded \$50 to make chili; raffle included; sign-ups at Central Office.
 9. Other Service Committee Reports
 - Unity Day – Inactive until March 2008
Northern California Council of Alcoholics Anonymous – No report.
 - Hospitals & Institutions – Paul C.
 - All facilities are looking for volunteers; Juvenile Hall in need of 16 volunteers.
 - Contact H&I chair Robert or attend monthly H&I meeting if interested in doing service
 - Bridging the Gap – Bill M.
 - Making presentations at Gaviln College and NCCAA conference
 - Pre-release program presentations at VA hospital in couple weeks
 - In need of volunteers to make presentations, contact Bill M.
 - North County – Jeanne H.
 - Biannual inventory meeting in November
 - Meeting held second Wednesday of every month
 - Bid is being placed for San Jose or San Francisco to host the 2020 International convention
 - South County – Erica C.
 - Inventory will be held at the November meeting

UNFINISHED BUSINESS – None

NEW BUSINESS –

- Newsletter Editor: Bill D appointed Bernadette P. as editor for 2008. Appointment was confirmed by Intergroup
- Outreach Committee: Bill D. appointed Lee Campbell as chair for 2008. Appointment was confirmed by Intergroup
- December Potluck: 6:30pm, before Intergroup meeting at 8pm. Maxine and Peter in charge of food sign-ups.

OPEN FORUM –

- Discussion: How to help people that call on a regular basis.

With no further business, the meeting was adjourned at 9:02 pm.

Respectfully submitted,

Kathy H.

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.
Profit & Loss
October 2007

	<u>Oct 07</u>	<u>Oct 06</u>	<u>Jan - Oct 07</u>
Ordinary Income/Expense			
Income			
3030 · Contributions-General	8,757.98	11,374.66	107,373.51
8010 · Literature Sales	4,496.01	4,798.04	49,964.30
8020 · Meeting Guide Sales	1,283.50	635.00	11,236.20
8060 · Newsletter Subscriptions	45.00	45.00	205.00
Total Income	<u>14,582.49</u>	<u>16,852.70</u>	<u>168,779.01</u>
Cost of Goods Sold			
5000 · Cost of Goods Sold			
5100 · Cost of Inventory Sold	3,308.75	2,285.23	34,077.62
5150 · Cost of Meeting Directories	336.61	1,958.91	3,791.25
5000 · Cost of Goods Sold - Other	0.00	0.00	0.00
Total 5000 · Cost of Goods Sold	<u>3,645.36</u>	<u>4,244.14</u>	<u>37,868.87</u>
Total COGS	<u>3,645.36</u>	<u>4,244.14</u>	<u>37,868.87</u>
Gross Profit	10,937.13	12,608.56	130,910.14
Expense			
6010 · Alarm Service	177.00	177.00	708.00
6030 · Accounting and Legal Fee	431.52	572.76	3,794.24
6060 · Amortization of Improvements	0.00	0.00	9.75
6070 · Bank Credit card charges (Credit card costs and fees)	115.61	69.77	928.19
6120 · Computer Expenses	0.00	125.00	1,298.66
6140 · Conferences - Office Manager	421.42	299.80	893.79
6150 · Unity Day Expense	0.00	0.00	650.00
6160 · Copier Expense	158.87	260.17	1,249.57
6190 · Depreciation Expense	0.00	0.00	4,089.75
6200 · Diverter Expense	0.00	249.98	0.00
6220 · Insurance - Worker Compensation	0.00	0.00	511.10
6230 · Insurance - General Liability	132.00	132.00	1,250.66
6240 · Employee HRA Plan	708.37	549.70	7,514.14
6245 · Internet Access Charges	19.95	39.90	199.50
6330 · Office Expense	157.72	172.37	2,995.36
6350 · Office Furnishings - Expense	0.00	162.36	0.00
6360 · Archives (Archives)	0.00	0.00	-98.21
6370 · Office Paper Supply	0.00	235.50	0.00
6380 · Payroll Taxes	519.07	572.17	5,282.86
6410 · Postage	73.59	148.20	2,092.72
6480 · Rent	2,280.60	2,342.25	22,742.65
6510 · Repairs & Maintenance	65.00	0.00	65.00
6540 · Salaries - Office	6,623.07	6,310.25	63,149.40
6600 · Signing Services	200.00	400.00	1,850.00
7010 · Taxes and Licenses	0.00	0.00	130.00
7050 · Telephone	286.01	301.12	3,060.62
7060 · Travel	0.00	0.00	34.42
9080 · Sales Tax (Sales tax paid on purchases)	0.21	0.00	0.24
Total Expense	<u>12,370.01</u>	<u>13,120.30</u>	<u>124,402.41</u>
Net Ordinary Income	-1,432.88	-511.74	6,507.73
Other Income/Expense			
Other Income			
8030 · Interest Income	278.55	191.63	2,619.42
8050 · Activities Committee	0.00	0.00	1,109.49
Total Other Income	<u>278.55</u>	<u>191.63</u>	<u>3,728.91</u>
Net Other Income	<u>278.55</u>	<u>191.63</u>	<u>3,728.91</u>
Net Income	<u><u>-1,154.33</u></u>	<u><u>-320.11</u></u>	<u><u>10,236.64</u></u>

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.
Balance Sheet Prev Year Comparison
As of October 31, 2007

	<u>Oct 31, 07</u>	<u>Oct 31, 06</u>	<u>\$ Change</u>
ASSETS			
Current Assets			
Checking/Savings			
1010 · Petty Cash	225.00	225.00	0.00
1035 · Bank of America (Bank account)	4,905.82	5,845.68	-939.86
1036 · Bank of America CD 5247 (10 mo CD @ 4.16%, 01/17/07)	0.00	12,461.13	-12,461.13
1039 · Bank of America CD 5717 (12 mo. CD @ 3.73%, 1/23/07)	0.00	14,807.31	-14,807.31
1040 · Bank of America CD 5718 (4 mo. CD @ 4.88%, 1/24/08)	31,079.26 *	14,822.21	16,257.05
1041 · Bank of America CD 5931 (11 mo. CD @ 4.26%, 1/28/08)	15,160.00 *	14,569.05	590.95
1042 · Capital Preservation Fund (Treas. fund currently @ 4.45%)	29,072.43 *	3,218.82	25,853.61
Total Checking/Savings	<u>80,442.51</u>	<u>65,949.20</u>	<u>14,493.31</u>
Accounts Receivable			
1110 · Accounts Rec - Group Deposits	-1,188.02	-671.93	-516.09
Total Accounts Receivable	<u>-1,188.02</u>	<u>-671.93</u>	<u>-516.09</u>
Other Current Assets			
1250 · Literature Inventory	16,823.69	16,644.29	179.40
1310 · Prepaid Insurance	891.50	832.91	58.59
Total Other Current Assets	<u>17,715.19</u>	<u>17,477.20</u>	<u>237.99</u>
Total Current Assets	<u>96,969.68</u>	<u>82,754.47</u>	<u>14,215.21</u>
Fixed Assets			
1630 · Office Equipment	38,150.80	38,150.80	0.00
1640 · Office Furnishings - Asset	2,197.84	2,197.84	0.00
1641 · Less Accumulated Depreciation	-20,943.75	-16,034.50	-4,909.25
1680 · Leasehold Improvements	300.00	300.00	0.00
1681 · Less Accumulated Amortization	-143.75	-130.75	-13.00
Total Fixed Assets	<u>19,561.14</u>	<u>24,483.39</u>	<u>-4,922.25</u>
Other Assets			
1860 · Deposits	1,993.85	1,993.85	0.00
Total Other Assets	<u>1,993.85</u>	<u>1,993.85</u>	<u>0.00</u>
TOTAL ASSETS	<u><u>118,524.67</u></u>	<u><u>109,231.71</u></u>	<u><u>9,292.96</u></u>
LIABILITIES & EQUITY			
Liabilities			
Current Liabilities			
Other Current Liabilities			
2240 · Sales Tax Payable (Sales Tax Payable)	464.49	392.54	71.95
Total Other Current Liabilities	<u>464.49</u>	<u>392.54</u>	<u>71.95</u>
Total Current Liabilities	<u>464.49</u>	<u>392.54</u>	<u>71.95</u>
Total Liabilities	<u>464.49</u>	<u>392.54</u>	<u>71.95</u>
Equity			
2740 · Temporarily Restricted Funds	19,561.14	95,777.91	-76,216.77
3900 · Unrestricted Funds	88,262.40	10,393.73	77,868.67
Net Income	<u>10,236.64</u>	<u>2,667.53</u>	<u>7,569.11</u>
Total Equity	<u>118,060.18</u>	<u>108,839.17</u>	<u>9,221.01</u>
TOTAL LIABILITIES & EQUITY	<u><u>118,524.67</u></u>	<u><u>109,231.71</u></u>	<u><u>9,292.96</u></u>

<p>* Our Prudent Reserve Accounts total: \$75,311.69 This represents 6 months of operating expenses, which is the Board established goal. Thank you.</p>
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1:32 PM
11/06/07
Accrual Basis

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

October 2007

	Oct 07	Jan - Oct 07		Oct 07	Jan - Oct 07
1 INV Freedom Fellowship 70940	70.00	770.00	East Valley Group 322 (Fri.)	0.00	425.00
1 INV Fremont & Hollenbeck Group 70907	196.00	2,064.18	Eastside Step Study 45 (Sun.)	0.00	105.00
1 INV Fremont & Manet Group 70975	0.00	525.00	El Camino Group 108 (Tues.)	84.63	256.78
1 INV R and B Group 70972	112.31	1,634.85	Eleventh Step Group 167 (Wed.)	280.00	420.00
1 INV Saturday Nite Live Group 70905	140.00	3,248.50	Eleventh Step Meditation Mtg 276 (Thur.)	140.00	255.50
1 INV Spiritual Progress Group 70904	0.00	700.00	Evergreen Group 884 (Thur.)	0.00	210.00
12 Steps & HOW (Women) 25 (Tues.)	0.00	70.00	Fireside Big Book Study 809 (Tues.)	0.00	53.31
12 Steps at Noon 303 (Fri.)	80.00	370.55	Fireside Group 297 (Fri.)	0.00	36.92
A Vision for You Women's 802 (Tues.)	0.00	80.97	Fireside Men's Book Study (Thur.)	0.00	51.67
A.B.C. Women's Group 58 (Mon.)	97.00	307.00	Freethinkers of the Valley 29 (Tues.)	0.00	210.00
AA Literature Discussion Grp 700 (Tues.)	0.00	105.50	G Agnews Noon Meetings 70921	560.00	2,240.00
Almaden Valley Discussion 30 (Sun.)	0.00	41.31	G Forged From Adversity Group 70957	0.00	482.50
As Bill Sees It 6.00P 518 (Mon.)	280.00	1,005.00	G Gilroy Groups 70906	0.00	616.00
Attitude Adjustment SJ 258 (Fri.)	0.00	443.00	G Milpitas We Care Group 70934	0.00	420.00
Attitude Adjustment SJ 861 (Thur.)	0.00	888.80	G Seeking Guidance Group 70976	0.00	3,020.00
Attitude Adjustment SJ 886 (Tues.)	116.62	727.46	G South County Fellowship 70954	175.00	1,768.00
Attitude Adjustment SJ 198 (Wed.)	0.00	690.34	G Sunrise Group of Palo Alto 70963	0.00	485.00
Attitude Adjustment SJ 321 (Mon.)	180.60	782.60	G Sunrisers Group/Carrows 70932	624.52	4,745.94
Attitude Adjustment SJ 446 (Sun.)	0.00	260.00	G Third Tradition Women's Grp(The 70979	0.00	1,652.00
Attitude Adjustment SJ 443 (Sat.)	135.00	729.74	G Winchester Fellowship 70960	75.00	628.44
B.F.E. Book Study (residence) 837 (Wed.)	0.00	400.00	Gathered Together for Sobriety 43 (Sun.)	0.00	234.92
Basic 12 & 12 00662 (Mon.)	210.00	373.53	Gay & Lesbian Sober Experience 896 (Mon.)	0.00	280.00
Basic Big Book 710 (Thur.)	0.00	100.00	Gay & Lesbian Step & Tradition G 221(Fr	0.00	171.50
Basic Big Book Cupertino (Fri.)	0.00	28.00	Gay Alcoholics Living/Sobriety 742 (Wed.)	0.00	301.00
Bedmakers Group (Men) 812 (Thur.)	0.00	88.00	Gay Men's Freedom 262 (Thur.)	0.00	1,054.59
Berryessa Group 527 (Wed.)	0.00	420.00	Get Up and Go SC (Women) 187 (Sat.	0.00	698.65
Better Way of Living 197 (Wed.)	0.00	385.00	Get Well Group 17 (Sun.)	0.00	351.40
Big Book & Doughnuts (Men) 106 (Tues.)	0.00	180.00	Grace Group of AA PA 352 (Sat.)	0.00	925.00
Big Book Discussion Group LA 107 (Tues.)	0.00	110.00	Grateful Live Group 535 (Mon.)	0.00	854.00
Big Book Study 8.00P Cupt 284 (Fri.)	0.00	100.00	Gratitude Group SJ 339 (Sat.)	0.00	156.00
Big Book Study Group SJ 503 (Sat.)	0.00	100.00	Happy Destiny (Women) 109 (Tues.)	319.20	969.93
Big Book Study Mlpts 8.00P 347 (Sat.)	0.00	200.00	Happy Hour Campbl 652 (Fri.)	0.00	200.00
Birthday Contribution 00951	476.00	4,122.00	High Hope SJ 239 (Sat.)	137.90	523.80
California Ave. Supper Group 715 (Thur.)	0.00	948.90	Higher Power Hr Big Book Topic 871(Thur.)	0.00	1,120.00
Cambrian Saturday Night 376 (Sat.)	0.00	1,564.00	HOW Group 71 (Mon.)	0.00	560.00
Candlelight Meeting SC 380 (Sat.)	0.00	180.00	Humbly Asked 8.00A 87 (Sun.)	0.00	486.50
Caring & Sharing 148 (Tues.)	50.00	148.00	In the Basement 545 (Sun.)	44.00	209.98
Chip Winners Group 168 (Wed.)	0.00	442.40	In the Chapel 13 (Fri.)	0.00	78.38
Courage to Change 145 (Wed.)	0.00	546.09	In the Solution 647 (Sat.)	0.00	559.00
Daily Reflections 432 (Thur.)	0.00	98.00	Intergroup Council 80909	0.00	74.00
Design for Living 200 (Tues.)	0.00	322.00	Invaders Group 44 (Sun.)	0.00	300.00
Down to Earth Group 563 (Tues.)	0.00	175.17	Joy of Living 464 PA (Wed.)	0.00	288.57
Downtown Steppers (Men) 392 (Mon.)	0.00	130.90	Joy of Living Meeting 92 (Mon.)	0.00	494.54
Dr. Bob's Nightmare 360 (Sun.)	0.00	455.00	Just For Today 238 PA (Thur.)	68.31	458.93
Early Bird 129 (Tues.)	0.00	140.76	Ladies Amethyst AA Study Group 749 (Wed.)	0.00	268.75
Early Bird 244 (Thur.)	0.00	62.00	Lesbians Living the Promises 349 (Fri.)	0.00	140.00
Early Bird 429 (Sun.)	0.00	36.89	Liquor Was But A Symptom 203 (Thur.)	63.00	147.00
Early Monday Night 68 (Mon.)	0.00	1,084.32	Live and Let Live 24 (Sun.)	0.00	200.00
Early Spiritual Progress 7 (Sun.)	0.00	175.00	Living in the Solution (W) MH 33 (Sat.)	0.00	63.00
Early Tuesday Group 119 (Tues.)	0.00	493.46	Living Sober 21 10-30A (Sun.)	0.00	260.55
Easier Way Group 290 (Fri.)	0.00	1,394.68	Living with Others 319 (Fri.)	0.00	174.10

