FOCUS: Controlling One’s Temper (Eliminating Road Rage)

I take one road regularly to a meeting. At one intersection, there are three lanes at the stop light, and on the opposite side of the cross street the three lanes merge to two. I’m always in the correct lane. Someone invariably gets into the lane that has to immediately merge, which causes me to immediately speed up and set them right.

One night I was driving to a meeting. This joker was in the merge lane. When the signal changed, we both sped up – the other person won and merged in front of me. I was furious! I sped up and finally got in front of him. (Take that!) I was making my way to the meeting; right turn here, left turn there. This person was going the same route. Another left turn. Oh no, he’s right behind me. Straight shot down a busy street. Behind me again! I turn into the meeting parking lot – so does he! Now I’m getting nervous. What if I “road raged” with exactly the wrong person this time!

I can envision the headlines – “Person shot in church parking lot.” I get out of my car, trying nonchalantly to be invisible. He parks and gets out of his car. Oh no, this is it! It turns out to be someone I know, simply going to the same meeting.

Then, I got this God Shot. The realization came to me, why am I so nervous? Now what should I do? Now I’m getting nervous. Oh no, this is it! It turns out to be someone I know, simply going to the same meeting.

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Then, I got this God Shot. The realization came to me, why am I so nervous? Now what should I do? Now I’m getting nervous. Oh no, this is it! It turns out to be someone I know, simply going to the same meeting.
I have been blessed to attend many AA conferences in Yosemite National Park. “Serenity in Yosemite” is an annual event held the weekend before Thanksgiving weekend. Amazing blessings await attendees, from the first timers to the recurring attendees.

The biggest blessing is the weather, and more specifically the light. It seems that every year the valley has a different feel to it. One year it can be dry and feel like a warm sunny autumn day, and the next year there could be snow on the ground and a chill in the year. The fireplace at Curry Village is always going to help you warm up. Though the weather and light changes from year to year, one thing is constant and that is the sheer beauty of Yosemite Valley.

The beauty of Yosemite Valley coupled with the AA conference make the weekend pretty spiritual. Hearing the speakers and attending the marathon meetings bring a natural high unto itself, and then walking outside and viewing the natural beauty is an over the top spiritual experience.

Another nice blessing is seeing the regular attendees. The conference seems to attract a lot of people who enjoy the weekend getaway. In addition to a lot of people from Northern California, the conference also attracts folks as far away as Southern California.

Lastly, the biggest blessing for me is taking pictures while at the conference. Photography is something I discovered on this journey of sobriety and I tell people that my photography is a gift from God. Yosemite Valley is a photographer's
paradise and what makes taking pictures unique during the conference weekend is that I always feel like I am in the zone.

If you haven't taken an AA road trip, then I would encourage you to make this trek at least once. Gather up the newcomer and friends and make the trip. The camaraderie is fun and you will never know what awaits you at the conference in Yosemite National Park.

Kent G

Serenity in Yosemite Park continued from previous page

Controlling My Temper

I once had a situation at work where for months I was working alongside an apprentice in my trade whom I resented. This guy was arrogant and acted as though he was better than everyone. I had gossiped to other men in our company about him, hoping to find others who felt the same, in order to justify my own ill feelings. I would have loved to see this guy fall right on his face and not even help him up afterwards. I spent time out of my day resenting him, to the point that when he walked into the room I would want to walk out.

One day after work I decided I was tired of drowning in my resentment. You know what I did? I did the opposite of what came natural -- and that was to make amends. I bought donuts for our crew the next day. Later on I was sitting with this guy whom I despised and said to him that I thought he was a good apprentice and would make a great electrician. Tom, who was sitting next to me when I said this, was one whom I had gossiped to about this fellow.

Suddenly this resentment that had governed my days and nights was wiped away instantly. I no longer walked around hating that man; I was free of any resentment towards him. I could focus on work and other things because my time was not filled with anger. This was not my own thinking. I believe it was divine intervention: the program working in my life.

Tim I.
Controlling One’s Temper continued from page 1

willing (and able) to be such a jerk on the road with people I don’t know, and feel so embarrassed when it’s someone I do know. I really got it this time -- it seems to be emotional pain that teaches me the most lasting lessons. This experience absolutely changed my behavior on the road. Am I perfect? Of course not – I still have my moments. But I am much more kind and considerate on the road; I give myself enough time to get where I’m going or chill out when I’m late. I remember that when I am disturbed (even by those who don’t follow the rules of the road) it has to do with something about me. And, most amazing of all, driving is relatively stress-free when I stay in the moment and simply mind my own business.

Anonymous

Letting Go

Leaving a meeting on Wednesday, my friends and I walked to the pedestrian crossing, modeling good citizenship. As we walked some jerk tooted her horn at us. I jumped toward the car screaming, “What the F8@# is your problem?” The driver turned out to be a neighbor, friend, sister in sobriety, who smiled broadly at us and waved. I felt like a fool and then I wanted to kill her. When we reached the other side of the street I had to stop and allow my blood pressure to normalize. My primary response to loud noises, scares or conflict expresses itself as anger. A good friend glanced at me exclaiming, “Your ability to respond with anger to almost any situation amazes me.”

I’ve discovered coping mechanisms for dealing with my intense anger. Bursting into tears and running from the room where the conflict occurred numbered among my most frequently used, yet least successful techniques. A few years later I began using very unacceptable language. Although these helped take the emotional pressure away, they were neither useful, mature nor satisfying, effective ways of dealing with my rage.

After years of sitting in Twelve Step rooms, (“...sometimes quickly, sometimes slowly...”), I discovered that my anger grounds itself in my unfathomable fear. I suspect this fear stems from my alcoholic home and my church where expectations, judgment, criticism, sarcasm and teasing were the features of the conversation, the more biting and belittling the better. Everyone — Mom, Dad, siblings, clergy — wanted to participate in the “fun.”

Such an environment spawns recognizable character defects: perfectionism, sense of entitlelment, low frustration level, impatience, need to look good, need to control, low self esteem and an awesome startle response.

Over the years, my experience has been, “…that God could and would, if God were sought…” My 11th Step meditation has slowed me down, allowing me to gain some insight. As we say, “God either is or God isn’t.” Why am I so resistant to allowing my Higher Power to deal with my anger?

I value and attempt to remember the Fourth Step Reflection on our yellow prayer card, “This is a sick [person.] How can I be helpful to [them]? God, save me from being angry. Thy Will be done.” P. 67 Big Book.

I also use the Resentment Prayer a lot. Today I have life “…beyond my wildest dreams…” I no longer need to do everything perfectly. I worked with kids last week and they kept score of the mistakes I made as we completed our tasks. To their delight, my mistakes were legion. This has become all right with me, because today, I have a measure of self-esteem. I know I’m one of God’s kids, loved infinitely by this God I don’t understand, and loved by my friends in ‘the rooms’. I don’t need to have so much control today; there is Some Being, not me, who does know about the big picture and I believe today this Higher Power does have ‘skills’ and is not ‘out to lunch.’

For me today, anger is likened to drinking poison and expecting the other person, the driver who cut me off, the bank teller who doesn’t understand, my co-worker, or spouse to die. Today I prefer to spend my time loving and laughing, taking care of myself and allowing the Higher Power to be in charge of all my affairs.

Anonymous.
Controlling My Anger

I used to get so mad about things. I felt like I knew what was best and what was right, and that everything should go according to my plan. I was NOT good with spontaneity. I was not good with changes to the plan. I remember my husband, three little kids, and I were flying home to the Midwest for Christmas. Our flight was late getting into Saint Louis due to weather, so we missed the connecting flight. I had a fit, right there at the ticket counter, with people watching, including my small children. I had very unrealistic expectations, but I didn't realize it at the time. I did not treat the airline representative well at all. Couldn't wait to get to the hotel (it was a long van ride on a cold night) to get a drink.

It's embarrassing to think about it now. I was so selfish. Instead of being grateful for having more time with my kids, and being able to get into a hotel (not everyone did that night) where we could sleep in warm beds, I had to let everyone know how displeased I was.

I can say that after two years in AA, I am learning a much better way of dealing with difficult situations, and dealing with my feelings. Working the Twelve Steps has given me a much clearer insight into why I behaved and thought certain ways. It has helped me see my part in things, and to see how I can work on my behaviors and attitudes that block me off from “the sunlight of the Spirit.” I am learning to let go of my need to control and have faith that things are going to be okay. What a relief that is—to know that I don't have to be in charge! And knowing that a lot of things don't really matter in the big picture.

You can be right. We can do things your way. As long as I can let you know where I stand and keep that inner serenity, I have a better chance of being calm and can just let things happen.

I try my best each day to live by the principles of our program: honesty, patience, tolerance, kindness, generosity, humility. I talk to my Higher Power each morning and most nights. It helps me to focus on these principles and to ask for guidance and courage. Through working the steps I have come to understand myself much better, and to be aware of my ideas, emotions, and attitudes so that I do not react rashly to a situation. I try to take a moment before I speak or react. “Restraint of pen and tongue” as mentioned in the Tenth Step section of the Twelve and Twelve. Some days are better than others. I have lots of work to do on myself and on improving my relationships with others, but I know that the women of AA are here with me, and will guide and support and teach me. My sponsor knows me well, and I have learned to open up to her so she can help me. My sponsees help me learn as I am sharing my experience with them. It is an amazing thing we've got! I never want to lose it, so I am willing to keep working at my sobriety, and enjoying any time I can get that is anger-free.

Lisa W

Controlling Anger

Controlling anger has so many meanings for me. When I first began recovery, my thought was if I just stop yelling it would be fixed. “Do not show anger” is what I believed “those people” were saying. As it turned out, the changes I was trying to make were just the tip of my true anger. So now what? My sponsor walked me through the steps and that is where I found out the whys. What triggers anger for me is wanting to be right. I know, and by the way, everyone needs to know, that I'm right. I would carry the banner letting everyone know of the injustices done to me or some else. When I am in this mode, I am not in the present. I am thinking of how to win and that really takes me into the future. It is exhausting, teeth get clenched, and I lose the truth along the way. I want to be superior and that turns out to be the bottom line for me. The anger becomes ugly!

So I was taught about altering my attitude, not just one, but all of them—one at a time. I must first recognize what I’m doing. Gossip and manipulation were the most traveled avenues for me. If it looks like fear and sounds like fear, it is fear - Oh My God - what a revelation.

Today when I feel the anger surfacing, I have to look at what is the truth. My disease is lying to me. I think an injustice has been done to me. Never is it my first thought to look for the solution. Taking a deep breath and remembering the principles of the program is a good starting place. I do not want my recovery looking as though I’m out of control. So there’s a truth!

Now, how do I make that happen? I have a sponsor, I have friends in AA, I have a reasonable thinking husband and daughter; they are all part of my support structure that allows me to work through the anger. If I am willing to talk about it, I have to be willing to listen to the advice that I seek. Jotting these issues down and dropping them into my “GOD
Editor’s Bag

May – May Day, Maytree, Queen of the May, dancing the maypole, spring festival, the Merry Month of May, Lily of the Valley flowers, and emeralds -- green, green, green. (“It's green they say, on the far side of the hill…”) My favorite time of year, birthday month.

The topic this month is Controlling Your Temper. What's different -- now that you're sober -- about how you handle your anger? I remember pouring a beer in someone's lap when I was mad at something he said to me in a Wyoming bar, and I am lucky to be alive. My brother dragged me out of that place just before the guy was ready to pop me one, and said, “Control yourself, Fran!” But I was “spitting mad” and I was going to “show him a thing or two!” I sure did, boy. My justifiable resentment was no more than a one-upmanship trick, supposedly to show him that – what? I'm really cool? I think not. In the greater scheme of things, I definitely had a lot to learn. Drinking was my way to up the ante in the resentment department... HUGE resentments created from miniscule mouse droppings...

And with my spouting off I was just displaying my stupidity. Now when I watch television shows with militaristic scenarios between people, it’s never the guy who's punching another who is ONE UP – it’s the guy who stares down the opponent and coolly disarms him without laying a hand on him. The negotiator is the winner. Why have a Lose-Lose situation between opponents? How about a Win-Win? It's the cool calm collected one who wins. That’s who I want to be – Ms. Cool, not Scrooge McDuck.

Keep those cards & letters (via email) coming, everyone – I love hearing from you, and we need your stories. This is YOUR newsletter. If I write all the stories, you'll all be asleep. Zzzzzzzz.....

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Topics Upcoming:

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COIN Production — Editor: Fran D.; Layout & Design: Brian M.; Photography: Fran D., Richard U., Kent G., Brian M.

HELP WANTED: If you would like to write of your experiences with life ... join COIN staff and help in finding people to write of their experiences or possibly flex your own creative juices and receive writing assignments, then become part of ... please contact the COIN editor at odaatcoin@yahoo.com and volunteer - today.
Controlling My Anger

Powerless Over Anger

Before I quit drinking — you remember before — when I got angry, and decided not to lash out and hit somebody, that was when I was most likely to drink AT my anger and whoever had “caused” my temper to flare up.... Then whooomph.... I’d be drunk – beginning not to care – usually working myself into a numbed state of inebriation, where I had been known to just pass out!

During my perhaps less-drunken moments, I was most likely to simply forget what I was mad about and just say, “f---it.” The next day would usually bring some latent, under-my-breath ranting and thrashing, always to no avail, except to make me look foolish to others. And as usual, anger and a bad temper were not a pretty part of me.

Then I got sober... been sober more than 22 years, worked the steps, had a sponsor, I “…practice these principals in all my affairs…” But anger is one of those reactions that seemed to stay, even bubbling to the surface quite quickly, with me.

So today I am one of those individuals that needs to constantly “work my steps” on those issues that provoke anger and an uncontrollable temper within me.

Today I find it necessary to talk with another alcoholic about stuff that “seems” to set me off on an amendable tirade.

For example. I am forever going to F--- Electronics to get yet one more item that I (usually) need to complete a project, only to find not exactly what I wanted, but perhaps something that might work.; so I buy it for some affordable price. When I get home I discover that not only will it not work, but I had something all along that would have worked satisfactorily.

Now it’s time to make that ultimate decision of whether I’m going to return what I bought or just throw it into the box in my closet, that box which contains items that I may need at some point in the future… which is undoubtedly where I found the item to use this time. Mind you, it only cost $14.99, and to take it back will surely “cost” me at least 3 hours of my time... my priorities?! ... probably saving those precious minutes. And all of this will probably send me into a tirade that may cause me to “throw” some caustic words in the direction of my loved one, words I will surely regret in the not too distant future. I will ultimately end up talking out my frustrations with my sponsor or just another alcoholic, followed by making my amends to my significant-other. And everything will resolve itself ... when I practice what I have been taught in the rooms of A.A.

This kind of control issue, whether it involves me having to share highway space with another person, standing in line at the grocery store, or looking for that specific book in the book store, will almost always bring me to my knees with regard to my unmanageability and serenity. But anger is what can bring me down … if I let it. That is to say, my powerlessness over my anger was, is and (probably) always will be my major nemesis. And I do have the (combined) power to “save myself” by using all of the “tools” I have been given in Alcoholics Anonymous.

Bottom line ...Just because I’m sober doesn’t mean I’m all peaceful and calm inside, a picture of mental health. I need to stay centered and calm in the midst of this storm we call life. And the most effective way for me to do that is to “… practice these principles in all my affairs.”

Brian M

Friday Night Grapevine Speaker Meeting

May 11: Kenneth L. (San Jose)
May 18: Susan B. (San Jose)
May 25: Howard H. (Sunnyvale)
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.

Please join us at the

**Saturday Nite Live Group’s Annual Sponsorship Workshop**

This is a four-part workshop that will use the chapter, “Working with Others” as a guide for members to share their experience, strength, and hope regarding the topic of sponsorship. Our aim is to solve common problems by finding common solutions using our basic text as a reference for carrying the message to those still suffering from alcoholism.

The Workshops will be held at The Saturday Nite Live Group of Alcoholics Anonymous, located at 1388 Bascom Ave. San Jose, CA (at Stokes). Meeting time is **5-6pm** on the dates listed below along with the pages we will be reviewing.

- January 15 ... 5pm-6pm ............................................................... Pages 89-93
- March 18 ... 5pm-6pm ............................................................... Pages 93-97
- May 20 ... 5pm-6pm ............................................................... Pages 97-101
- July 15 ... 5pm-6pm ............................................................... Pages 101-103
1. There is a book in the Archives in New York that is said to have belonged to Bill W. entitled “The Common Sense of Drinking” by Richard Peabody. “Halfway measures are of no avail,” Peabody wrote in discussing what the alcoholic must do to recover. “The surrender to the fact that alcohol can no longer be indulged in without bringing disastrous results is of such importance that it requires extremely thoughtful consideration” (p. 74). Peabody deplored the “going-on-the-wagon” point of view as only a stopgap measure. Peabody affirmed that frankness and honesty were a first principle of mental hygiene. The idea of complete surrender being a necessity also was espoused by Peabody. These ideas became the bedrock for Bill W. and the early members of A.A. The important thing that they added was the twelve steps of recovery which enabled the drunks to clean up their lives and change their thinking. 

2. In April the General Service Conference in New York takes place each year. Our Area delegate went to this gathering after hearing our group conscience on many of the items which were discussed at the Conference. Bernard B. Smith, nonalcoholic chair of the Board of Trustees opened the 1954 Conference with the following comments, “We may not need a General Service Conference to ensure our own recovery. We do need it to ensure the recovery of the alcoholic who still stumbles in the darkness one short block from this room. We need it to ensure the recovery of a child being born, tonight, destined for alcoholism. We need it to provide, in keeping with our Twelfth Step, a permanent haven for all alcoholics who, in the ages ahead, can find in A.A. that rebirth which brought us back to life. We need it because we, more than all others, are conscious of the devastating effect of the human urge for power and prestige which we must insure can never invade A.A. 

“We need it to insure A.A. against government while insulation it against anarchy; we need it to protect A.A. against disintegration, while preventing over-integration. We need it so that Alcoholics Anonymous and Alcoholics Anonymous alone, is the ultimate depository of it’s Twelve Steps, it’s Twelve Traditions and all of it’s services. We need it to insure that changes within A.A. come only as a response to the needs and wants of all of A.A. and not of any few. 

“We need it to insure that the doors of the halls of A.A. never have locks on them so that all people for all time that have an alcoholic problem may enter these halls unasked, and feel welcome. We need it to insure that Alcoholics Anonymous never ask of anyone who needs us what his or her race is, what his or her creed is, what his or her economic or social position is.”

ARCHIVES CORNER

SATURDAY NITE LIVE
2012 Event Calendar

MAY: Saturday, May 12, Times TBA
Anniversary Picnic, Vasona Park-Lakeview Area

JUNE: Saturday, June 16, 3:30 - 5:30PM
Ice Cream Sundaes/Float Social

JULY: Saturday, July 21, 9:30PM - 12:30AM
Sock Hop (50’s Nite)

AUGUST: Times and Date TBA
SNL Thank you Picnic

OCTOBER: Saturday, October 20, 9:30PM - 12:30AM
Halloween Dance/Costume Party

DECEMBER: Monday, December 31, Times TBA
New Year’s Eve Talent/No Talent Show
May 2012

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<td>SCCYPAA BUSINESS MEETING 6:30pm</td>
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<td>SECRETARY'S WORKSHOP 10am, Central Office ARCHIVES WORK DAY 11:15am, Central Office</td>
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<td>SOUTH COUNTY GENERAL SERVICE MEETING 7:00pm</td>
<td>SCCYPAA BUSINESS MEETING 6:30pm</td>
<td></td>
<td></td>
<td>DIVERTER/12TH STEPPERS WORKSHOP 10am, Central Office</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
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<td>26</td>
</tr>
<tr>
<td></td>
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<td>BRIDGING THE GAP MEETING: 7:00pm 1980 E. Hamilton Ave., SJ</td>
<td>H &amp; I COMMITTEE 7:00pm</td>
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<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
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</tr>
</tbody>
</table>

LOCAL EVENTS

May 12  SNL's Annual Picnic, 11AM-4PM, Vasona Park, Lakeview Area, Los Gatos
May 12  CNCA 2012 Post Conference Assembly, Westlake Pacelli Event Center, 145 Lake Merced Blvd., Daly City
May 19  SCCYPAA Potluck with a meeting to follow, 8 pm, Masonic Hall, 131 E. Main St., Los Gatos
June 9   Early Bird Group of AA's 2nd Annual BBQ at Kelly Park, 10AM-4PM, 1300 Senter Rd., San Jose
June 16  Traditions Workshop, Gilroy Group of AA, 7511 Gourmet Ave., Gilroy

EVENTS AROUND CALIFORNIA

May 18-20  41st Annual Hospitals & Institutions Conference, Senior Citizens Hall, 2290 Benton Dr., Redding, 96003
June 22-24  22nd Annual June Lake Kampvention, 1278 N. Eastbury Ave., Covina. www.kampventionjunelake.org
June 2012

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

EVENTS AROUND THE COUNTRY AND GLOBE
May 11-13 1st Annual Coeur d’Alene Convention of AA, Coeur d’Alene Resort, Coeur d’Alene, ID. www.cdaconvention.org
May 17-20 28th Annual Tri-State Round-up, Riverside Resort Hotel & Casino, Laughlin, NV. www.tristate-roundup.com
May 31-Jun. 3 MauiFest VIII, Hawaii. www.mauifest.org
Telephone Calls Received
During April 2012

Daytime at Central Office......377
Daytime 12 Step Calls......8
(Evening 12 Step Call information is not available.)

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

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

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

SPEAKER MEETINGS

Grapevine Speakers Meeting
Fridays at 8 p.m.
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

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

24 Hour Concept: Thurs., 10:30AM, 3466 Grossmont Dr., Portable #1, San Jose.

New Beginnings Group: Tues., 7:00PM, Emergency Housing Consortium, 2011 Little Orchard, Veteran’s Center, San Jose.

No Chaser: Thurs., 7:00PM, Emergency Housing Consortium, 2011 Little Orchard, Veteran’s Center, San Jose.

I 2 & 12: Fri. 7:00PM, Emergency Housing Consortium, 2011 Little Orchard, Veteran’s Center, San Jose.

Came to Believe: Sun., 7:00PM, Emergency Housing Consortium, 2011 Little Orchard, Veteran’s Center, San Jose.

Women’s Candelight Big Book Discussion: Thurs., 6:00PM, Morgan Hill Community & Cultural Center, 17000 Monterey Rd., Morgan Hill.

Women’s Step Topics: Thurs., 6:00PM, First Congregational Church, 1980 Hamilton Ave., Room 8, San Jose.

Split the Difference: Sun. 7:30PM, Winchester Fellowship, Our Savior’s Lutheran Church, 1224 Winchester Blvd. (at Tulip Ave.), Santa Clara.

It Works It Really Does (Women’s Meeting): Mon. 10:30AM, Center for Training & Careers, 749 Story Road-Assembly Room, San Jose.

The Firing Line (Men’s Meeting): Mon. 8:00PM, Trinity Presbyterian Church, 3151 Union Ave., San Jose.

CHANGED

**Intergroup Council Meeting: 7:30PM, First Wed. of each month, Queen of Apostles School, 4950 Mitty Way, San Jose. Meeting location has moved to Trinity Presbyterian Church, 3151 Union Ave., San Jose (near Foxworthy Ave.).

**PI/CPC Committee Meeting: 6:00PM, First Wed. of each month, Queen of Apostles School, 4950 Mitty Way, San Jose. Meeting location has moved to Trinity Presbyterian Church, 3151 Union Ave., San Jose (near Foxworthy Ave.).

Men’s Underground Book Study: 7:00PM, Sun. Holy Spirit Episcopal Church, 41 W. Rincon Ave., Rincon Room, Campbell. Meeting is no longer a “closed, men’s” meeting and name has changed to “Underground Book Study”.

Caring and Sharing: 8:00PM, Tues., St. Christopher’s Church, 1576 Curtner Ave., San Jose. Location has moved to Pizza Jack’s, 1600 Monterey Hwy (in the back), San Jose.

New Beginning Group: Mon.-Thurs., 7:00AM, First Christian Church, 80 S. 5th St., San Jose. All meetings have changed their names to “Third Tradition”.

University Beginners: Wed. 5PM, University of Santa Clara, 500 El Comino Real, Bannan Hall Rm. 305, Santa Clara. Meeting time has changed from 5-6PM to 4:45-5:45PM.

LGBT Happy Destiny Group: Sat., 6:00PM, Conscious Living Center, 2400 Wyandotte St., Suite C, Mountain View.

Tuesday Noon Step Study: Tues., 12 noon, By the Book Group, St. Mark’s Church, 1957 Pruneridge Ave., Santa Clara. Meeting has moved to Chinese for Christ Church, 425 Williams Rd., Santa Clara.

The El Camino Group and Chip Winners Group: Tues. & Wed., respectively, 8:15PM, Immanuel Lutheran Church, 1715 Grant Rd., Los Altos. Both groups have decided to form a group and are now both part of the Grant Road Group. No change in location or time.

Fair Avenue Fellowship Announcement: Fair Avenue Fellowship, The Alano Club of San Jose, 1122 Fair Avenue, San Jose. All Monday-Saturday 6:00PM meetings have changed their name to “Back to Basics”. All Monday-Sunday 7:30PM meetings have changed their name to “The Seeker’s Group”.

Midday Women’s Group: Mon., 12 noon, St. Mark’s Church, 1957 Pruneridge Ave., Santa Clara. Time has changed to 1PM.

Friday Noon Big Book Study: Fri., 12 noon, By the Book Group, St. Mark’s Church, 1957 Pruneridge Ave., Santa Clara. Time has changed to 1PM.

A Second Chance at a First Class Life: Sun. 4:00PM, Cornerstone Fellowship Group: 1600 Dell Ave. (2nd floor), Campbell. Meeting is not a Closed Men’s meeting as previously stated. It is an Open meeting and all are welcome.

NO LONGER MEETING

12 Steps and HOW (Women’s): Tues., 12 noon, Almaden Hills United Methodist Church, 1200 Blossom Hill Rd., San Jose

Sunday Spirituality: Sun. 9:00AM, Oak Creek Apts.: 1824 Sand Hill Road, Bldg. F, Willow Room, Palo Alto.
Birthday Contributions

<table>
<thead>
<tr>
<th>BIRTHDAY CELEBRANT</th>
<th>YEARS</th>
<th>CONTRIBUTIONS</th>
<th>BIRTHDAY</th>
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<tbody>
<tr>
<td>Linda J.</td>
<td>10</td>
<td>Anonymous</td>
<td>04/08/2002</td>
</tr>
<tr>
<td>Juris S.</td>
<td>3</td>
<td>Anonymous</td>
<td>04/05/2009</td>
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<tr>
<td>Kate D.</td>
<td>6</td>
<td>Carol B.</td>
<td>05/01/2006</td>
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<tr>
<td>Chuck G.</td>
<td>30</td>
<td>Bruce K., Robby R.</td>
<td>04/17/1982</td>
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<tr>
<td>Paula D.-M.</td>
<td>27</td>
<td>Aileen B.</td>
<td>04/22/1985</td>
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<tr>
<td>Fran D.-U.</td>
<td>24</td>
<td>Aileen B.</td>
<td>04/17/1988</td>
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<td>Jerry H.</td>
<td>25</td>
<td>Jerry H.</td>
<td>04/10/1987</td>
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<td>Michele M.</td>
<td>28</td>
<td>Michele M.</td>
<td>03/01/1984</td>
</tr>
<tr>
<td>Peggy P.</td>
<td>41</td>
<td>Peggy P.</td>
<td>05/05/1971</td>
</tr>
<tr>
<td>Jerry H.</td>
<td>36</td>
<td>Peggy P.</td>
<td>05/05/1976</td>
</tr>
<tr>
<td>Bruce K.</td>
<td>29</td>
<td>Bruce K.</td>
<td>04/27/1983</td>
</tr>
</tbody>
</table>

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

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

PI/CPC Events for May

1. Provide literature for distribution to students:
   • Live Oak High School, May 7th 10 am to noon.
   • Fremont High School May 9th 11 am to 12:30
   • Santa Clara University May 22nd 9:55 am to 11:25 am

2. PACT (Parole Action Community Team) Meetings:
   Every Tuesday 10:00 a.m. to 11:30 a.m. at National Guard Armory near the Court House on Hedding Street, San Jose

In Memorium

George T., beloved member of Alcoholics Anonymous, passed away in April. He was well-loved by those who knew him and will be greatly missed.

Kathy G, Jr., of Modesto, CA (formerly San Jose) April 2012
Beloved wife of Pablo G, Jr. (formerly San Jose) and daughter of the late Margie H.

Dan H., long time member of Alcoholics Anonymous, passed away on April 25, leaving behind Mary Ann, his beloved wife and a long time member of Al Anon. He will be sorely missed by us all.
InterGroup Minutes: April 4, 2012

• Bill H., Intergroup Chairperson, opened the meeting at 7:30 PM, followed by a Moment of Silence and the serenity prayer.
• Joyce read the definition of Intergroup.
• Tomas read the 12 traditions.
• New Intergroup Reps:
  • Tony S, Cornerstone Fellowship
  • Nicole, Get Up & Go
  • Jillian, Las Gatos Saturday Morning
• Visitors: Mike, Kelly and Barbara
• Birthdays: Paige, 10 yrs., Varsha, 19 yrs., Michelle, 28 yrs., Tony, 1 yr.
• 7th tradition.
• Additions and corrections to the agenda:
  • Dave B. filling in for Jo Ann for CSB announcement.
• Additions and corrections to the minutes:
  • PI/CPC did not go to Daniel Laren Elementary School yet.
• 53 voting representatives in attendance.

REPORTS

Intergroup Chair, Bill H.
  • A month-to-month lease has been finalised with the church.
  • Leave it cleaner than we left it. Intergroup needs volunteers to clean the kitchen after each meeting.

Intergroup Treasurer Report, Laura
  • Took in $276.86 for the month of March ending on March 31st.
  • Prudent reserves of $300.

Central Service Board, Dave B. filling in for Jo Ann
  • The board met on 03/29/2012 at Central Office.
  • All bills are paid. Contributions for the month of February 2012 were up $3200 compared to February 2011.
  • Overall, the month of February was a $6,938.52 improvement over February 2011. This was due to increased contributions and net proceeds from the chili cook off.
  • At the time of the Board meeting, March contributions had already exceeded March 2011 by $4000 with 3 days remaining in the month.
  • March literature sales were down approximately $1400 and meeting guide sales are down by roughly $400 from March 2011. This is not out of the ordinary as these numbers ebb and flow.
  • Year to date, there has been a net income of $6,146.75, which leaves central office in a good place financially for the year of 2012. Prudent reserve is at 4.5 months of operation expenses. It had been at 3 months for roughly the last 2 years.
  • There has been no noticeable downward trend in book sales due to the release of e-books.

Central Office, Bruce
  • The “Big Book” and “Twelve and Twelve” e-books are available through the GSO website at www.aa.org. Another feature on the website is a daily reflection from the “Daily Reflections,” book.
  • The volunteer computer was replaced thanks to a special donation from a member. Central Office is now in good shape as far as computers go.
  • A CD in the amount of $15,000 was purchased on March 21st, which puts Central Office at about 4.5 months of reserve.
  • The annual rent increase occurred in March. It goes up each year at 5 cents per square foot and Central Office occupies 1,267 square feet of space. So the increase was $63.35 per month, mean rent is now $2,534.00 per month.
  • Central Office is getting a new front door. The old one is cracked and sits crookedly, leaking heat and air conditioning.
  • The schedule and registration materials for the annual Manager’s Seminar have come in; it’s scheduled for September 27th - 30th in Washington, D.C.
  • Cory loves pancakes. Bring them to her at Central Office for better service.
PI/CPC, Susan
- Attended a community member’s meeting at Daniel Laren Elementary; the meeting was mostly Spanish speaking.
  - A translator was brought in and attendees were asked how many of them live with a person that has a problem with alcohol.
  - Out of roughly 50 attendees, most of the hands went up. All of the literature that was brought was handed out.
  - The size of the group that requests outreach doesn’t matter as long as the message of AA is heard.
- Thinking of combining the PI and CPC chairs as most events are PI related.
  - The PI chair is responsible for running the business meetings and workshops and coordinating PI activities.
  - It is a 2 year commitment with a 2 year sobriety requirement and a working knowledge of the 12 steps and 12 traditions.
  - Previous experience a plus.
- Jim attends a lot of meetings and doesn’t see IG reps talking about PI/CPC or any literature at meetings.
- Need more young people for reaching out to schools.
- Should be stressed that PI/CPC is not in conflict with “attraction rather than promotion,” and sober alcoholics can attend events and participate without joining PI/CPC.

12 Step Committee, Sean
*No Report*

Daytime Coordinator, Mike M
- There were 379 calls last month with 6 requiring 12 step follow-ups. It was a fairly steady rate of calls throughout the month.
- Need someone to take on the Wednesday shift from 9 - 11:30 AM.
  - Position has a 2 year sobriety requirement and a working knowledge of the 12 steps and 12 traditions.

Nights & Weekends Diverter Coordinator, Steve S
- There have been some issues with shift workers not picking up over the last two months, especially during the 6 AM shift.
- Need more diverters for all shifts. Only a couple of people left with multiple shifts.
- Starting in June, the shift times will be standardized with uniformity as the goal.
  - Evening shifts will be from 10 PM - 6 AM.
- Workshops are held on the 3rd Saturday of each month at 10 AM at Central Office.
- There is a 1 year sobriety requirement for diverters and a 6 month sobriety requirement for 12 step work. Also, participants must reside in the county.

Outreach Committee, Mary Pat
- Currently passing around sheet to all IG members during IG meetings for members to fill in their names next to the meetings for which they are the IG representative. After all members have claimed a meeting, they will fill in their name next to a meeting that does not have a representative. That will be the meeting the reach out to.
- The purpose of the outreach committee is:
  - Educate groups on Intergroup.
  - Engage the participation of new groups in Intergroup.
  - Verify accuracy of group information in the meeting guide.
- To perform outreach, go to an AA meeting and:
  - Meet the members and secretary.
  - Greet the meeting.
  - Inform them about Intergroup.
  - Answer any questions.
  - Complete forms to update the meeting information. This should be done no matter what to make sure the meeting guide is always up to date.
- Make sure to get updated meeting info to Central Office.

COIN, Fran
- The topic for next month is anger. “What pushes your buttons, and what do you do in sobriety to handle it?”
- Please remember to promote the writing of stories for the COIN and announce the monthly topics at group level.
- If you have an idea for something to put in the COIN, for instance anagram puzzles, please contact the COIN staff.
- If you want a specific meeting to be featured in the COIN, talk with the staff. They can help write the story and take photos.
- On page 9, under Saturday Nite Live, the Tile Painting and Pizza Party is going to be on April 21st, not April 15th. Activities Chair (still vacant), Gloria
  - Gloria is currently initiating the new chair.
- The Founder’s Day Picnic is coming up in June and the flyers should be ready next month’s meeting and at Central Office.
  - Location has not been settled yet.
- Unity Day will be held on Sunday, August 19th at Milpitas Community Center.
  - Committee meets on 2nd Thursday of each month at Hick’ry Pit on Campbell Ave.
  - Will vote next month on a $750 towards the event from Intergroup.
- Pat G. put on a traditions workshop.
  - The event had around 120 attendees and brought in around $450.

Communications Committee, Carole R
No Report

OLD BUSINESS
- Gilroy Tradition Meeting had asked for $150 for a June 16th Tradtions Workshop followed by BBQ from 12-2.
  - Motion made and seconded with 45 ayes.

NEW BUSINESS
None

OTHER SERVICE COMMITTEE REPORTS
NCCAA
No Report

Hospitals and Institutions, Bret
- Covers the area from Santa Clara to Soledad.
- Brings 55 meetings to 25 institutions.
- 14 of 25 institutions are in need of volunteers.
- Lots of positions require clearances, so talk to Bret about specific openings.

Bridging the Gap, Julius
- Responsible for taking alcoholics getting out of institutions to their first meeting.
- Things are going well. Call Julius at 408-758-8290 if you would like to help.

North Country General Service, Cameron
- Went to Bellevue, WA for General Service conference.
- One new GSR representative next month.
- Jeff facilitated pre-conference discussion.

South Country General Service, Larry
- Busy gathering group consciences for GS meeting.
- Agenda Topics Workshop went really well, with around 80 people in attendance.
- Please don’t forget to support General Service Representatives as they gather group consciences on the agenda topics.

SCYPAA
No Report

OPEN FORUM
- Gay and Lesbian conference at the end of the month. See David for a flyer or for more information.
### Ordinary Income/Expense

**Income**
- **3030 · Contributions-General**
  - Apr 12: 15,856.28
  - Apr 11: 13,252.37
  - Jan - Apr 12: 57,247.71
- **8010 · Literature Sales**
  - Apr 12: 3,614.98
  - Apr 11: 5,361.65
  - Jan - Apr 12: 19,187.91
- **8020 · Meeting Guide Sales**
  - Apr 12: 558.50
  - Apr 11: 1,181.50
  - Jan - Apr 12: 3,132.00
- **8050 · Activities Committee**
  - Apr 12: 0.00
  - Apr 11: 4,602.25
  - Jan - Apr 12: 4,544.00
- **8060 · Newsletter Subscriptions**
  - Apr 12: 5.00
  - Apr 11: 20.00
  - Jan - Apr 12: 50.00

**Total Income**
- Apr 12: 20,034.76
- Apr 11: 24,417.77
- Jan - Apr 12: 84,161.62

**Cost of Goods Sold**
- **5000 · Cost of Goods Sold**
  - **5100 · Cost of Inventory Sold**
    - Apr 12: 2,489.31
    - Apr 11: 3,821.77
    - Jan - Apr 12: 13,635.74
  - **5150 · Cost of Meeting Directories**
    - Apr 12: 230.82
    - Apr 11: 532.52
    - Jan - Apr 12: 3,115.06

**Total 5000 · Cost of Goods Sold**
- Apr 12: 2,720.13
- Apr 11: 4,354.29
- Jan - Apr 12: 16,750.80

**Total COGS**
- Apr 12: 2,720.13
- Apr 11: 4,354.29
- Jan - Apr 12: 16,750.80

**Gross Profit**
- Apr 12: 17,314.63
- Apr 11: 20,063.48
- Jan - Apr 12: 67,410.82

**Expense**
- **6010 · Alarm Service**
  - Apr 12: 207.00
  - Apr 11: 207.00
  - Jan - Apr 12: 414.00
- **6015 · Activities Committee Expense**
  - Apr 12: 0.00
  - Apr 11: 1,065.00
  - Jan - Apr 12: 2,637.18
- **6030 · Accounting and Legal Fee**
  - Apr 12: 0.00
  - Apr 11: 1,065.00
  - Jan - Apr 12: 975.00
- **6070 · Bank Credit card charges (Credit card costs and fees)**
  - Apr 12: 94.73
  - Apr 11: 124.40
  - Jan - Apr 12: 331.06
- **6120 · Computer Expenses**
  - Apr 12: 54.24
  - Apr 11: 0.00
  - Jan - Apr 12: 54.24
- **6140 · Conferences - Office Manager**
  - Apr 12: 766.20
  - Apr 11: 0.00
  - Jan - Apr 12: 766.20
- **6160 · Copier Expense**
  - Apr 12: 86.94
  - Apr 11: 74.34
  - Jan - Apr 12: 419.58
- **6190 · Depreciation Expense**
  - Apr 12: 0.00
  - Apr 11: 0.00
  - Jan - Apr 12: 822.25
- **6230 · Insurance - General Liability**
  - Apr 12: 114.08
  - Apr 11: 162.83
  - Jan - Apr 12: 456.32
- **6240 · Employee HRA Plan**
  - Apr 12: 573.10
  - Apr 11: 879.30
  - Jan - Apr 12: 4,378.40
- **6245 · Internet Access Charges**
  - Apr 12: 30.71
  - Apr 11: 29.95
  - Jan - Apr 12: 121.60
- **6320 · Newsletter Expense**
  - Apr 12: 413.39
  - Apr 11: 0.00
  - Jan - Apr 12: 820.76
- **6330 · Office Expense**
  - Apr 12: 67.45
  - Apr 11: 74.34
  - Jan - Apr 12: 419.58
- **6370 · Office Paper Supply**
  - Apr 12: 0.00
  - Apr 11: 77.38
  - Jan - Apr 12: 720.76
- **6380 · Payroll Taxes**
  - Apr 12: 590.48
  - Apr 11: 680.66
  - Jan - Apr 12: 2,937.01
- **6410 · Postage**
  - Apr 12: 8.10
  - Apr 11: 13.08
  - Jan - Apr 12: 811.62
- **6480 · Rent**
  - Apr 12: 2,525.00
  - Apr 11: 2,590.65
  - Jan - Apr 12: 10,072.65
- **6540 · Salaries - Office**
  - Apr 12: 6,711.24
  - Apr 11: 7,632.32
  - Jan - Apr 12: 26,862.91
- **6560 · Payroll Expenses**
  - Apr 12: 79.99
  - Apr 11: 82.48
  - Jan - Apr 12: 372.74
- **6600 · Signing Services**
  - Apr 12: 200.00
  - Apr 11: 200.00
  - Jan - Apr 12: 600.00
- **7010 · Taxes and Licenses**
  - Apr 12: 60.00
  - Apr 11: 60.00
  - Jan - Apr 12: 60.00
- **7050 · Telephone**
  - Apr 12: 225.56
  - Apr 11: 345.38
  - Jan - Apr 12: 822.57
- **7060 · Travel**
  - Apr 12: 39.25
  - Apr 11: 0.00
  - Jan - Apr 12: 107.14
- **9080 · Sales Tax (Sales tax paid on purchases)**
  - Apr 12: 0.00
  - Apr 11: 0.00
  - Jan - Apr 12: -0.87

**Total Expense**
- Apr 12: 12,847.46
- Apr 11: 14,815.35
- Jan - Apr 12: 55,956.98

**Net Ordinary Income**
- Apr 12: 4,467.17
- Apr 11: 5,248.13
- Jan - Apr 12: 11,453.84

**Other Income/Expense**

**Other Income**
- **8030 · Interest Income**
  - Apr 12: 2.50
  - Apr 11: 0.36
  - Jan - Apr 12: 64.13

**Total Other Income**
- Apr 12: 2.50
- Apr 11: 0.36
- Jan - Apr 12: 64.13

**Net Other Income**
- Apr 12: 2.50
- Apr 11: 0.36
- Jan - Apr 12: 64.13

**Net Income**
- Apr 12: 4,469.67
- Apr 11: 5,248.49
- Jan - Apr 12: 11,517.97
## Balance Sheet
### As of April 30, 2012

**Assets**

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<tr>
<th>category</th>
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<th>amount</th>
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<td>Current Assets</td>
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<td>1010 · Petty Cash</td>
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<td>1020 · First Republic Bank (Checking account)</td>
<td>20,931.71</td>
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<td>1021 · First Republic Bank CD 0429 (12 Mo. CD @ .4%, 08/12/2012)</td>
<td>17,470.77 **</td>
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<td>1023 · First Republic Bank CD 3228 (12 Mos. CD @ .6%, 02/05/2013)</td>
<td>16,337.61 **</td>
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<td>1025 · First Republic Bank CD 7266 (12 Mos. CD @ .05%, 01/06/2013)</td>
<td>20,072.62 **</td>
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<td>1026 · First Republic Bank CD 7619 (15 Mos. CD @ .05%, 06/21/2013)</td>
<td>15,000.00 **</td>
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<td>Total Checking/Savings</td>
<td>89,968.14</td>
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<tr>
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<td>Accounts Receivable</td>
<td>-1,727.55</td>
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<tr>
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<td>1110 · Accounts Rec - Group Deposits</td>
<td>-1,727.55</td>
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<tr>
<td></td>
<td>Total Accounts Receivable</td>
<td>-1,727.55</td>
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<td>Other Current Assets</td>
<td>1250 · Literature Inventory</td>
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<td>1310 · Prepaid Insurance</td>
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<td>1499 · Undeposited Funds</td>
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**Liabilities & Equity**

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**Our Prudent Reserve Accounts total: $68,881.00**

This represents about 4.5 mos., or 75% of the Board established goal of 6 months of operating expenses.
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1 INV Fremont & Manet Group   70975  513.28
1 INV R and B Group   70972  221.10
1 INV Saturday Nite Live Group   70905  184.00
1 Inv Seeking Guidance Group   70976  196.70
1 INV Serenity First Fellowship  70902  295.00
1 INV South County Fellowship  70954  317.95
1 INV Spiritual Progress Group   70904  113.37
1 INV Winchester Fellowship   70960  97.76
12 Steps at Noon 303  ( Fri.)  156.00
A Vision for You Women's   802  (Tues.)  176.16
A.B.C. Women's Group  58  (Mon.)  350.00
Almaden Valley Discussion  30  (Sun.)  280.00
As Bill Sees It 6.00P   518  (Mon.)  170.00
Attitude Adjustment LG   608  (Thur.)  918.53
Attitude Adjustment SJ  43  (Sat.)  296.15
Berryessa Group  527  (Wed.)  140.00
Bill's Basement  384  (Fri.)  105.00
Birthday Contribution  00951  238.46
Boiled Owls (Men's)   816  (Wed)  206.50
Bowers Fellowship   46  (Sun.)  227.50
Cambrian Saturday Night (Chips)  376  (Sat)  55.12
Campus Group   234  (Thur.)  200.00
Character Defect Freedom   201  (Tues)  400.00
Chips and Dyps (Chips)   559  (Tues.)  178.50
Class of '81  3,718.36
District 40  150.00
Dr. Bob's Nightmare  360  (Sun.)  112.00
Early Bird SJ   244  (Thur.)  350.00
Early Spiritual Progress   7  (Sun.)  100.00
Early Tuesday Group   119  (Tues.)  50.05
Easier Way Group   290  (Fri.)  840.00
East Valley Group   322  (Fri.)  690.15
Eleventh Step Meditation Mtg   276  (Thur.)  411.50
End of the Line Men's Group   147  (Tues.)  409.97
Evergreen Group   884  (Thur.)  630.00
G Attitude Adjustment  374.84
G By the Book   70980  278.00
G Fair Avenue Fellowship   70901  455.00
G Gilroy Groups  70906  170.00
G Higher Power Hour   70952  70.00
G One Day at a Time   70903  100.00
G Remember We Deal With Alcohol   70938  83.30
G Sunrise Group of Palo Alto   70963  380.56
G Sunrisers Group/Carrovs   70932  369.20
G Third Tradition  251.40
G Third Tradition Women's Gp, The   70979  291.32
G We Care Group   70934  442.00
G West Valley Fellowship   70942  54.05
Gathered Together for Sobriety  43  (Sun.)  840.00
Gay & Lesbian AA Big Book Disc146  (Tues.)  322.00
Gay & Lesbian Sober Experience  896  (Mon.)  450.00
Gay Men's Freedom   262  (Thur.)  1,006.00
Get Up and Go (Women)   187  (Sat.)  100.00
Get Well Group  17  (Sun.)  761.04
Grace Group of AA   352  (Sat.)  150.00
H.O.W. Group   164  (Wed.)  225.00
Happy Destiny (Women)   109  (Tues.)  0.18
Happy, Joyous & Free   650  (Tues.)  462.75
High Hope (Men's)   239  (Sat.)  71.25
H.O.W Group   71  (Mon.)  268.75
Humbly Asked   87  (Sun.)  203.00
In the Solution 647  (Sat.)  98.00
Invaders Group   44  (Sun.)  57,247.71
Second Tradition Group of Alcoholics Anonymous
Saturday Night 8PM Speaker Meeting

Lincoln Glen Church
2700 Booksin Ave.
San Jose, CA

Upcoming Speakers

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<td>May 26th</td>
<td>Leslie K. from Modesto, CA</td>
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<td>June 2nd</td>
<td>Rita S. from Temecula, CA</td>
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<td>June 9th</td>
<td>Frank S. from San Mateo, CA</td>
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<td>June 23rd</td>
<td>Bob D. from Redwood Shores, CA</td>
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<tr>
<td>September 1st</td>
<td>Diane O. from Cupertino, CA</td>
<td></td>
</tr>
<tr>
<td>September 8th</td>
<td>Rusty M. from Oceanside, CA</td>
<td></td>
</tr>
<tr>
<td>September 15th</td>
<td>Johnnie H. from Long beach, CA</td>
<td></td>
</tr>
<tr>
<td>September 29th</td>
<td>Fernando S. from Concord, CA</td>
<td></td>
</tr>
</tbody>
</table>

And many more…. (Missing dates are TBA)

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
SNL 'S ANNUAL
PICNIC

DATE: Saturday, May 12, 2012
TIME: 11:00 a.m. to 4:00 p.m.
LOCATION: Vasona Park
Lakeview Area

CHILI COOKOFF

BAKE SALE
Traditions Workshop

Saturday, June 16, 2012
7511 Gourmet Alley
Gilroy, CA
12:00 – 2:00 PM

The Gilroy Group of Alcoholics Anonymous is presenting a Traditions workshop. There will be four (4) speakers, each doing 3 traditions. There will be a free BBQ following the workshop. Directions: Take Hwy. 101 south to Gilroy. Exit Leavesley Ave. Make a right at the light. Go straight until you reach Monterey St. Make a left turn. Go straight until you reach 4th St., make a right turn. The very 1st driveway to your left is Gourmet Alley. Drive down a ways, plenty of parking is available to your right.
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.

Please join us at the

Saturday Nite Live Group’s Annual Sponsorship Workshop

This is a four-part workshop that will use the chapter, “Working with Others” as a guide for members to share their experience, strength, and hope regarding the topic of sponsorship. Our aim is to solve common problems by finding common solutions using our basic text as a reference for carrying the message to those still suffering from alcoholism.

The Workshops will be held at The Saturday Nite Live Group of Alcoholics Anonymous, located at 1388 Bascom Ave. San Jose, CA (at Stokes). Meeting time is 5-6pm on the dates listed below along with the pages we will be reviewing.

January 15 ... 5pm-6pm ................................................................. Pages 89-93
March 18 ... 5pm-6pm ................................................................. Pages 93-97
May 20 ... 5pm-6pm ................................................................. Pages 97-101
July 15 ... 5pm-6pm ................................................................. Pages 101-103
The Early Bird Group of A.A. is hosting The Second Annual BBQ at Kelley Park on Saturday, June 9th, 2012

1300 Senter Road, San Jose CA 95112

Games – Food – Music – Friends
Playgrounds – Family – Volleyball
Speaker – Sunshine

Great Raffle Prizes!!!

We have the area reserved from 10 a.m. to 4 p.m.
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)