



## FOCUS: OVERCOMING OBSTACLES

Growing up, my parents told me that I could be anything that I wanted to be. I was academically accomplished, I did well in sports, and I participated socially at school and in the neighborhood. That all held true, even after I started drinking when I was teen. I had a job waiting for me out of college, I married a solid boyfriend, we bought a house and had a child. There were no obstacles for me...until my drinking got out of hand.

Once alcohol became the most important thing in my life, obstacles began appearing everywhere. Still, I was successful in pushing them aside or barreling through them. For a while. Finally the obstacles became legal issues and I couldn't cajole, manipulate, over-work, or buy my way through them. I ended up in Alcoholics Anonymous.

Until I got sober and worked the steps I had no idea how much energy

and effort it required to overcome obstacles in my life. I also didn't know that there were plenty of obstacles, things holding me back, that I didn't even know existed. I had resentments and hurt feelings and a lack of self-confidence and self-esteem that swarmed around in my head and my soul, stopping me from being able to fully enjoy life and reach my full potentials.

Working the steps allowed me to clear that garbage out of my head and out of my heart and soul. I still encounter obstacles now and then, but they're fewer and further between by far. I have wonderful friends and a support network that help me see what the real issues are within those obstacles and who help me find solutions. I know today that it's easier to get over something if you're not carrying a bag of garbage!

Ceased The Fight

## Monthly Topics

Here's lookin' at you!! Happy September, all you Virgo and Libra friends. This is International Square Dancing Month, the end of summer, the beginning of school and fall. We kick off the month with the Labor Day holiday on the first Monday of the month (9/2), Grandparents' Day is on the 2nd Sunday of the month (the 8th), World Gratitude Day is on the 21st, and Autumn begins on the 22nd. It's also Classical Music Month, Hispanic Heritage, Little League, Baby Safety, Self-Improvement, National Piano and National Courtesy Month. Citizenship and Constitution Day happen on the 17th, National Cheeseburger Day on the 18th, International Peace Day on the 21st, and Johnny Appleseed Day on the 26th. Soon we'll be into Oktoberfest...

This month's topic is Overcoming Obstacles, Stories begin on this page and continue on Pages 4-5.

Next month's topic is Family Issues, along with the Tenth Tradition, "No opinion on outside issues; no public controversy." Deadline: 9/11/13

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### IN THIS ISSUE

Featured Article...2-3

Monthly Topic  
Articles ...4, 5, 7, 8

Editor's Bag...6

Obituaries...8

Archives...9

Calendar...10-11

Meeting Changes...12

Birthdays...13

Intergroup Minutes...16-17

Financials...18-19

Group Contributions...19-20

### THIS MONTH'S ACTIVITIES

Local Events...10

Events around California...10

Events around the Country...10

## SPECIAL FEATURE: IS AA FOR SALE?!

Don't you just hate it when you take a problem to your sponsor, and instead of giving you a solution they give you an assignment? Me too! However, like most of the assignments I've been given in AA, the journey has always been interesting, and sometimes actually amazing.

When we are new, we often come in with significant financial problems – with the hope that AA will be the solution for our problems with alcohol, AND will fix our finances. In a roundabout way this is true, though the financial repair comes through working the steps - making amends, and becoming self-supporting through our own contributions, in jobs or careers. However, some people view their AA meetings as a perfect place to 'make a buck'. So, they come up with a scheme to sell various things in or around their AA meetings – “Great! A captive audience, people gathered together for a specific purpose, all the expenses like rent of the facility have been paid, there is coffee, snacks, regular attendance, use of the group's phone and email list – It's a marketing bonanza! And it's all free to me!” they say.

We often see this type of behavior in newcomers. However, in some cases we also see it in people who have been here awhile. Usually, it's a lack of education in those who participate, knowingly or unknowingly. They may be unaware of how important the Traditions are to AA, and how breaking them is potentially destructive to the Program. The very Program that saved my life, and probably saved yours!

Unfortunately, this practice is going on in some of my regular meetings.

So, the assignment that I was given was to look at the issue side by side with the Traditions. I was to use the Twelve Steps and Twelve Traditions (12 & 12) - the long and short forms, the 12 & 12 text, and any other “conference approved literature.” My goal was to identify exactly how the behavior

related to the Tradition. I was to look at it from as many different perspectives as possible. The following is what I discovered...

**“Our common welfare should come first; personal recovery depends upon AA unity.” – Tradition One.** **“AA must continue to live or most of us will surely die.” (Long Form)** **“The Unity of AA is the most cherished quality our society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or AA dies.” (Page 129, paragraph 1)** **“The AA member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles.” (P 130, p 2) (12 & 12 text)** AA as a whole is more important than any individual. The Group is more important than the Member. If a group's behavior threatens AA as a whole, the welfare of AA is at stake. If an individual's behavior threatens the AA Group, then the welfare of that group is at stake. Is it in the best interest of the group for “commerce” to occur at an AA meeting?

**“The only requirement for membership is a desire to stop drinking.” – Tradition Three.** **“We must never compel anyone to pay anything, believe anything, or conform to anything.” (P 141, p 1) (12 & 12 text)** There are no dues or fees. AA is available to anyone with a desire to stop drinking, or **“all who suffer from alcoholism” (Long Form).** What if the newcomer walks in (but does not announce him/herself as new), sees that people are buying “goods” before the meeting. They have no money, believe that they have to purchase these goods to stay in the meeting, feel shame because they can't, then leave. What if that was their only opportunity to get sober? **“At last experience taught us that to take away any alcoholics full chance was sometimes to pronounce his death sentence, and often to condemn him to endless misery.” (P 141, p 3)**

**(12 & 12 text)** No one has the right to put a potential roadblock in front of the newcomer – they have enough roadblocks of their own.

**“Each Group should be autonomous except in matters affecting other groups or AA as a whole.” – Tradition Four.** **“With respect to its own affairs, each AA group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted.” (Long Form)** **“A Group ought not do anything which would greatly injure AA as a whole, nor ought it affiliate itself with anything or anybody else.” (P 147, p 1 middle)** **“The AA Group had to stick to its course or be hopelessly lost. Sobriety has to be its sole objective.” (P 147, p 2 end) (12 & 12 text)** This could negatively affect neighboring groups by opening the door for this commerce to occur at other meetings. Then, the local area may become known for combining AA and Retail. **“Any two or three alcoholics gathered together may call themselves an AA group, provided that as a group they have no other affiliation.” (P 146, p 3 bottom to P 147, p 3 top) (12 & 12 text)** This can affect AA as a whole. Other Groups AND AA General Service should be consulted. Ties to Tradition One, Tradition Six, and Tradition Ten.

**“Each Group has but one primary purpose – to carry its message to the alcoholic who still suffers.” – Tradition Five.** **“The only thing that matters is that he is an alcoholic who has found a key to sobriety.” (P 151, top) (12 & 12 text)** The primary purpose of the group is to carry the message of recovery from alcoholism to the newcomer. If any type of “commerce” clouds any part of the meeting, the “meeting before” or the “meeting after,” then the newcomer may become confused. Are we here for recovery or for buying products? **“There is another reason for this**

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## IS A.A. FOR SALE?! continued from previous page

singleness of purpose. It is the great paradox of AA that we can seldom keep the precious gift of sobriety unless we give it away.” (P 151, next) (12 & 12 text) Should the meeting before/after the meeting be about recovery from alcoholism or selling products? Who gets drunk if the meeting/group goes away because the primary purpose was lost?

“An AA Group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose” – Tradition Six. “These adventures implanted a deep-rooted conviction that in no circumstances could we endorse any related enterprise, no matter how good.” (P 157, p 1 full) “Principle of no endorsement...” (P 157, p 2 top) “We saw as never before that we could not lend the AA name to any cause other than our own.” (P 159, p 2) (12 & 12 text) If there is commerce going on in or around the meeting, it is implied that AA endorses, finances or lends the AA name to that enterprise. The group implies endorsement if the commerce is allowed to occur before, during or after an AA meeting. Ties to Traditions Four, Seven and Ten.

“Every AA group ought to be fully self supporting...” – Tradition Seven. “Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money and authority.” (Long Form) The AA group, funded by its members, has paid the rent at the facility – not the person selling products. If the person selling products would like to rent the facility at another time, they may do so separately, NOT through the AA meeting. If the meeting pays the rent for the facility, then it’s an AA meeting. Selling things before or after, even in the parking lot, is a conflict. Take it to the coffee shop! Ties to Tradition Six.

“AA has no opinion on outside issues;

hence the AA name ought never be drawn into public controversy.” – Tradition Ten. “No AA Group or Member should ever, in such a way as to implicate AA, express any opinion on outside controversial issues” (Long Form) “...we AA’s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one.” (P 176, p 2) “Let us reemphasize that this reluctance to fight one another or anybody else is not counted as some special virtue which makes us feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to AA as a whole, that’s quite a different matter. In this respect, we do not enter into public controversy, because we know that our Society will perish if it does.” (P 177, p 1) (12 & 12 text) Ties to Tradition Four and Six.

What happens if some other AA member who sells the same or similar “products” decides that they want equal opportunity to sell their products at our meeting? Do we then enter into another controversy about who has the better product? What about the realtor who has a house to sell...? Sporting lessons to sell...? What happens if a newcomer (or anyone) buys some “great product” they purchased at (before, during or after) an AA meeting...? They tell a friend, who is not an alcoholic, that they like their product. That friend wants to buy a product. The alcoholic tells the non-alcoholic they got the product at an AA Meeting. The non-alcoholic comes to an AA meeting! Now we have someone at an AA meeting, not for sobriety, but to purchase a product! This is dangerous territory. This also ties to Tradition Four, since the non-alcoholic may venture out to other AA meetings

looking for other “products.”

Let’s also consider the ramifications if that person, who is not an alcoholic, is the boss or manager of someone who attends that meeting regularly. The non-alcoholic comes to an AA meeting to purchase a product. They see their employee at the meeting – right there the alcoholic’s anonymity has been broken, and potentially both their job and sobriety is threatened. No longer can we say “If your boss is at an AA meeting, it’s because he, too, has a problem with alcohol.” However in this scenario, the boss isn’t alcoholic and doesn’t understand. Ties to Traditions Five and Twelve.

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.” – Tradition Twelve. “We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have.” (P 187, p 3) (12 & 12 text) The principles of these Traditions should come before any personalities. This is not about who’s right, it’s about what is right. This is not about blame, but it’s about protecting the very thing that has saved all of our lives.

The A.A. Pamphlet - AA Tradition, How it Developed, by Bill W. – (conference approved literature). (Pages 48 & 49)

“They tell us that we alcoholics are the biggest rationalizers in the world; that fortified with the excuse we are doing great things for AA we can, through broken anonymity, resume our old and disastrous pursuit of personal power and prestige, public honors, and money - the same implacable urges that when frustrated once caused us to drink: the same forces that are today ripping the globe apart at its seams. Moreover, they make clear that enough spectacular anonymity-breakers could someday carry

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## IS A.A. FOR SALE?! continued from page 3

our whole Society down into that ruinous dead end with them.

**So we are certain that if such forces ever rule our Fellowship, we will perish too, just as other societies have perished throughout human history. Let us not suppose for a moment that we recovered alcoholics are so much better or stronger than other folks; or that, because in twenty years nothing has ever happened to A.A., nothing ever can.**

**Our really great hope lies in the fact that our total experience, as alcoholics and as A.A. members, has at last taught us the immense power of these forces for self-destruction. These hard-won lessons have made us entirely willing to undertake every personal sacrifice necessary**

**for the preservation of our treasured Fellowship.”**

A.A. should always remain about recovery from alcoholism.

I'm reminded that the Traditions are beautifully written – as many say, “God inspired.” We can take just about any issue and, if we look at it via the Traditions, find an answer. After working the Steps, my Sponsor made sure that I was educated about how important the Traditions are to us all. I've read in the literature, and heard from well-respected and informed members, that all of us in AA were tasked by Bill W. with protecting AA from us (alcoholics) through these Traditions. Subsequently learning about AA history also helped me to understand how they came about – through some very difficult struggles,

and even in the case of early AA, the loss of life. Before I started this assignment, I thought I fully understood our Traditions. What I received during the process was a much deeper appreciation of them, discovery of how perfectly they are woven together, and how they are God-inspired to protect AA, if we are willing!

If this, or something similar, is going on in or around your meetings, it is up to each of us to curtail this. Bring it up to the group or your steering committee, or let the “intruder” know this is not permitted within an AA meeting.

Anonymous

## THE BOOK ON THE PILLOW

Near the end of my drinking career, as was my pattern, I would always return home late at night or early in the morning, to find my wife usually at the top of the stairs berating me that I drank too much and had a problem, and needed to get some help. My standard response was that she had the problem and not me. After the usual debate over what my drinking was doing to her and my daughter, I would stumble into the bedroom and climb into bed, only to have my head land on a hardcover book on the pillow. As it was dark and I couldn't make out what the book was, I would grab the book and toss it against the wall. On one of my many awakenings during the night, I stubbed my toe on the book I had tossed, picked it up and took it to the bathroom with me, turned on the light and read the cover, “Alcoholics Anonymous.” I didn't take the time to read any of it; instead I walked back into the bedroom and woke my wife and asked her if this was what she

meant about having a problem and getting some help. And this was a way to do something about it? She asked me to just read a little bit of it and see if it was something I would be willing to do.

Much to my (and her) amazement, I did. I got to page xiv in the forward to the First Edition, where it said: “the only requirement for membership is an honest desire to stop drinking.” Secretly, deep down, I had wanted to stop. I'd tried many times, but always started again. I investigated further and read stories that were amazingly similar to mine. On returning to work after reading some more, I passed on an invitation to lunch, and instead picked up the phone directory, looked up Alcoholics Anonymous, called the number, and was directed to a meeting a short distance from where I worked. The rest is history. Now, 28 years later, here I am, a sober member of Alcoholics Anonymous, and through the help and suggestions of a sponsor, and that proverbial “book

on the pillow,” I found a place where I could belong, and I met me.

T.J. Sobriety date: 5/28/1985



## SERENITY

Serenity: what is it, how do I get it, and how do I keep it?

Those are great questions for which I have no concrete answers. From my window I see serenity very much like happiness, as a by-product.

Happiness, I've been taught, is a by-product of right living and also a by-product of the effort to make someone else happy. Pursuing happiness got me right through the doors of Alcoholics Anonymous.

Serenity is not something I can chase or will-to-be mine. When I sit down to meditate with the intent of

grabbing some serenity, it's as elusive as a feral cat. I experience glimpses of serenity, throughout the day, as I do glimpses of God. Maybe not every day, but most days. For me, the two are very much interconnected.

I generally experience serenity when I take my lunch out into the back yard and just sit and enjoy. Also, frequently, when walking the dog, or being by the ocean, I experience a power greater than myself, for sure. Nature, being still, experiencing the moment, is where God resides. My experience of that feeling, which is difficult to articulate, is a deep sense

of peace, safety, grace, God. Then it's gone.

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

Anonymous.

## OVERCOMING OBSTACLES (MY BIGGEST OBSTACLE ... ME)

As I watch the devastation of fires on TV, it takes me back to an experience I had when I was newly sober. The apartment I was living in had a spontaneous electrical fire in the wall. I was in a meeting at work, and my secretary came in to tell me I had to go home; my place was on fire. I went racing home, and was stopped by a PG&E truck at my street. They told me I couldn't go through; I told them it was MY fire. The firefighters had put out the fire, totally drenched everything else, and shoveled the remnants of my possessions out the bedroom window onto the grass. Difficult and painful to watch neighbors paw through my stuff.

My sponsor took me to a meeting that night. I was in a state of numbness. A nice gentleman came over to talk to me and I told him I had lost everything I owned in this fire. He asked me if I had a place to sleep that night....I told him "yes," but it wasn't that night I was worried about. It was the next day, and the next week, and the next month, ad infinitum. He asked me if I had anything to eat, and I told him "yes," but today

wasn't what I was worried about. It was the next day, the next week, etc. He asked me if I had anything to wear (well, he could see I did, but that was it for the time being.) I gave him the same litany. Didn't he get it? I was okay today, right now, but the future was scary and uncertain, and I didn't know how I was going to manage it all, because after all, I was responsible for the footwork and the outcome and the task was daunting and I felt so ill-equipped! He told me something trite like God loved me and he (the gentleman) loved me and everything was going to turn out okay. Couldn't he understand God wasn't going to come through for me? It was my job to be in charge of my life; I couldn't count on God for this.

My life came back together as the ensuing days morphed into weeks, into months, into years. I kept on going to meetings. I was in service. In the days after the fire, I bought a toothbrush so I could brush my teeth, I bought soap and towels to take a shower. I eventually put together another living space and over time furnished it. I was still going to

meetings and kept myself involved in service. Almost without realizing it, my life got rebuilt. And God moved in. Or maybe I opened the door so we could share the same space.

When I'm in fear, I know I am depending on myself. It's an obvious cue to remember that I'm not in this alone, that I am loved and taken care of, and if I just stay in the "now," stay in meetings and in service, trust in God's plan for my life, no matter what's going on, and everything will turn out okay.

Anonymous

## Editor's Bag

September 11, 2001 – where were you? I was home at six in the morning, getting ready for work, when I heard an urgent message on the news about a plane flying into a building in New York. As I was working for a company with its U.S. headquarters in New York, I immediately called the receptionist there, asking if they'd heard anything about an attack on the World Trade Center. No, they weren't tuned into any news. I told her to look out the window for smoke, and from the managing partner's office window there, they could watch the entire horror take place on the twin towers, with the second one being hit just moments later. Needless to say, along with countless others, we all watched the chaos that ensued for the remainder of that day, and the days and weeks and months that followed. But people in my company's office were there in New York at that time.

Today, in the timeline of Alcoholics Anonymous, ([www.aa.org/aatimeline/index.php?lang=en](http://www.aa.org/aatimeline/index.php?lang=en) under 2001) is an article about the support we give each other in times of trouble, called "A.A. at Ground Zero" which reads:

"In the wake of the September 11, 2001 attack on the World Trade Center in New York, exhausted A.A. members among the firefighters, police, and cleanup crews realize the need for A.A. meetings near Ground Zero. At the same time, a Red Cross official reports to G.S.O. New York that many requests for A.A. meetings have been received. The Red Cross then assigns to A.A. a room in a respite center just southwest of the site, its door bearing a circle and a triangle. To accommodate everyone, a second room just north is provided. A.A. meetings are organized by Southeast New York Area 49 and New York Intergroup, and the rooms become places where A.A.s can not only meet but also rest, talk, and meditate. Members crafted the iron plaque shown below and presented it to G.S.O. New York and the Intergroup of A.A. as a memento."



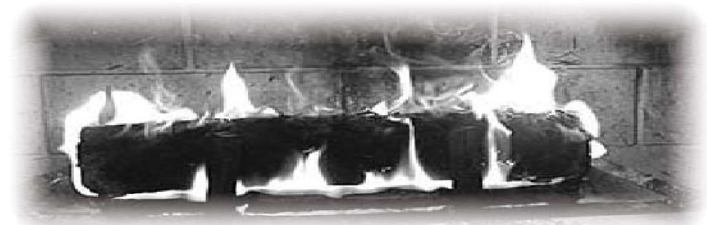
Unity Day on August 18th was very successful in turnout numbers this year. The musical, "The Sound of Boozing" was a huge hit with everyone who saw it. Both performances had a great crowd of people and the laughs were frequent and unexpected. The end of the play was led with a very unusual and moving vocal version of the Lord's Prayer, sung by Annie E., and there was a distinct hush when her amazing soprano voice soared with the high notes on the last phrase, before ending with "Amen."

For someone who never wrote a letter for the COIN before this "service commitment" happened to me, I find it very cathartic to write about the many incredible people in the program who are dedicated in so many areas. Just being at Unity Day to see all the many areas of AA and Al-Anon Services, along with a TON of volunteers who gave readily of their time to make the day worthwhile, was a joy to behold. Thanks to those who led each of the committees to get their literature and displays out for all to enjoy and learn from.

*Fran*

### Topics Upcoming & Deadlines

October	Family Issues	September 11, 2013
	Tradition Ten:	No opinion on outside issues
November	Gratitude/Thanks	October 23, 2013
	Tradition Eleven:	Attraction rather than promotion
December	Peace on Earth	November 20, 2013
	Tradition Twelve	Anonymity spiritual foundation



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## SERENITY

When I first heard the word serenity in AA, like most, it was during the Serenity Prayer. I was somewhat familiar with the word; at least enough to know it was a good thing, such as a serene setting, like a calm lake on a quiet morning. What I didn't have when I was new was any recent experience with serenity.

To me serenity seemed as if it came by accident. My very first vivid memory was shortly after taking the 3rd step, I had the overwhelming feeling that I was going to be OK, and in fact that everything was going to be OK, as long as I didn't stop doing what I was doing, walking our proven path of recovery.

The next experience was peace of mind. It came in random short increments. It was like a vacation to a foreign place, I was there, I remember being there, so I knew it existed, but I didn't stay there and I certainly didn't live there. But it was now "my experience" and something I couldn't deny, but not mine to keep either. Hard to explain, but from that first experience I had a desire for more.

An old-timer had told me early on to get a dictionary, and any time I didn't know a word, or wasn't quite sure of the meaning of a word, or if there was "an important word" I came across, maybe I should look it up to be sure I understood the meaning, and alternate meanings you often find for words. He also said if I could find a dictionary from the 1930's or 40's, chances are the definition Bill Wilson intended to convey when he used a word in our early literature such as our AA big book would be in that dictionary, and he explained that the meaning and usage of words often change over the years. Our book is full of expressions that were common in Bill's time but not so much today. So I was fortunate to find a 1940 Funk & Wagnall's dictionary at a garage sale and one day I decided to look up serenity.

One of the definitions was "An inner calmness regardless of outside circumstances."

WOW!! That's awesome! Now I not only understood, but I wanted more of it! Even though it was just a new definition to me, somehow it changed my whole attitude in the beginning of every meeting when we had our moment of silence followed by the serenity prayer. I began sincerely asking my Higher Power for this amazing gift of having an inner calmness regardless of what was going on around me, after all the mental and emotional life of a newcomer is often far from calm!

It wasn't long after that my oldest brother died very young from alcoholism at age 41. During the days and weeks following his death there were moments of deep sadness, especially when helping my dad and mom with arrangements, and going through his belongings, but in the middle of all that, I had a conscious awareness that deep down, at the core of my being, I was OK. Even with all the sadness and sorrow and difficulty of random emotions of grief and loss -- mine, my parents, siblings and others -- deep down I had the strong, confident sense that I was OK, and did not have to drink or worry about anything, no matter how bad it felt at any moment.

Bill wrote a beautiful phrase in the "fear section" of the step 4 text of our book describing what I believe what his experience. The first few times I read the text they were just words to me, but after my brother's death they became not only Bill's offer of hope to us, they became my experience too, providing an example of our greatest principle, "Pass it on."

From the big book, Chapter 5, page 68:

"Perhaps there is a better way – we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite

God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity."

To me that pretty much matches that dictionary definition I found and it's been my experience many times since I first read it. When I surrender, just for today, I experience that serenity we ask God to grant us, just for today. Sometimes I wish I could surrender or ask for it once and for all and be done with it and live in total serenity happily ever after but it just doesn't seem to work out that way for me. I've discovered that I'm one who needs to consciously surrender today or I just naturally lose serenity, like I have a spiritual leak somewhere. It's a small effort with a BIG payoff, so it's worth the effort!

Anonymous

### THE EDITORIAL STAFF HAS A NEW ADDRESS!!

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

## OBSTACLES ?!

Here's a story for you... Me, Myself and God

The most serene day of my sobriety was the day I was remanded to County Jail to await transport to State Prison. I had talked on the phone that morning to my sponsor as my parents drove me to the courthouse. Two women from the program were there to support me. I was notified that I would be taken into custody and I simply said, "O.K." As my mom sobbed and my dad stood there in horror, I told them that everything was going to be okay because I was okay. I had spiritual tools laid at my feet that I intended on using. God had his hands on my shoulders as I was cuffed and taken away.

I waited a month in nervous anticipation to be transferred, and with my idle time, I filled it with God, letters from my sponsor and reading the Big Book of Alcoholics Anonymous with my cellmate. My cellmate had never read the Big Book and I was excited that she would ask me questions as we read. I shared my experience, strength and hope with her. Being of service was a gift.

The fateful day came when I was to be transferred. Shackled at the feet and with my hands shackled to my waist chain, I sat in the unmarked van that was to drive me three hours to my temporary home for the next two months. Cold and scared, I honored my feelings but prayed and meditated on the fact that God will never give me more than I can handle. I was relieved that I was finally able to face my past and clean it up. With five

months of sobriety and a completion of Step Three before being remanded, I focused on God and my desire to turn my will and life over to Him. I prayed every day and kept my nose in copies of chapters of the Big Book that my boyfriend had sent me.

Even though I was in a physical prison, AA helped to calm the prison in my mind. I was blessed that I could lie in bed and think about all the meetings I was going to attend, and which commitments I wanted to get when I got out. I thought about being a bridesmaid at my brother's wedding and seeing my sponsor's face. No one could take my serenity from me, even in such a terrifying place with so much control. Women around me romanticized the disease and drank illegally-made alcohol around me, but like it says on our birthday chips, "To thine own self be true." My truth is that I am a grateful alcoholic and a proud member of Alcoholics Anonymous.

I got out of State Prison in September of 2012. I have since completed my steps, have commitments, a home group and currently sponsor two women in AA. If I could convey my message of hope to the newcomer it would be this: there is nothing that the program of AA cannot help you get through. Prison was by far the biggest test of my sobriety and because I kept a conscious contact with my God, I got through it with grace and dignity. I prayed until I fell asleep sometimes. Also, the solution doesn't always seem like the solution. How is asking God

for help going to solve my problem? It may not always, but I can promise you, that you will feel better about it. Any problem or obstacle you have will become easier to deal with. I am living proof. You can ask my mom and dad.

Colette P., San Jose



Pic by Fran U.

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## PASSED ON... NOT FORGOTTEN

William ("Willie") Hamilton S. III – August 17, 2013, at the age of 85 with 57 years of sobriety. Lived life fully after being in the Navy and the Coast Guard; loved outdoor activities with his family and friends, and he loved dancing, especially polka. He gave a lot of time to AA, attending meetings, sponsoring many men, and inspiring others in their sobriety. He will be missed.



## ARCHIVES: SERENITY

Last month, I wrote about one of our history books, Dr. Bob and the Good Old-timers. This month, I'd like to shed some light on another book available at Central Office called Alcoholics Anonymous Comes of Age: a brief history of A.A.

In this book, there is a chapter called The Three Legacies of Alcoholics Anonymous, which is based on three talks given by Bill W. at A.A.'s 20th Anniversary celebration. In the section about our legacy of Unity, Bill shares many stories about the Twelve Traditions and their importance. He says, "Our friends the psychiatrists, with some reason, had begun to warn: 'This fellowship of alcoholics is emotional dynamite. Its neurotic content can blow it to bits.'"

My favorite story he relates about the Traditions was of a Presbyterian minister in Thailand trying to start a group. He said, "We took A.A.'s Twelve Steps over to the largest Buddhist monastery in this province. We showed them to the priest at the head of it. After he had finished looking over the Twelve Steps, the monk said, 'Why these are fine! Since we Buddhists don't understand God just as you do, it might be slightly more acceptable if you inserted the word good in your steps instead of God. Nevertheless, you say in these Steps that it is God as you understand Him. That clears up the point for us. Yes, A.A.'s Twelve Steps will certainly be accepted by the Buddhists around here.'"

Bill then discusses how the A.A.'s Steps are only suggestions and belief in them is not a requirement for membership. He says, "This liberty has made A.A. available to thousands who never would have tried at all had we insisted on the Twelve Steps just as written."

Nicole L



- O**verwhelmed
- B**urnt-out
- S**ad
- T**ired
- A**ngry
- C**onfusion
- L**ies
- E**xcuses
- S**elf-centered

Cheyenne C - San Jose CA, 2013

## Bird of Paradise



Pic by Fran U.

## SEPTEMBER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																						
1	2 LABOR DAY Office Closed	3 SCCYPAA BUSINESS MEETING 6:30pm	4 PI/CPC WORKSHOP: 5:30 PI/CPC MEETING: 6pm OUTREACH MTG: 5:45pm moved to:3151 Union Ave INTERGROUP MTG: 7:30pm	5	6	7 SECRETARY'S WORKSHOP 10am, Central Office ARCHIVES WORK DAY 11:15am, Central Office																																																																						
8	9	10	11 NORTH COUNTY GENERAL SERVICE MEETING 7:30pm	12	13	14 PI/CPC Workshop 10am, Central Office																																																																						
15	16	17 SO COUNTY GENERAL SERVICE MEETING: 7pm	18	19	20	21 DIVERTER/12TH STEPPERS WORKSHOP 10am, Central Office																																																																						
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### LOCAL EVENTS

- Sept. 28** Los Gatos Groups Picnic, Info. TBA
- Oct. 5** Annual "Take Your Sponsor to Brunch", 11AM - 2PM, Lincoln Glen Church, 2700 Booksin Ave., San Jose
- Oct. 26** Early Bird Group "Stayin' Alive 6" Costume Party & Dance Extravaganza, 6-11PM, Masonic Hall, 131 E. Main Str. Los Gatos

### CALIFORNIA EVENTS

- 9/12-9/22** IG SF & Marin Presents "Our Experience Has Taught Us", Thichhouse Theater, 1695 18th Street, San Francisco. For info. email: [play@aasf.org](mailto:play@aasf.org)
- Sept. 5-8** 8th International Seniors in Sobriety Conference, Town & Country Resort Hotel, San Diego, CA [www.aasis2013.org](http://www.aasis2013.org)
- Sept. 21** 7th Annual Hand-In-Hand Women's Day of Unity, Happy Joyous & Free, First Baptist Church of Lodi, 267 N. Mills Ave., Lodi
- Sept. 27-29** 39th Annual Woman To Woman San Diego, [www.womantowomansandiego.com](http://www.womantowomansandiego.com)
- Oct. 11-13** 66th Annual Fall NCCAA Conference, Modesto, CA, [www.norcalaa.org](http://www.norcalaa.org)

# OCTOBER 2013

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### EVENTS AROUND THE COUNTRY AND GLOBE

- Oct. 4-6** Lake Tahoe Fall Festival, Harveys Resort & Casino, Hwy. 50 Stateline, NV: [www.laketahoefallfestival.com](http://www.laketahoefallfestival.com)
- 11/28-12/1** Newcomers Rock, Old Timers Roll! 47th Annual Las Vegas Roundup: [www.lasvegasroundup.org](http://www.lasvegasroundup.org)

### WE WANT TO HELP YOU SPREAD THE WORD!!

Please send news and information about your group's activities before the end of the month so we can get them in the COIN. We accept them in any form, but emailing a flyer is best: [aasanjose@comcast.net](mailto:aasanjose@comcast.net)

## Telephone Calls Received During August 2013

Daytime at Central Office.....415

Daytime 12 Step Calls.....5

(Evening 12 Step Call information is not available.)

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

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

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

## SPEAKER MEETINGS

### Serenity Speaker Meeting

Sundays at 6:15

West Valley Presbyterian Church: 6191 Bollinger Rd., Cupertino

### Grapevine Speakers Meeting

Fridays at 8 p.m.

United Presbyterian Church  
728 W. Fremont Ave. (at Hollenbeck), Sunnyvale

### Second Tradition Group of AA

Saturdays at 8 p.m.

Lincoln Glen Church, 2700 Booksin Ave, San Jose

### Remember We Deal With Alcohol

Saturdays at 8 p.m.

St. Mark's Church  
1957 Pruneridge Ave., Santa Clara

### Saturday Nite Live Group

Fridays at 8 p.m.

1388 S. Bascom at Stokes, San Jose

### Speaker Meeting—VA Hospital

Sunday at 11:15 a.m.

3801 Miranda Ave., Palo Alto

### Saturday Morning Fellowship

Saturday at 10 a.m.

United Presbyterian Church

## MEETING CHANGES

### NEW

**Alano Club West:** Daily, Various. New location at 1555 S. 7th Str, San Jose. Visit [www.aasanjose.org](http://www.aasanjose.org) for latest schedule of AA meetings.

**Palo Alto Easy Does It:** Fri., 6:00PM, Peninsula Bible Church, 3505 Middlefield Rd. Rm D-11, Palo Alto.

**Entirely Ready:** Sun., 7:00PM, Calvary Church, 16330 Los Gatos Blvd, Red Brick Bldg, Los Gatos.

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

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

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

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

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

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

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

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

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

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

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

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

### CHANGED

**South County Fellowship:** Daily, various, 18675 Adams Ct., Morgan Hill. All Meetings have moved to the Friendly Inn, 17666 Crest Ave., Morgan Hill. Schedule has changed. Visit [www.aasanjose.org](http://www.aasanjose.org) for latest info.

**Sunriser's Group:** Daily, 7:00AM, Carrow's Restaurant, 915 Saratoga Ave., San Jose. All meetings have temporarily moved to Denny's, 3715 El Camino Real, Santa Clara.

**Fireside Drunx:** Mon., 8:00PM, Calvary Church, 16330 Los Gatos Blvd., Los Gatos. Meeting has moved to St. Francis Episcopal Church, 1205 Pine Ave., San Jose.

**But a Symptom:** Sun., 7:00PM, Calvary Church, 16330 Los Gatos Blvd., Los Gatos. Name has changed to Sober Mafia and location has moved to Mission Oaks Hospital, 15891 Los Gatos-Almaden Rd., Los Gatos.

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

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

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

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

### NO LONGER MEETING

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

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

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

## Birthday Contributions

BIRTHDAY CELEBRANT	YEARS	CONTRIBUTIONS	BIRTHDAY
John P.	14	In Memorium, Men's Seeking Guidance Group	06/24/1999
Laura C.	21	Laura C.	07/04/1992
John P.	31	John P.	08/24/1982
Piano Joe	42	Anonymous	08/26/1971

### HAPPY BIRTHDAY TO ALL!!

### 108 YEARS OF SOBRIETY!!

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

#### CLASSIFIED – HELP WANTED – ON-GOING

## YOU ARE NEEDED !!!

Bill Wilson learned that in order to stay sober he had to work with other alcoholics. My sponsor sent me down to Central Office on the day I had six months, and told me to sign in as a 12th Step volunteer. I did, and I stayed sober.

Please pass the word at your meetings and to your sponsees that A.A. needs 12th Step volunteers with six months or more of sobriety willing to 12th Step and to return calls from suffering alcoholics asking for the hand of A.A.

Note the importance of this service: Recently a suffering alcoholic called the hotline at 7:00 a.m. The diverter worker who took the call spent two hours trying to find someone to take his call. The 12th Step worker was able to take the individual to his first meeting. We need YOU!



### A. A. Needs Your Help!

We are in need of 12-Step volunteers. If you are available to take 12-Step phone calls and/or go out on a 12-Step call (although, never alone!), come to the workshop and sign up!

### We are especially in need of Women 12-Step Volunteers

Every 3rd Saturday of each month  
10 AM  
Central Office  
274 E. Hamilton Ave. Suite D., Campbell  
408-374-8511

## InterGroup Minutes: August 7, 2013

- Gloria V., Intergroup Chairperson, opened the meeting at 7:34 PM, followed by a Moment of Silence and the serenity prayer. Rebecca read the definition of Intergroup.
- Brian read the 12 traditions.
- New Intergroup Reps: Steven, Gay Men and Women Together Group, San Jose; Kathy, Gay & Lesbian Experience Group, Campbell; Kathy, Freedom Fellowship Group, Mountain View; Karin, Freedom Fellowship Group, Mountain View; Brian, Big Book Men's Group, Los Altos; Rebecca, Sisters Seeking Serenity, Rincon Group, Campbell; Rose, East Valley Group, San Jose
- Visitors - None
- Birthdays: Laura, 21 yrs.; Andy, 23 yrs.; Christine, 14 yrs.; Dana, 4 yrs.; Steven, 11 yrs.; Karin, 15 yrs.
- 7th tradition.
- Corrections or Additions to the agenda (None)
- Corrections or Additions to the previous month's minutes: In 12th Step Committee section, delete reference to Winchester Fellowship training workshop.
- Treasurer's Report – Laura (next report will be in October)
- 68 voting representatives in attendance.

### REPORTS

**Intergroup Chair, Gloria V.:** Thanks, Gavin, for making the coffee. Last month I mentioned that I would bring up new business regarding committee chairs and ad hoc committee needs for specific topics. I will wait until elections are done to bring this up, which will be November. When making your report or asking a question, please speak up and out to the whole audience. Presenters—when asked a question, please repeat the question before answering.

**Central Service Board, Milton B.:** We added a couple of meetings to our group insurance plan. We are trying to redo our Archives collection; for example, Al E's copy of the original Big Book, published in 1939, has been added to our collection. And we have the first phone and the first wooden seat used in the Santa Clara County Central Office. We are being well supported financially by our groups. All bills have been paid, and we're operating in the black.

**Central Office, Bruce K.:** Leona and her team (John and Carole) have put a lot of functions into our new website; a demo of the new website will be given later in the meeting. A vast amount of really good information is available in our updated Meeting Directory. Bruce then reviewed some of that information after handing out Meeting Directories to all.

And Central Office fares well.

### PI/CPC, Larry

- On August 1-3 we staffed a booth from 9-5 at the National Conference of the American Association of Indian Physicians, which was held at the Hyatt.
- On August 18 at Unity Day we will have presentations and workshops.
- On August 25 we will participate in the Project Homeless Fair.
- On September 14 we will participate in the Many Paths, One Destination recovery fair at Hamilton & Leigh from 8:30-4:00.
- On October 12-13 we will participate in the Health Fair in Santa Clara.
- Our training workshop is held the 2nd Saturday each month, 10:00am at Central Office.

**12 Step Committee, Bill D.:** 12th Step volunteers are AA members who provide phone and/or visitation contact with alcoholics who call Central Office or the diverter asking for help. The monthly training workshop is held the third Saturday at Central Office at 10:00am. If there is a meeting of 50 or more members with 10 people who would like to be on the 12 Step Committee, we will bring the training workshop to the meeting. A 12th Step training workshop was held at the Alano Club of San Jose after the men's meeting; four people showed up. Last September we had 49 women and 74 men on our list; now we have 54 women and 78 men on the committee.

**Daytime Coordinator, Mike M.:** No report.

**Nights & Weekends Diverter Coordinator, Tommy O.:** Diverter volunteers provide a 24/7 answering service to make sure that a recovering alcoholic answers the phone when Central Office is closed. Shifts are once/month for 4-8 hours. We currently have one shift open. Diverters have a one-year sobriety requirement. The monthly training workshop is held the third Saturday at Central Office at 10:00am. We will have two training workshops at Unity Day, at 10:00am and 2:30pm. People can sign up to be diverters at Unity Day.

**Outreach Committee, Open:** The Outreach Committee chair dropped out, and the position is open. Outreach volunteers go to meetings listed in our Santa Clara County Meeting Directory to make sure meetings are actually being held—i.e., to determine if we have any “dark meetings.” A second reason for these visits is to encourage meetings to have an InterGroup Rep and a General Service Rep. When Bruce started managing Central Office 9 years ago, about 12 voting members attended Intergroup meetings; now we have 68 IGRs attending.

**COIN, Fran:** Every meeting should receive a copy of the COIN; this is achieved by having the meeting secretary register with Central Office. We need articles. Brian, who does the COIN layout, is going on vacation for one month. Brian will get layouts for the next two issues done before he goes on vacation. The September topic is Overcoming Obstacles, and we're looking at Family Issues (Sober Approach) in October. We also need Tradition articles each month. We have two mailboxes. Submit your 300-400 word article in Word format to COIN@aasan-jose.org OR to ODAATCOIN@yahoo.com.

**Activities Committee, Robby W.:** The seventh annual "Take Your Sponsor to Brunch" event will be held October 5 at Lincoln Glen Church, 2700 Booksin Avenue, San Jose. Contact Robby to volunteer to help. We're also looking for raffle prizes; if you have movie tickets, mani/pedi coupons, jewelry, or a Kindle to donate, call Robby. He will bring tickets to the September Intergroup meeting; the suggested donation is \$10. All net proceeds (income minus expenses) go to Central Office.

**Communications Committee, Leona:** Leona gave us a demo of the new website; our old website was developed in 2005. The meeting search function has a mobile-friendly design. It's possible to search meetings by day of the week, city, or even to search for chip meetings! A "Meeting Update Form" can be used to add a new meeting, change existing meetings, or remove a meeting. Meeting secretaries can register online. The colophon technology makes it much easier for Central Office to update meeting information. Bruce goes to an annual National Managers' Conference; these managers have wanted a template for all areas to use. Other InterGroups can use our template to update their own websites. Can you make a donation to Central Office through the site? The online donations function is "coming soon." Check it out at [www.aasanjose.org](http://www.aasanjose.org).

## OLD/ONGOING BUSINESS – NONE

## NEW BUSINESS – NONE

## OTHER SERVICE COMMITTEE REPORTS

**Unity Day - Josh:** We have to pay more than originally thought for use of three auxiliary rooms, but we will still come in on budget. All sponsors and participants have made their contributions. We have a balance of \$4,008 with expected expenses of \$3500. SCCYPAA will take care of registration and parking. Spanish workshops will have translators.

**NCCAA, Dennis:** The next NCCAA conference will be in Modesto October 11-13. Pre-registration is \$10; registration at the door is \$15. A flier will be in the next COIN, and fliers are available online at <http://www.norcalaa.org>. The hotel rate is \$99/night.

**Hospitals and Institutions, Judith L-G:** "The only purpose of the Hospital and Institution Committee of the Northern California Council of Alcoholics Anonymous is to carry the message of Alcoholics Anonymous to the alcoholic who is confined. The activities of this committee are based on, and governed by, the Twelve Traditions of Alcoholics Anonymous." <http://handinorcal.org/Purpose/Purpose.html> H&I meets the 4th Tuesday of the month at 7pm at the First Congregational Church of San Jose, 1980 Hamilton Ave. at Leigh, San Jose 95025. There is a 6:30 meeting for new H&I reps. Santa Clara County (Area 71) contributed \$3,543 for the month of June, and year-to-date (December-June) Area 71 has contributed \$29,247. H&I takes 57 meetings/week into 27 hospitals/treatment centers such as the VA and Valley Med and institutions (such as Elmwood, Soledad, and San Quentin). At Unity Day H&I will have a table with representatives from H&I Area 71 who can answer any questions you may have.

**Bridging the Gap, Cindy:** The purpose of Bridging the Gap is to help people make the transition from jails and facilities to their first AA meeting. Meetings are held the third Monday of the month at 7:00 at First Congregational Church, 1980 Hamilton Avenue (Hamilton & Leigh), San Jose. At Unity Day BTG will have a literature table and will have two presentations.

## North County General Service, Eric

- The July business meeting for District 04 was yet another eventful meeting, with one motion being withdrawn, a second being defeated, and the district's first chance to meet with the Area Assembly Coordinator, who drove down from Lake County to visit the district for the first time this panel.
- Most discussion centered around a Bridging the Gap motion to fund a BTG committee member to travel to Illinois for a national BTG workshop. A minority of members thought that an investment in travel to the BTG workshop could help develop future trusted servants. But opposition to the proposal centered around the cost of travel and the idea that someone from the area is already traveling to the workshop and that we would get enough information from the person already traveling from the area.
- Nationally, the General Service Office released a memo regarding an effort by several non-AA organizations that have petitioned the US Postal Service to develop a Bill Wilson commemorative stamp. The GSO General Manger sent a letter to the postal service explaining the principle of anonymity and clarifying that the proposed stamp is not endorsed or supported by AA.

**South County General Service, Larry:** This weekend GSRs will be traveling to Crescent City for the annual Summer Assembly (August 10). Larry went to the Area Meeting in Petaluma July 27.

**SCCYPAA, Jeff:** The Annual Fearless Factor event will be held August 10 at Bowers Park in Santa Clara; the suggested donation is \$5. After the speaker meeting, participants will do "weird stuff" as teams. On September 24 there will be a Revenge of the Nerds event at the Masonic Hall in Los Gatos. SCCYPAA will be at Unity Day. Is there an age "ceiling" on SCCYPAA participation? No – we just want people who are young at heart.

## OPEN FORUM

- The Breathe in Yosemite retreat will be held September 6-8; the \$100 registration fee includes 6 meals, a tent, and three days of meetings. Register online at [www.breatheinyosemite.com](http://www.breatheinyosemite.com).
- DATE CHANGE: The Saturday Morning Los Gatos Ferris & Spencer meeting will celebrate its 25th anniversary Saturday, September 28, 11am-5pm at Vasona Park. Tickets are \$15, which includes an all-you-can-eat BBQ and drinks, along with a raffle; net proceeds benefit Central Office. Date changed in observance of Al Easthouse memorial service August 24.
- Alano Club West will open its new facility at 1555 S 7th Street in San Jose. Join us for a BBQ August 25 from 4-6, speaker meeting at 6pm.

*The meeting was adjourned at 8:56pm.*

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

Non-Profit Org.  
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Permit No. 3556

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# ***REMEMBER ...***

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

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

*(\*your contributions are tax deductible)*





**INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.**

**Profit & Loss**

August 2013

	<u>Aug 13</u>	<u>Aug 12</u>
Ordinary Income/Expense		
Income		
3030 - Contributions-General	11,219.49	10,938.59
3050 - Group Insurance (Group premium payments)	125.00	0.00
8010 - Literature Sales	6,202.85	4,285.64
8020 - Meeting Guide Sales	912.50	1,046.00
8050 - Activities Committee	0.00	0.00
8060 - Newsletter Subscriptions	15.00	10.00
Total Income	<u>18,474.84</u>	<u>16,280.23</u>
Cost of Goods Sold		
5000 - Cost of Goods Sold		
5100 - Cost of Inventory Sold	4,486.20	2,234.85
5150 - Cost of Meeting Directories	282.98	383.39
Total 5000 - Cost of Goods Sold	<u>4,769.18</u>	<u>2,618.24</u>
Total COGS	<u>4,769.18</u>	<u>2,618.24</u>
Gross Profit	<u>13,705.66</u>	<u>13,661.99</u>
Expense		
6010 - Alarm Service	0.00	0.00
6015 - Activities Committee Expense	0.00	0.00
6025 - Central Office Events Expense	0.00	0.00
6030 - Accounting and Legal Fee	0.00	0.00
6050 - Returned Checks (Face amount of returned check)	107.60	0.00
6055 - Bank Returned Check charges (Returned check charges)	10.00	0.00
6070 - Bank Credit card charges (Credit card costs and fees)	106.26	83.25
6120 - Computer Expenses	0.00	0.00
6140 - Conferences - Exec. Dir.	0.00	0.00
6150 - Unity Day Expense	0.00	150.00
6160 - Copier Expense	200.44	105.85
6190 - Depreciation Expense	0.00	0.00
6220 - Insurance - Worker Compensation	0.00	0.00
6230 - Insurance - General Liability	85.33	190.92
6231 - Insurance - CGL Group Umbrella	12.00	0.00
6240 - Employee HRA Plan	469.90	892.65
6245 - Internet Access Charges	500.00	29.95
6320 - Newsletter Expense	0.00	0.00
6330 - Office Expense	63.45	118.84
6360 - Archives	0.00	0.00
6370 - Office Paper Supply	0.00	0.00
6380 - Payroll Taxes	585.62	561.10
6410 - Postage	506.68	1.70
6430 - PI/CPC	49.44	0.00
6480 - Rent	2,090.55	2,534.00
6510 - Repairs & Maintenance	0.00	0.00
6540 - Salaries - Office	7,655.13	7,334.67
6560 - Payroll Expenses	90.82	93.75
6600 - Signing Services	250.00	200.00
7010 - Taxes and Licenses	0.00	0.00
7050 - Telephone	210.35	226.56
7060 - Travel	38.25	0.00
9080 - Sales Tax (Sales tax paid on purchases)	116.47	0.00
Total Expense	<u>13,148.29</u>	<u>12,523.24</u>
Net Ordinary Income	<u>557.37</u>	<u>1,138.75</u>
Other Income/Expense		
Other Income		
8030 - Interest Income	15.07	42.63
Total Other Income	<u>15.07</u>	<u>42.63</u>
Net Other Income	<u>15.07</u>	<u>42.63</u>
 Net Income	 <u><u>572.44</u></u>	 <u><u>1,181.38</u></u>

**INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.**

**Profit & Loss**

August 2013

Jan - Aug 13

Ordinary Income/Expense

Income

3030 - Contributions-General	94,418.27
3050 - Group Insurance (Group premium payments)	1,310.00
8010 - Literature Sales	35,094.86
8020 - Meeting Guide Sales	5,046.42
8050 - Activities Committee	4,338.44
8060 - Newsletter Subscriptions	95.00

Total Income 140,302.99

Cost of Goods Sold

5000 - Cost of Goods Sold	
5100 - Cost of Inventory Sold	24,734.75
5150 - Cost of Meeting Directories	3,484.94

Total 5000 - Cost of Goods Sold 28,219.69

Total COGS 28,219.69

Gross Profit

112,083.30

Expense

6010 - Alarm Service	621.00
6015 - Activities Committee Expense	2,551.92
6025 - Central Office Events Expense	52.82
6030 - Accounting and Legal Fee	1,025.00
6050 - Returned Checks (Face amount of returned check)	107.60
6055 - Bank Returned Check charges (Returned check charges)	10.00
6070 - Bank Credit card charges (Credit card costs and fees)	802.91
6120 - Computer Expenses	144.81
6140 - Conferences - Exec. Dir.	681.11
6150 - Unity Day Expense	815.00
6160 - Copier Expense	941.09
6190 - Depreciation Expense	472.00
6220 - Insurance - Worker Compensation	421.85
6230 - Insurance - General Liability	1,039.00
6231 - Insurance - CGL Group Umbrella	2,188.00
6240 - Employee HRA Plan	5,855.35
6245 - Internet Access Charges	712.29
6320 - Newsletter Expense	493.79
6330 - Office Expense	1,643.08
6360 - Archives	68.09
6370 - Office Paper Supply	1,080.83
6380 - Payroll Taxes	5,101.74
6410 - Postage	1,110.82
6430 - PI/CPC	299.15
6480 - Rent	17,167.85
6510 - Repairs & Maintenance	2.81
6540 - Salaries - Office	56,623.93
6560 - Payroll Expenses	774.91
6600 - Signing Services	1,500.00
7010 - Taxes and Licenses	80.00
7050 - Telephone	1,403.10
7060 - Travel	98.64
9080 - Sales Tax (Sales tax paid on purchases)	116.07

Total Expense 106,006.56

Net Ordinary Income

6,076.74

Other Income/Expense

Other Income

8030 - Interest Income	93.61
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Total Other Income 93.61

Net Other Income

93.61

Net Income

6,170.35

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Balance Sheet

As of August 31, 2013

Aug 31, 13

ASSETS

Current Assets

Checking/Savings

1010 - PettyCash	155.73
1020 - First Republic Bank (Checking account)	10,724.84
1021 - First Republic Bank CD 0429 (12 Mo. CD @ .1%, 08/12/2013)	17,523.16
1023 - First Republic Bank CD 3228 (12 Mos. CD @ .1%, 02/05/2014)	16,444.35
1025 - First Republic Bank CD 7266 (12 Mos. CD @ .1%, 01/06/2014)	20,090.14
1026 - First Republic Bank CD 7619 (12 Mos. CD @ .45%, 06/21/2014)	15,009.39
1027 - First Republic Bank CD 7681 (9 Mo. CD @ .5%, 01.29/14)	15,029.43

Total Checking/Savings 94,977.04

Accounts Receivable

1110 - Accounts Rec - Group Deposits	-1,273.99
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Total Accounts Receivable -1,273.99

Other Current Assets

1250 - Literature Inventory	19,342.48
1310 - Prepaid Insurance	1,394.02
1499 - Undeposited Funds	1,454.68

Total Other Current Assets 22,191.18

Total Current Assets 115,894.23

Fixed Assets

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

Total Fixed Assets 3,577.65

Other Assets

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

TOTAL ASSETS

121,465.73

LIABILITIES & EQUITY

Liabilities

Current Liabilities

Other Current Liabilities

2240 - Sales Tax Payable (due quarterly)	1,082.29
2600 - UnityDay	1,237.75

Total Other Current Liabilities 2,320.04

Total Current Liabilities 2,320.04

Total Liabilities 2,320.04

Equity

2740 - Temporarily Restricted Funds	10,842.08
3900 - Unrestricted Funds	102,133.26
Net Income	6,170.35

Total Equity 119,145.69

TOTAL LIABILITIES & EQUITY

121,465.73

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

August 2013

	Aug 13	Jan - Aug 13		Aug 13	Jan - Aug 13
1 INV Early Bird Group 70968	0.00	350.00	Evergreen Group 884 (Thur.)	70.00	140.00
1 Inv Freedom Fellowship 70940	0.00	170.38	Fireside Drunx 400 (Mon.)	0.00	70.00
1 INV Fremont & Hollenbeck Group 70907	0.00	770.00	Firing Ling (The) 404 (Mon.)	250.00	250.00
1 INV Fremont & Manet Group 70975	420.00	1,680.00	Free to Be Me SJ (Women) 736 (Tues.)	0.00	35.00
1 INV One Day at a Time 70903	390.53	4,255.19	G Attitude Adjustment	100.00	385.90
1 INV R and B Group 70972	0.00	3,919.67	G By the Book 70980	140.00	140.00
1 INV Saturday Nite Live Group 70905	70.00	560.00	G Forged From Adversity Group 70957	0.00	207.00
1 Inv Seeking Guidance Group 70976	350.00	1,365.00	G Gilroy Groups 70906	210.00	420.00
1 INV Serenity First Fellowship 70902	150.00	400.00	G Higher Power Hour 70952	0.00	1,038.30
1 INV South County Fellowship 70954	210.00	2,100.00	G Remember We Deal With Alcohol 7093	0.00	439.42
1 INV Spiritual Progress Group 70904	0.00	2,600.00	G Serenity at Noon (fka Agnew) 70921	1,330.00	1,330.00
1 INV Sufficient Substitute	430.92	430.92	G Sunrise Group of Palo Alto 70963	0.00	2,489.00
1 INV Winchester Fellowship 70960	0.00	150.00	G Sunrisers Group/Carrows 70932	470.63	3,522.27
12 Keys to Freedom 334 (Wed.)	0.00	125.10	G Third Tradition Women's Gp, The 7097	201.16	2,683.75
12 Steps at Noon 303 (Fri.)	0.00	315.00	G We Care Group 70934	0.00	882.00
3rd Steppers Book Study (Wom) 610 (Thur.)	0.00	442.79	Gathered Together for Sobriety 43 (Sun.)	0.00	87.00
4 Directions 855 (Fri.)	0.00	86.10	Gay & Lesbian Sober Experience 896 (Mo	245.76	323.76
A Vision for You Women's 802 (Tues.)	0.00	200.00	Gay Grab Bag Solution 41 (Sun.)	0.00	137.66
A.B.C. Women's Group 58 (Mon.)	0.00	210.00	Gay Men & Women Together 85 (Mon.)	0.00	364.00
Almaden Valley Discussion 30 (Sun.)	140.00	385.00	Gay Men's Freedom 262 (Thur.)	0.00	364.70
Attitude Adjustment SJ 258 (Fri.)	0.00	203.46	Get Up and Go (Women) 187 (Sat.)	0.00	2,268.93
Attitude Adjustment SJ 43 (Sat.)	100.00	286.00	Get Well Group 17 (Sun.)	0.00	559.36
Attitude Adjustment SJ 861 (Thur.)	0.00	154.00	Grace Group of AA 352 (Sat.)	0.00	630.00
Back to Basics Saratoga Noon 151 (Tues.)	0.00	101.00	Grateful Live Group 535 (Mon.)	0.00	667.00
Big Book Men's Group (Men) 106 (Tues.)	0.00	175.00	Happy Destiny (Women) 109 (Tues.)	0.00	1,225.00
Big Book Speakers Group 289 (Fri.)	0.00	210.00	Happy Hour WG 652 (Fri.)	0.00	540.00
Bill's Basement 384 (Fri.)	268.50	268.50	Happy, Joyous & Free 650 (Tues.)	0.00	60.00
Birthday Contribution 00951	178.00	2,531.00	HOW Group 71 (Mon.)	0.00	1,098.00
Boiled Owls (Men's) 816 (Wed)	0.00	2,355.00	Humbly Asked 87 (Sun.)	0.00	506.10
Bowers Fellowship 46 (Sun.)	0.00	49.00	In the Basement 545 (Sun.)	0.00	122.00
California Ave. Supper Group 715 (Thur.)	0.00	475.66	In the Solution 647 (Sat.)	0.00	516.90
Cambrian Saturday Night (Chips) 376 (Sat)	782.60	1,802.50	Intergroup Council 80909	0.00	600.67
Campus Group 234 (Thur.)	0.00	272.40	Ladies Amethyst AA Study Group 749 (We	0.00	512.21
Candlelight Group 380 (Sat.)	0.00	50.00	Lesbians Living the Promises 349 (Fri.)	107.60	227.60
Character Defect Freedom 201 (Tues)	420.00	784.00	LGBT Happy Destiny Group 621 (Sat.)	0.00	535.65
Chip Winners (Chips) 168 (Wed.)	0.00	1,661.23	Liquor Was But A Symptom 203 (Thur.)	0.00	330.00
Chips and Dyps (Chips) 559 (Tues.)	0.00	1,421.80	Living in the Solution MH (W) 33 (Sat.)	0.00	111.78
Early Bird SJ 244 (Thur.)	0.00	72.00	Living Solutions 728 (Fri.)	0.00	513.28
Early Tuesday Group 119 (Tues.)	0.00	1,026.66	Los Altos Big Book 860 (Thurs.)	0.00	504.58
Easier Way Group 290 (Fri.)	129.00	1,091.31	Los Altos Group 225 (Thur.)	0.00	150.00
East Valley Group 322 (Fri.)	150.00	500.00	Los Altos Men's Group 59 (Mon.)	0.00	280.00
El Camino 108 (Tues)	0.00	190.00	Los Gatos Big Book 664 (Mon.)	0.00	613.50
Eleventh Step Meditation Mtg 276 (Thur.)	0.00	213.77	Meditation Meeting LA 39 (Sat.)	140.00	140.00
End of the Line Men's Group 147 (Tues.)	0.00	279.65	Memorium Contribution	50.00	100.00

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

August 2013

	Aug 13	Jan - Aug 13		Aug 13	Jan - Aug 13
Men's 4th Step Group 320 (Fri.)	0.00	110.00	Tuesday Night Men's Mtg 525 (Tues.)	0.00	1,301.00
Men's Basic Step Study Group 891 (Tues.)	0.00	284.00	Tuesday Night Saratoga Group 152 (Tues)	0.00	300.00
Men's Group 97 (Mon.)	0.00	720.83	Tuesday Noon Step Study 556 (Tues)	0.00	140.00
Men's Honesty Group 26 (Sat.)	0.00	1,246.00	Unknown	140.00	140.00
Men's Single Problem Study Gp 220 (Thur.)	0.00	935.00	Up the Creek-Daily Reflections 745 (Tue.)	0.00	150.00
Midday Women's Group 91 (Mon.)	0.00	829.15	Veterans of Alcohol NorthH 338 (Tues.)	0.00	150.00
Monday at a Time 208 (Mon.)	0.00	229.90	Villages Group of AA, The 406 (Mon.)	350.00	700.48
Mountain Miracles 882 (Thur.)	415.80	519.80	We Are Not Saints 12 & 12 520 (Tues.)	0.00	210.00
Mountain View Group 350 (Sat.)	0.00	268.00	We Care Step Study 128 (Tues.)	210.00	413.00
New Nooners 808 (Mon.)	0.00	155.00	West Valley Fellowship (Chips) 374 (Sat.)	0.00	140.00
New Steps for Living 20 (Sun.)	0.00	313.60	Wisdom to Know 651 (Mon.)	0.00	140.00
No Bull Big Book 655 (Fri.)	0.00	581.46	Women's Topic Disc. Group 103 (Tues.)	0.00	267.00
Other Wednesday Nite,The (Men) 209 (Wed)	0.00	363.00	Women on the Move 570 (Wed.)	364.00	869.00
Pass It On Group 418 (Sun.)	0.00	181.77	Women to Women 704 (Sat.)	0.00	283.89
Personal 00911	3.74	1,774.90	<b>TOTAL</b>	<b>11219.49</b>	<b>93,918.27</b>
Plaza Del Rey Group 52 (Sun.)	98.00	465.00			
Queer and Sober 671 (Sat.)	93.80	93.80			
Rincon Men's Fellowship 567 (Thur.)	0.00	630.00			
Saturday's Reflections 622 (Sat.)	0.00	217.00			
Saturday 6PM Meeting 413 (Sat.)	0.00	204.72			
Saturday Morning Los Gatos 777 (Sat.)	0.00	1,680.00			
Second Tradition Group Spkr 721 (Sat.)	0.00	1,374.50			
Serenity Discussion 210 (Wed.)	0.00	523.00			
Shared Gift, The (Women) 61 (Mon.)	378.00	861.35			
Silver Serenity 517 (Thurs.)	0.00	318.28			
Single Problem Study (Men) 212 (Wed.)	0.00	439.40			
Single Problem Topic (Men's) 582 (Mon.)	0.00	668.92			
Sisters Seeking Serenity 858 (Wed.)	0.00	720.00			
Sober in the Park 688 (Sun.)	100.00	500.00			
Society of the Second Chance 305 (Tues.)	0.00	108.13			
Solutions for Gay Women 870 (Thur.)	0.00	117.00			
South Valley Men's 845 (Thur.)	0.00	197.35			
South Valley Women's Surrender 88 (Mon.)	0.00	85.08			
Spiritual Awakening 813 (Tues.)	56.00	771.00			
Spiritual Step Study 233 (Sun.)	399.55	1,657.65			
St. Luke's Group 113 (Tues.)	0.00	275.00			
St. Mark's Group 270 (Thur.)	0.00	725.00			
Step Along (Women) 638 (Wed.)	165.90	165.90			
Sunday Night Recovery 23 (Sun.)	100.00	200.00			
Sundowner's Dinner Mtg (Chips) 768 (Wed.)	0.00	100.00			
Sunshine Group noon 243 (Thur.)	0.00	100.00			
Think Tank (Men's) 361 (Sat.)	840.00	1,540.00			
Trinity Group 370 (Sat.)	0.00	300.00			
Truly Happy Hour 324 (Fri.)	0.00	352.00			

# **SANTA CLARA COUNTY INTERGROUP**

## **7th Annual**

# **TAKE YOUR SPONSOR TO BRUNCH**

**Music~Food~Friendship~Recovery**

**Saturday October 5, 2013**

**Lincoln Glen Church, 2700 Booksin Ave., San Jose**

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

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

## **Pancake & Breakfast Brunch**

**served 11 am to 2pm**

**\$10.00 suggested donation**

**No Flour, No Sugar and Vegan options also available.**

**Recovery meeting at 1pm**

**!!! Raffle following speaker!!!**

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

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

**Contact intergroup activities chair:**

**Robby W - 408.373.2465**