

FOCUS: LOVE: A VALENTINE FOR YOU

Years ago, when I first went through the steps, my sponsor told me to add my name to the list of persons I had harmed. I was surprised, to say the least. My list focused mainly on my family and closest friends. I found forgiving myself difficult, but over time, guilt and self-loathing abated. Through the tools of the program it has become easier. This is but one reason I find meetings so nurturing. I always feel the affirmation of God's love afterwards.

I often tell the newcomer who seems wounded, frightened and desolate to "Take a bubble bath, have a good meal and buy yourself a bouquet of flowers." This is my tiny suggestion for embarking on the voyage to self-esteem and self-love.

God made us His children in His image. I try to honor and respect that in myself when doubts appear. Taking those first steps to sobriety gave me the first fragrant flowers in my bouquet to myself. Each day of recovery is like another beautiful blossom.

Anonymous



Monthly Topics

Here's lookin' at you!! Happy February to all you Capricorns and Aquarians! After our "June in January" weather, this could be our month for snow! This is American Heart Month, An Affair to Remember (?!), Creative Romance, and National Weddings Month; it's also Black History Month, Canned Food, Great American Pie, National Grapefruit and National Cherry Month, which lead us right into National Children's Dental Health Month. Winter Olympics start on the 7th and end on the 23rd, Ground Hog Day opens up the month on the 2nd, and Abraham Lincoln (2/12) and George Washington (2/22) now celebrate their birthdays together on the third Monday of the month, February 17th. Don't forget Valentine's Day on the 14th – but of course you won't....now that you're sober. Polar Bear Day and No-Brainer Day is the 27th and National Tooth Fairy Day is the 28th. No Leap Year Day until 2016.

We have some great stories on Love or Lust in Sobriety, and we also have a number of stories on Step Two. We are featuring Service stories on pages 2 & 3.

Next month's topic is Back to Basics: Renew my Sobriety Foundation, and the deadline is 2/19/14. What made the biggest impact on your staying sober when you first walked into the rooms, or when you finally got rolling, what were the consistent markers that kept you coming back? Do you still use them? How can you revive your sobriety? Send your stories to COIN@aasanjose.org and we'll get them into the next issue. Thanks for all your writing – you make my heart glad!

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SERVICE — ESSENTIAL INGREDIENT TO SOBRIETY

Certain times and milestones in life give many of us reason to pause and reflect on where we are today, where we have been, and where we are going. For me, such contemplation most often concludes with a tremendous wave of gratitude for the person I am becoming and how I experience the world today. Thankfully, I am no longer who I was and I perceive the world around me much differently than I did before becoming a member of AA.

I am entering another period of reflection, not only because my 24th anniversary is approaching, but also because my term as a member on the Central Service Board concluded in November.

When first approached by a member of the nominating committee about my potential willingness to be a candidate for this board, I was a little surprised, as I did not know there was such a board. Well, there is and they have been meeting for many years once a month. They ensure that the Santa Clara County Central Office is serving our community as best it can, that our assets and resources are where they are supposed to be, and that they are being used to further Central Office's purpose.

The board is comprised of five

members and meets the 4th Thursday of every month, usually for an hour or a bit longer. The members have a fiduciary responsibility to the non-profit Santa Clara County Intergroup. Each board member holds a position: Chairperson, Vice-Chair, Secretary, Treasurer, and back-up Secretary. A board member serves a two-year term and once the two years is completed, must wait four years before being eligible for the position again. Each year, candidates are nominated by a committee and then voted in to office by the Intergroup Council. This year Milton B. and I are finishing our term and the three remaining members will serve their second year.

My first year as a board member I served as Treasurer, and as a result have a greater appreciation for the "business" of running our Central Office. Our office is well managed, run efficiently, and we are financially very sound today. I also developed a greater understanding of how critical it is for the individual groups to contribute to Intergroup – so the doors, phones, and website remain open for those in need. The \$2.00 I throw into the basket at each meeting matters.

I have served as the Chair in my second year and in this capacity have set the agendas for the board

meetings, facilitated the review of our Executive Director, Bruce, encouraged the board to conduct an inventory, and reported at most of the Intergroup Council meetings. In this role, it has been clear to me that the minority voice in AA truly matters.

Overall, it has been a pleasure to serve on the Central Service Board and I am so appreciative of all the volunteers that ensure AA in Santa Clara County is available to all who want it. Bruce, our Executive Director, and Cory, the Office Manager do a fabulous job managing and running Central Office. We are blessed to have such committed, competent staff members. An unexpected benefit of serving on the board was getting to know Bruce and Cory.

When I arrived at the rooms of AA, I was convinced there was no reason for me to be alive. My involvement and service in AA has taught me the fallacy of that belief. We all have an opportunity to be a part of something quite magical. If you haven't experienced the magic of Alcoholics Anonymous, I encourage you to find a way to serve this community.

Staying in Service,

Annie K.

THE BEST GIFT EVER

The Eleventh Edition of Merriam Webster's Collegiate Dictionary includes the following as part of the definition for "gift": "GIFT often implies special favor by God or nature." This edition also defines gift as "something voluntarily transferred by one person to another without compensation."

The gift or grace that I received when I trudged into Alcoholics Anonymous was relief from a compulsion to pick up that dangerous first drink. It was an obsession that I had tried to fight singlehandedly for years but never

with any great success. My mind was always focused on the first drink whether I was drinking or not. My number one priority was always getting that drink regardless of the other circumstances of my life. All my pledges turned out to be ineffective in combating my disease.

My alcoholism and my lifestyle had taken away any ability I had to be a decent, contributing member of society. I truly had been drinking to live and living only to drink. Every other concern had run a very distant second or worse.

Removing the alcohol with the power of that gift or grace was not an immediate solution for this alcoholic in terms of becoming a member of the contributing part of the human race. I'm reminded that decades of destructive drinking don't make for a quick path to recovery. Often I wonder if there was really anything to "recover" other than a semblance of physical health that I had started destroying as a pre-teen.

I also had the gift of desperation. A nagging sense that, if I didn't "do" Alcoholics Anonymous right, my last

continued on next page

GIVING IT AWAY

As I left my husband the other night, I said, “See you later, I’m going to give it away.” Fortunately, he is a fellow member and knew I was going to speak at a meeting. Well, I gave “it” away last Saturday night at the speaker meeting. Inviting more than 200 people into my life and sharing my experience, strength, and hope was definitely rewarding and energizing. But, what surprised me was how depleted I felt the following day.

So often we hear, “you must give it away to keep it.” I am learning I cannot give it all away, all the time. I need to stop and fill my tank as well.

I am now well into my 25th year of sobriety and realizing it is more critical now than ever that I stay connected to Alcoholics Anonymous. I have been blessed with a wonderful life – not a perfect life according to my wants and desires – but a perfect life if I remain focused on God being my source. So long as I remain aware that I am blessed and that the path I have been walking since November 20, 1989 is a gift, I stay motivated to do all I can to help others enjoy the same life I enjoy today.

I am clear that it is my responsibility

to share what was so freely given to me. People in AA were and continue to be available to me whenever I am in need of help; often I am not even aware of how much I need their help. So to fulfill this responsibility I consistently attend the same meetings throughout the week, I have a home group, I try to have a service commitment at one of my meetings at all times, I contribute to Intergroup, and sponsor women. When asked to speak, I say “yes.” But in order to have the energy to give, I must make room in my regular schedule to be re-energized.

I need to be mindful of taking the time to receive and be restored. Spending time with my sponsor allows for “me” time and attending a few meetings where I don’t have service commitments, while it sometimes feels selfish, is also a great way for me to simply participate and be “filled up.” Practicing a faith life that I share with my children also serves to provide for my spiritual growth. Maintaining a regular schedule of meetings, making those meetings a priority whenever possible – and even when it does not seem possible – ensures that I will remain connected to what truly is my lifeline.

I have also heard that as “old timers” we need to step aside and make room for the new gal or guy to serve. It is my observation that there is a lot to be done in AA. Recently, I attended a few meetings that seemed to be struggling to fill service positions for set up and clean up. I contrasted those to my home meetings where the call for help seems to be quickly answered, regardless of the type of service needed. I know for me that being of service, whether it is serving as secretary or washing coffee cups (two service positions I have recently filled), ensures I feel a part of the group and holds me accountable.

Striking a balance seems to be the continual challenge. While finding the “sweet spot” or “perfect blend” often eludes me, I am so grateful that I am still here and willing to strive for a balance between giving and receiving. There is no journey I would prefer to be walking. Today, I am grateful to be alive and to know that I have purpose. So to keep it, I will continue to give it away.

AK

THE BEST GIFT EVER continued from previous page

chance to join the human race might be lost. I might condemn myself and others to the destruction of a black-out drinker behind the steering wheel of a 3,500 pound weapon. That gift gave me some willingness to follow suggestions even if I didn’t ask for them, to eventually ask for help from a sponsor, and to work at having a spiritual awakening as described in the 12th Step.

But the real gift was the power of the program of Alcoholics Anonymous in my life. I had never really had a direction for life. Selfishness and self-centeredness had run all my thoughts,

decisions, choices and, hence, my life. But each of the 12 Steps either forced some humility on me or showed me the value of humility. The Steps showed me that I could be helpful to my fellow man, inside or outside of Alcoholics Anonymous.

Today, I get to be a real “big brother” to my younger brother and sister. I get to be a sober, loving uncle to my nieces and nephews and to their children. Occasionally, I receive the gift of being able to take another alcoholic through the 12 Steps and 12 Traditions of the program. Today, I get to work at

being a compassionate and trusted friend. Today, I am not ashamed of who I am and what I am doing.

In short, I get the gift of trying to be helpful to my fellow man. I can be of real service. Today I understand that my experience has some value in trying to help someone else. That is a long way from the broken down drunk that came into Alcoholics Anonymous needing lots of help but being unable to ask for it. The change is certainly my best gift ever.

Anonymous

STEP TWO: CAME TO BELIEVE

After the feelings of defeat and helplessness that I experienced in order to achieve Step One, Step Two was like a light arm around my shoulders, welcoming me into a warm abyss. I could see outlines of walkways, but they were ill-defined and foggy. Still, it felt warm and there was a great sense of encouragement. I saw that people who spoke of horrendous experiences that I could relate to were living happy lives and were no longer enveloped in alcohol-induced tragedy. They repeatedly told me, in varying words, that faith in a power greater than themselves had made the difference. I was beaten by alcohol and wanted this warm and inviting change, but the path from where I was to what they described was not at all clear.

The work that I did for Step Two focused my attention on faith and open-mindedness.

There were people and things that I had faith in. Even then, I had faith that my mother would give me any kind of help I asked for. I knew this because she had offered assistance many times, but I had accepted only a few. I had faith that my son would be taken care of in my absence,

because others had been doing a pretty good job of that for some time. I had faith that the sun would rise come morning, because it had been so for all of my life. Faith, then, was based on evidence. Spending a lot of time in meetings led me to consider the stories of other AAs as evidence... evidence that bringing a higher power into the consciousness of their daily lives made their lives better. I believed it to be true for them, but true faith would not come until I had evidence in my own life.

Open-mindedness was the key to obtaining that evidence. I heard nearly as many descriptions of a higher power as I heard speakers, and this gave me cause to believe that, indeed, the hoop I had to jump through was a lot wider than I thought. I started by being open to the idea that anything "good" that happened throughout the day was a gift from "my higher power." At first it was just an exercise, but soon it began to "feel right." I liked the feeling I got from thinking that good things were being given to me rather than that they were coincidences. Even those rewards that came from

what I considered my efforts were a bit more enjoyable when I thought of a divine hand being lent. From there, I began looking for positive aspects in "bad" things that happened throughout the day. I'll be darned, those were there, too, and I could attribute them to my higher power. Being open to a greater presence in my life was daily providing me evidence that it existed.

At some point, I turned around and saw that the walkway behind me, although fraught with fits and starts and somewhat meandering, was clear and definite. My day-to-day life had improved dramatically, in spite of the recurrent cravings for alcohol. I could see that my bouts with the obsession were fewer and further between as I continued to work on Step Two, go to meetings, and not drink, no matter what. And that light arm around my shoulders became an embrace of gratitude as I discovered that I believed my higher power really could restore me to sanity.

Ceased The Fight

STORIES WANTED

NOTICE: What's your favorite meeting? Why not write about it? Submit your story and a picture of its location (without faces of any members) to: coin@aasanjose.org. Or if you need help, call Fran, our editor, at 408-421-3941.

NOTICE: Do you know of any KID-FRIENDLY meetings? Let us know and we will print a list of them. If the list becomes substantial, perhaps it can become incorporated into our meeting directory. Let us know at coin@aasanjose.org.

RESOLUTION ... AGAIN?!

Now that the first days of the new year have come and gone--and with it many well intended resolutions--I'm reminded of my years of unfulfilled vows to myself.

Most of these revolved around the usual suspects--smoking, dieting, exercising, etc. However the best resolution I've ever made had no connection to New Years Day. It was the decision one summer day to end the chaos in my life by putting down the bottle.

At a recent meeting some one said that January was "AA's recruitment month," This brought a laugh, for we have all seen the stress and anxiety the holidays can bring. In my own family someone reached out to me after a holiday relapse and just asked me to take her to a meeting. What an honor for me.

At that meeting there were a lot of newcomers as predicted and they were welcomed with open arms.

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STEP TWO: CAME TO BELIEVE...

Sanity?! What IS sanity, and who says I'm insane, anyway?! My sponsor helped me answer both of those questions for myself. It took a lot for me to even get to a point where I could be honest in looking at myself, going back through my life so see if I could identify the insanity of my alcoholism. It was there, all right! The fact that I would tell myself "I won't drink tonight" (usually because I had a miserable hangover) and by 6 pm I'd be cracking open that bottle anyway. The fact that I'd get all motivated to quit, thinking, "It will be different this time!" and a few days later I had some justification for having drinks. Or trying to control my drinking: counting the agonizing minutes of my son's basketball games, waiting for the joyful time when I got home and felt once again the ease and comfort of that first drink. Or "I'll just have two drinks" at a wedding, and ending up being among the last few people there, at the bar, my disgusted husband having left me to drive myself home.

There was also the insanity of my delusions, my "take" on life that didn't seem to match up to anyone else's version. Mine was self-centered for the most part. Even volunteering at the school was based on a self-seeking motive (for recognition, for praise) more than any desire to just help because they needed it. Fantasy life became my retreat as alcohol more and more became my solution to life.

So when life caved in on me, I finally had that moment of clarity. I reached the point where I knew I was looking at a dead woman in the mirror. I decided I wanted to live. At that moment, I believe I took Step One, admitting that I was powerless over alcohol and that my life was unmanageable. I asked for help, got to some meetings, got a Big Book and started reading it. I got a temporary sponsor who was able to help me see that my old ideas of God were not helpful to me, and that I could develop a new idea or concept of something else as a Higher Power. I started with the idea of Nature. That I could accept—I had always had a feeling deep inside that there is "something out there." That was enough to go on.

In the 12 Steps and 12 Traditions book, it says we just need to start with 3 ideas: AA does not require us to believe anything; it's all "suggested." To get and stay sober, I don't have to take all of Step Two at once. Third, all I really need is an open mind. What a relief to hear these ideas! And so, little by little, in working the program with my sponsor, in going to meetings every day, listening, writing, and talking with other women, I have been developing a Higher Power that loves me, forgives me, wants what is best for me, is not limited by any human characteristics, and is always with me. I have been learning to let that Power work. Usually that is by me letting go

of my need to control, be right, be in charge, know what I am doing. By learning to recognize when I am powerless and letting go. By asking my HP to take away my character defects and help me replace them with positive character assets. By asking for guidance to do the "next right thing."

What happened is that I lost any desire to drink very quickly. I became much more open-minded in general, and as I saw results and learned to trust in the Power, I could really start to relax and enjoy my sobriety. I have had so many good things happen in my life since getting sober. It has been work to get through the Steps honestly, but I find that I get from my sobriety what I put into it. My sobriety is my highest priority, and I start out each day by reminding myself with prayer. Well, almost every day—I'm not a saint!

I am able to carry the message now, and that feels really good. Our program not only saves lives but it saves families. It gives us a design for living that is really only limited by the choices we make. It's a beautiful thing, and I hope you find the happiness and the joy in living that I have found!

Anonymous

RESOLUTION ... AGAIN CONTINUED FROM PAGE 4

What is so stressful about the holidays? I think it's a combination of social and family expectations, unattainable and unrealistic goals and just plain insanity. The media bombardment of perfect family images only adds to this pressure.

I, for one, find a daily resolution, a daily prayer, a daily promise to God so much more attainable than that gargantuan "this year" resolution. It's

what I consider a "right-sized" goal.

This alcoholic has been blessed by the fellowship every day of her sobriety. How often we all sing the praises of the gifts that make our lives manageable even though life continues to send us challenges. How much stronger we are now that we have the tools needed to accept life as it happens.

My resolution? Keep coming back!

Anonymous

Editor's Bag

This is the big month of Love in the Air, songbirds tweeting, and for those who aren't wonderfully happy with the results of the 14th, you may be looking at Singles Awareness Day on the 15th. I did that back in 1988. In a drunken marriage that began in 1982, I sabotaged that relationship with my fun-loving life-style, and we were both miserable. So on Valentine's Day I gave him a card that said I didn't want him for a valentine any more. What did I expect? Well, I didn't expect to be tossed on my ear the following month, but I was. It was a huge wakeup in sobriety, since I hadn't reached a year being sober and I knew I wasn't supposed to make any major changes but...it was fast and peaceful and allowed me to be sober on my own.

Since then, I've walked through many heart-broken sponsees' stories, and I had my own share of being dreadfully sad on V-Day for one reason or another, but even alone, I am so much happier being SOBER. I truly don't need another person to fulfill me, and I know that. Having someone on my arm doesn't make a relationship "real." There are some basics that are the core of getting along for me, and the first one is that my partner knows Sobriety is #1. Having him sober is an added bonus, but hip, slick, and cool are not features I admire in a man. Trust, honesty, (open-mindedness & willingness, definitely), integrity, reliability, and knowing and liking himself are the qualities that endear me

to a man. Having him think I'm the best thing since peanut butter is an excellent quality, but allowing me to be my own person and not feeling threatened by my personality are gifts. Getting along well, not arguing, being okay with having different opinions on subjects, liking many of the same things, but not everything – these are all what make for a satisfying relationship.

I trust that God is directing me in all things, even when I'm messing up. Time to get back on the horse and go again. Every day is not perfect, but I am grateful for every day that I have. Thank you, God, for giving me exactly what I need.

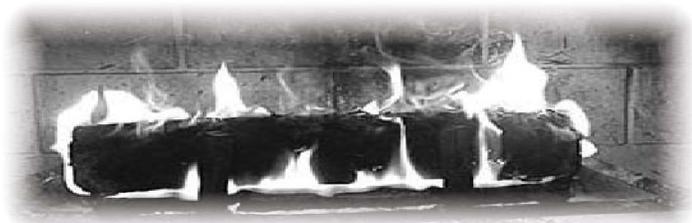
Fran



Topics Upcoming & Deadlines

March	Back to Basics – Sobriety Foundation Renewal Step Three: Turned Our Will & Lives Over to Higher Power	Due 2/19/14
April	Sunshine & Showers – Rain in Life Step Four: Searching & Fearless Moral Inventory of Selves	Due 3/19/14
May:	Forgiveness vs. Holding Resentments Step Five: Admitted Wrongs to God /Ourselves/Another Human Being	Due 4/16/14

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FEBRUARY HISTORY IN AA

From AA Timeline, World Services Inc. 2/48

Frank B., a Swedish-American who had become sober in Newark, New Jersey, moves to Sweden and reports to the Newark group that he has joined an A.A. group in the town of Borås – much to the surprise of the Alcoholic Foundation. The group is in fact affiliated with the Links Society. (Founded by an officer of the Temperance Board in Stockholm, the Links Society was loosely based on the A.A. concepts with which the officer had become familiar on a trip to the U.S. in 1939.) An exchange of letters between the Foundation and the secretary of the Borås Links group ensues, leading to a listing with A.A. in February 1948. In later years, more Swedish groups will shift their affiliation from the Links Society to A.A., and the Swedish G.S.O. will issue the Twelve Steps in booklet form (called Sällskapet Länkarna i Göteborg.)

HALT

The sun was long gone when I pulled into the Chevron station on Christmas Eve. The car had warmed up during the drive from church, but I knew that an evening chill awaited me when I got out to fill the tank. Despite a lingering bout with “particulates-in-the-air” congestion, I had fulfilled my duty at our little Episcopal church by rehearsing and singing at our early Christmas Eve service. Now I sat in the car, exhausted from the effort, and feeling the kind of emptiness that often envelops me when I leave a warm and friendly gathering to go home alone. As I looked out the window, I beheld a familiar sight: the neighborhood liquor store, bejeweled with lights and beckoning signs. And seemingly out of the blue, the thought appeared, almost casually, in my mind. “Let’s go in there and get some Bailey’s!”

Following a stunned inner silence, I almost burst out laughing. The thought was so sneaky, just slid smoothly through my mind as if a common occurrence, nothing unusual, nothing deadly. Where did it come from?

I have been sober since October 23, 1983. At least that’s how I think about and celebrate it. In AA terms, it’s June, 1989, because there were five separate one-night “slips” in the first six years

of my sobriety. Despite hard work and great resolve, there were five occasions when an emotional drama in my life got the best of me and I sought help in alcohol for a night, then stopped again the next day. AA celebrates continuous sobriety only, and I celebrate the life-changing decision that I made that day in October. Both views are important.

Either way, I had been sober a long time on the Christmas Eve in question, and it was a shock to hear that mental invitation beckoning me to the strip mall liquor store. Particularly odd was the fact that no terrible trauma was compelling me, as in the old days. It was just a quiet, lonely moment in a gas station, following a lovely holiday service, complete with candles and “Silent Night.” The hard part was filing out of the church after the hugs and good wishes, families bustling noisily to their cars, and me to mine.

We have a saying (among so many) in AA: watch out for H.A.L.T. moments (“Hungry, Angry, Lonely, Tired.”) We think of them as triggers, as they certainly can be, to drink. If we are in those states and finding ourselves inclined to seek alcohol, we are taught to “halt”, STOP, and remember that there are a multitude of tools to employ and people

to call if we need help turning that dangerous moment around.

During that moment on Christmas Eve, I watched some part of my inner self think about going into the liquor store, buying a bottle of Bailey’s to celebrate the holiday, and drinking it. I marveled at the seeming normalcy of the idea, after all those years of working on this issue, and felt enormous gratitude that there was no driving urge to act on the impulse. After all, had I not made that life-altering decision in October of 1983, I doubt that I would be sitting in my car last week, thinking these thoughts. I had seen my father take the drunk path right to the exceedingly bitter end, and I knew that part of me wanted to follow him there. But there I was, putting gas in the car, imagining little skits with the Devil himself pointing me to the busy liquor store, and me politely declining. I was not angry, or particularly hungry, but I took my lonely and tired self home, and took good care of her.

“God grant me the serenity
to accept the things I cannot change
the courage to change the things I can
and the wisdom to know
the difference.”

Early blooms in January ...



STEP TWO – CAME TO BELIEVE

About five or six months into recovery I was invited to go on a two-day white-water rafting trip with friends from work. I had never rafted before and this sounded like it would be fun and interesting. A group of about 25 of us camped out the night before entering the river so we would be ready early in the morning. It came time to get in the river and we got into the rafts. I, a complete novice at this undertaking, was in the front left of the boat. There were six people plus the guide in the boat. We started off on the river and when we reach the first rapids I was immediately thrown out of the boat. Somebody grabbed me and dragged me back in the boat.

I think I had never been so excited about something I was doing as I was that day. It was absolutely thrilling. During the day we floated a few miles down the river and neither I nor anyone else was tossed overboard again. Late in the afternoon we reached the beach where we were going to camp out overnight.

I got ashore and went looking for a bottle of water. Our food and drink supply was packed in five foot long coolers. I started going through them looking for a bottle of water. The first or second of those coolers I opened was packed from end to end with beer. After the thrilling day I had, the first thought was that a beer was just what I needed and deserved. The second thought was, “No, I don’t drink anymore”.

From then on, all that evening I had this battle with myself that I would or would not get a beer. I had found a bottle of water and had a death grip on it all through dinner. After dinner I went down the beach a couple of hundred yards and lay down in the sand.

There had been one other thought in my head during that time. I had heard at meetings and in a recovery facility that at some time nothing will stand between me and the next drink except the condition of my spirituality. With that thought in my

head, I lay down in the sand and started talking to God. I repeated over and over, “God I don’t want to take a drink, I need your help.”

After about twenty minutes I felt a touch on my shoulder as gentle as a butterfly landing on it. At that moment the desire to take a drink was gone. For the rest of that night I was comfortable. I have never had a thought of taking a drink since that moment. What I believed then, and still believe to this day, is that God had done for me that which I was incapable of doing for myself. That for me was a wonderful Spiritual Experience. The feeling that goes through you is indescribable and unforgettable. That is the God I have today and I have learned to have absolute faith that he will get me through anything that could possibly happen to me. I have never thought of taking a drink since that moment.

DF

Editor’s Note. Diane M passed away on January 21 after a hard fought battle with that dreaded foe, cancer. In remembrance of her, we are reprinting her article initially printed last April. Diane, may you rest in peace.

Just for Today...

When I sobered up in 1975, there was a card with nine guidelines for living in the today. That was a difficult concept to grasp, considering my brain raced forward and peace of mind was illusive. I was always worried about the future, and guilty about the past.

The card contained a daily program for living and was immensely helpful to me as I tried to recall everyday what I was supposed to be following [condensed]:

I will try to live through this day only

I will be happy

I will adjust myself to what is

I will try to strengthen my mind

I will exercise my soul in 3 ways

I will be agreeable. I will dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to

improve or regulate anybody but myself.

I will have a program. I will save myself from two pests: hurry and indecision.

I will have a quiet half hour all by myself

I will be unafraid

Point number two was to be happy just for today. It references Abe Lincoln as the source. This is funny because in 1984 I traveled to England for business and I picked up the same card from one of the Central Offices there, and it does not attribute any quote to Abraham Lincoln, rather it states “Just for today I will be happy. Most folks are as happy as they make up their minds to be.”

This card still in my possession was published by Inter-Group Central Office in 1975. The address on the card is: 535 Race Street, Suite 130; San Jose, California 95126; 408 297-3555. I treasure the little card today, 37 years later, because its principles are simple and true.

Diane M.

THEY CALL ME THE TROLLOP

Born out of a desire to fully participate in a significant one-year anniversary of a member in the women's meeting I attend, I became the "neighborhood trollop." When our celebrant began coming to this meeting, she labeled it a housewives' club because most were married with children and grandchildren. To celebrate the special occasion all agreed to meet for lunch at a local restaurant and as a surprise add a bit of fun by dressing up as a "typical suburban housewife" complete with apron and kitchen utensils. I, however, did not get the memo so I came to the event with my sequined top, sparkly earrings, and sparkle accented shoes and jeans. I felt a little left out and wondered how I could possibly feel more a "part of" when I looked so "different from." Then it came to me. I announced to the ladies that if they were neighborhood housewives then I would be the neighborhood trollop. Gales of laughter broke out all around and so the label has stuck. It is occasionally used in good humor by our group during discussions in our meeting, most recently as a light-hearted suggestion to write an article for this month's COIN theme.

As most AAs know, behind some nicknames and laughter there is a story of growth in sobriety from the ashes of the past, drunk or sober. For me this is no different. As a practicing alcoholic I looked for love in all the wrong places with the wrong men and for the wrong reasons. I was never smart enough to ask for or demand cash payment for my services rendered. Instead I exchanged being treated to dinners and drinks for the illusion of love, desire and caring. It did not matter if they were committed to another woman or single, rich or poor, within the law or not. What mattered was the deep need within me to feel wanted, loved and cherished.

Well into sobriety I carried on trollop-like behavior with many short-term affairs and overnight romances. My

lust was not for sex but for the power that all men were attracted to me, whether or not I was attracted to them. One affair included a man who was not free to be involved with me.

Once very good friends, one night we crossed the line. My sponsor and his, as well as our mutual friends, knew about the affair. They were kind beyond belief in their tolerance of our behavior. From the time the affair began and without judgment, whenever I met with my sponsor she brought out her Big Book and read from page 69 while I listened and with my head down would tell her, "I know but I love him." Eventually God did for me what I could not do for myself. My friend was transferred by his company to another position several states away. I was upset and relieved all at once. We stayed in contact for a short time and then it was finished. I saw him once at a party several years later and haven't seen or contacted him since. I wish him well and hope he has found true happiness and peace.

For me there was residual and painful damage. A short time after the affair was over his sponsor approached me with a proposal. Because this man was a prominent businessman in the community and was aware of the work I did at that time, I thought his invitation to dinner was a prelude to a potential job offer. I had no idea that what he really had in mind was an arrangement. He wanted me to be his mistress. I turned him down and never saw him again. Within the same timeframe my sponsor's husband came by my home. While I was surprised, I was also delighted to see him. Early in my sobriety, he had gotten me involved with H & I. We had taken many meetings in to one of the facilities. He always said that this was a program of attraction not promotion and that at this facility I was the attraction. It made me laugh because I never thought of myself as attractive although I wanted to be. We were friends, I thought.

Right after he entered my home he put his arms tightly around me; I knew what he wanted and pushed away telling him that his wife was a friend of mine, that I loved her and would never do anything to hurt her. He left. Though I am not responsible for their actions, my past actions and my affair incited them to act in a way toward me they may not have otherwise.

I rejected the businessman not so much for love and friendship of his wife (I did not know her) but for the self-love, dignity and respect I found by working with my sponsor. I rejected my sponsor's husband not only because of the love I found for myself, but because for the first time in my life of the genuine love I had (and still have) for another dear friend, my sponsor.

Today as I write my story, I awakened a deep awareness – My entire life I already possessed all those things for which I was so desperately searching: I am wanted, I am loved, I am cherished by family and friends.

Anonymous

4th Step Workshop

Every Sunday

2:30 - 3:30 PM

Freedom Fellowship Group

327-B Moffett Blvd.

Mountain View

Week 1: Intro & Resentments

Week 2: Fears

Week 3: Sex Inventory & Ideal

Week 4: 5th Step & Amends

Week 5: Open BB Study

No sign up needed!

Join us any week!

FEBRUARY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																													
January 2014 <table style="width: 100%; text-align: center; font-size: small;"> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td></td><td></td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>		1	2	3	4			5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		March 2014 <table style="width: 100%; text-align: center; font-size: small;"> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31										1 SECRETARY'S WORKSHOP 10am, Central Office ARCHIVES WORK DAY 11:15am, Central Office
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23	24	25 H & I Committee 7:00pm 1980 E. Hamilton Ave., SJ	26	27	28																																																																														

LOCAL EVENTS

- Feb 13** Auditions: Olivia w/a Twist, Founder's Day Play June 2014, 6PM, Intergroup Central Office, 274 E. Hamilton Ave. Suite D. Campbell
- Feb 15** Auditions: Olivia w/a Twist, Founder's Day Play June 2014, 1PM, Intergroup Central Office, 274 E. Hamilton Ave. Suite D. Campbell
- Feb 15** Saturday Nite Live Valentine's Day Dance, 9:30PM-Midnight, 1388 S. Bascom Ave., San Jose
- Feb 22** Working w/Others Workshop, 10:30AM-1PM, Brick Red Recovery House, 16330 Los Gatos Blvd., Los Gatos
- Mar 21-23** NCCAA 67th Annual Spring Conference, San Ramon Marriott Hotel, 2600 Bishop Dr., San Ramon
- Mar 22** 7th Annual Chili Cook-off, 12 noon - 3PM, Lincoln Glen Church, 2700 Booksin Ave., San Jose
- Sept** 28th Annual Old-Timers Meeting, Date and Time TBD, St. Martin of Tours, San Jose
- Oct 4** 7th Annual Take Your Sponsor To Brunch, 11AM-2PM, Lincoln Glen Church, 2700 Booksin Ave., San Jose

CALIFORNIA EVENTS

- May 2-4** 43rd Annual H&I Conference, Masonic Family Center, 1110 W. East Ave., Chico
- Jun 5-8** A.A. Desert Pow Wow, Renaissance Esmeralda Resort, Indian Wells, www.desertpowwow.com

EVENTS AROUND THE COUNTRY AND GLOBE

MARCH 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February 2014 1 2 3 4 5 6 7 8 9 10 12 13 14 15 16 17 18 19 20 21 22 23 26 24 25 26 27 28	April 2014 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30					1 SECRETARY'S WORKSHOP 10am, Central Office ARCHIVES WORK DAY 11:15am, Central Office
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16	17 BRIDGING THE GAP 7:00pm, Hamilton & Leigh	18 SCCYPAA MEETING 6:30pm SO COUNTY GENERAL SERVICE MEETING: 7pm	19	20	21	22 7th Annual Chili Cook-off!! Lincoln Glen Church, 2700 Booksin Ave., SJ
23/30	24/31	25 H & I Committee 7:00pm 1980 E. Hamilton Ave., SJ	26	27	28	29

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

Telephone Calls Received During January 2014

Daytime at Central Office.....**363**

Daytime 12 Step Calls.....3

(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 p.m.

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

Completely Out of Context: Wed., 6PM, DeFrank Center, 938 The Alameda, San Jose.

Knocking on Heaven's Door: Sat., 4PM, Cornerstone Fellowship Group, 1600 Dell Ave., Campbell.

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

CHANGED

Rincon Avenue Weekday Meetings: Mon.-Fri., 4PM, Holy Spirit Episcopal Church, 41 W. Rincon Ave, St. Lawrence Hall, Campbell. Men's Basic Book Study- 8PM Thursdays and Men's Basic Step Study - 8PM Tuesdays, All 4PM meetings, are moving to St. Edwards/Good Samaritan Episcopal Church, 15040 Union Ave., San Jose (near 85 & Union Ave.). Meetings will start there on January 6, 2014.

South County District 40 GSR Meeting: 3rd Tues. monthly, Trinity Episcopal Church, 81 N. 2nd. Str., San Jose. Meeting has moved to the First Congregational Church of Christ, 1980 Hamilton Ave. at Leigh, San Jose.

Fireside Big Book Study: Tues, 8:15PM, San Jose Christian Reformed Church, 5150 Camden Ave., San Jose. Meeting has moved to Joint Ventures Churches, 6581 Camden Ave, San Jose.

NO LONGER MEETING

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

Women's Meeting: Sat., 4PM, Alano Club West, 1555 S. 7th Street, San Jose.

PASSED ON... NOT FORGOTTEN

Ted G. III, age 83 and longtime sober member of A.A., passed peacefully on January 15 with his loved ones at his side. Ted joined Alcoholics Anonymous on August 20, 1968.

George H. passed away on Dec. 14, 2013, with 44 years of sobriety,

Diane M. died January 21, 2014 with 38 years of sobriety; her birthday was 7/7/75.

Birthday Contributions

BIRTHDAY CELEBRANT	YEARS	CONTRIBUTIONS	BIRTHDAY
Mary Pat P.	31	Mary Pat P., Joel F., Aileen B.	01/28/1983
Bob S.	51	Joel F.	01/24/1963
John S.	22	John S.	01/25/1992
Dave K.	1	John S.	01/01/2013
Steve C.	1	John S.	01/16/2013
Caesar G.	37	John S., In Memorium	01/25/1977
Paul C.	35	Paul C., Robbie R.	01/10/1979
Dinesh S.	3	Eric L.	01/16/2011
Allegra R.	30	Aileen B.	02/07/1984
Susan S.	9	Carol B.	02/09/2005
Jim O.	34	Jim O.	1980
Lee C.	29	Lee C.	12/25/1984
Paul K.	10	Paul K.	01/06/2004
Mary M.	30	Aileen B.	01/06/1984
Margaret W.	20	Aileen B.	01/16/1994
Tom K.	44	Brian M.	01/15/1970
Brian M.	24	Domini	01/18/1990

HAPPY BIRTHDAY TO ALL!! 411 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: January 8, 2014

- Gloria V., Intergroup Chairperson, opened the meeting at 7:30 PM, followed by a Moment of Silence and the serenity prayer.
 - Mike read the definition of Intergroup.
 - Barbara read the 12 traditions.
 - New Intergroup Reps: Barbara, Pass it On Group; Kevin S, Downtown Steppers; Mike J, Second Tradition; David H, No Bull Big Book; Devon H, The Firing Line; Kevin B, Boiled Owls; Sandra W, Progress not Perfection; Jessie C, Sun Night Young People; Vincent A, Gathered Together for Sobriety
 - Visitors: Chad. Collin
 - Birthdays: Mary F, 25 yrs.; Rich W, 34 yrs.; Kathleen H, 14 yrs.; Gavin S, 5 yrs.; Sandra, 2 yrs.; Larry, 8 yrs.; Betsy, 5 yrs.; Dan, 2 yrs.; Steve, 9 yrs.; Jessica, 9 yrs.
 - 7th tradition.
 - Corrections or Additions to the agenda (None)
 - Corrections or Additions to the previous month's minutes (None/Minutes approved)
 - Larry announced the new PI chairperson, Chris L and provided his contact number
 - Treasurer's Report – Laura (Her last report as treasurer, thank you Laura for your service to the group and look forward to your service on the Central Service Board!)
- Ended the year with 627.00, after rent a 300.00 prudent reserve remains. Joe B will be introduced at the next meeting as a potential replacement
- 56 voting representatives in attendance.

REPORTS

Intergroup Chair, Gloria V.

- 29 members needed to pass any motions
- Happy New Year everyone!
- Thank you Gavin for continuously making the coffee.
- We have 56 members tonight, last year started with 56 and got up to 69 members. Invite those at meetings without an Intergroup Rep. to come and join us!
- As a reminder, please keep committee reports to 3 minutes; this includes service committee reports.

Central Service Board, Mike W: The board met on December 26th and discussed revenue and expenses and discussed trends noticed. Contributions are about 67% of total revenue for Central Office, Literature sales is about 24%. 9.5k revenue for the year which is very good. Selling policies for Group Insurance has exceeded our cost so we are not losing money and have provided a valuable, sound service. This will have to be evaluated during the coming year. Meeting guide sales are half what they used to be. The website has an impact on that. Remember your contributions are very important to keeping a vibrant Central Office!

Central Office, Bruce: Tamale party was a great success, we had to buy more tamales which is a good kind of a problem. Our financial status is good, we have ample prudent reserve and a sufficient operating account. We are blessed and grateful to you and your groups for your support. Let's talk a minute: "We have really good Outreach, PI/CPC, Diverter, Activities, 12-Step committees. I don't know if all of these are doing everything they could be doing. We're a conservative lot when it comes to dollars, I don't know if the dollars are influencing the decisions they're trying to make". One of my favorite mantras in the office is from Bill - "The good is often the enemy of the best". How can we support our trusted servants more than what we're doing now? I would like us to think about these things. I don't want us to settle for good if we can be the best. Can we double down on our commitments? Can we reinforce this with our meetings and our groups, our friends, our sponsees and our sponsors, our committees and not settle for good when we can do better? (Climbs down from soapbox).

PI/CPC, Larry

- Larry resounds Bruce's point about doing better, encourage your groups to do more!
- We been working on getting into some colleges, we will speak at Santa Clara University on the 25th of February and maybe get in at San Jose this month for a health class.

Share with your groups; the PI/CPC training workshop is held the 2nd Saturday each month, 10:00am at Central Office. Our committee meets the first Wednesday each month at 6:00 at Trinity Presbyterian Church before the Intergroup meeting. There will be another event with PI/CPC, H&I and BCT to discuss how to more effectively work together, that will be in April. Chris L. will come on as the PI Chairperson.

A motion was proposed to provide \$100.00 for a PI/CPC member to go to PRAASA, the motion was voted upon and approved after questions were met. Motion passed.

12 Step Committee, Bill D: Reporting for Tommy O. nothing to report from Diverter.

12 Step committee needs help. If a meeting would like to have a 12-step workshop, Bill would be willing to meet right after a regular meeting. Let Bill know if any of your groups are interested.

The monthly training workshop is held the third Saturday at Central Office at 10:00am.

Daytime Coordinator, Mike M: Shifts are full and they are doing well (Bruce).

Nights & Weekends Diverter Coordinator, Tommy O: See 12 Step Committee above.

Outreach Committee, Jessica: Jessica enters with a cold but includes a pirouette! We need help too! Outreach volunteers

go to meetings listed in our Santa Clara County Meeting Directory to ensure the meeting still exists, to inform the meeting about Intergroup and upcoming activities, and to encourage meetings to have an Intergroup Rep. We need volunteers, participation is flexible! If interested see Jessica. Outreach Committee meetings are held the first Wednesday of the month at 5:45 at Central Office.

Orientation for new Outreach committee members is held at 7:00 before the Intergroup meeting.

COIN, Fran: No pirouetting here! I'm really excited about this month's newsletter with terrific stories.

February's story topic is: In sobriety, Love or Lust? – What does love mean in sobriety? (Or step 2).

March: Back to Basic; renew my sobriety foundation (or Step 3).

April: Sunshine or Showers? There is rain in life and problems, how do you deal with them in Sobriety? (or Step 4).

Write stories or get your sponsee to write a story (in Word please, no Excel)

Update any outdated information the COIN in a timely fashion to get it in time to print

You can go to our website, aasanjose.org, to read COIN issues from previous years.

Submit your 300-400 word article in Word format to COIN@aasanjose.org OR to ODAAATCOIN@yahoo.com.

Activities Committee, Robby W: Robby was sick, Gloria shared that he will have fliers with a Calendar of Events for 2014 by the February meeting (maybe earlier at Central Office). A chili cook-off date is forthcoming, they will need all kinds of help.

Communications Committee,

No report. No chair at this time

OLD/ONGOING BUSINESS – NONE

NEW BUSINESS

How many intergroup representatives per group, especially if a group has multiple meetings that are otherwise seem *loosely associated? Can they have a separate Intergroup Rep? Gloria quotes group representation: Each group should select from its members one Intergroup Representative and one Alternate. The terms appear ambiguous to the group. Many personal experiences were shared and a group decision was indeterminate. Perhaps New York Central Office could settle the matter?

OTHER SERVICE COMMITTEE REPORTS

Unity Day – No Rep: Unity Day Committee meetings start again in February

NCCAA, Dennis: Will get the fliers for next meeting in March. NCCAA.org

Hospitals and Institutions, Judith L-G: Happy New Year from Judith!

“A penny a day for sobriety”, was resounded; even a penny makes a difference to provide literature to bring into Hospitals and Institutions. 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. Next meeting is January 28th. Meetings are going into Crestwood Behavior Center. We need help too! We need 50 more Men for Elmwood facility. Salinas Valley State Prison can use 40 Men or Women are needed to go out there and bring the message of AA!

Bridging the Gap, Cindy: Meetings are held the third Monday of the month at 7:00 at First Congregational Church, 1980 Hamilton Avenue (Hamilton & Leigh), San Jose. Orientation at 6:30 Now starting to go into jails, being well received and people are taking advantage of calling when they get out and being “bridged”. Always looking for group reps!

North County General Service, Eric: (Collin reporting for Eric.)

“Our last district meeting, which also served as an annual potluck, involved no business. Today (Jan 8) we're holding a District Inventory, with questions centering on how the district can best serve GSRs and loving discussion on the Purpose of General Service. We'll also be voting on our annual budget, which for the first time in several years, will include reimbursement for district committee members to travel to the four annual assemblies. The busiest part of General Service is upon us. Final Agenda Topics won't be out for another month; expect a detailed report on some of the agenda topics next month. Thanks for letting me be of service, Eric L.

South County General Service, Larry: Same as North County, just had our potluck. Getting ready for Agenda Topics. If you're interested ask your GSR!

SCCYPAA, Jeff

Dana reported quickly about a comedy show this Saturday night at 7:00 PM at Los Gatos Masonic Hall.

OPEN FORUM

- George, part of the Sober and Free Committee mentioned the Switch Hitters Ball. “Joy of Drag” Saturday January 25. Fliers will be in the COIN and will be on the web site.
- Jessica again mentioned “Sober Voices”, a way to attend a meeting by telephone.

The meeting was adjourned at 8:30 pm

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

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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
January 2014

	Jan 14	Jan 13
Ordinary Income/Expense		
Income		
3030 - Contributions-General	21,378.64	17,887.89
3050 - Group Insurance (Group premium payments)	200.00	0.00
8010 - Literature Sales	5,474.47	4,452.20
8020 - Meeting Guide Sales	1,087.50	602.00
8060 - Newsletter Subscriptions	40.00	50.00
Total Income	28,180.61	22,992.09
Cost of Goods Sold		
5000 - Cost of Goods Sold		
5100 - Cost of Inventory Sold	3,866.98	3,088.85
5150 - Cost of Meeting Directories	591.26	1,463.04
5000 - Cost of Goods Sold - Other	8.40	0.00
Total 5000 - Cost of Goods Sold	4,466.64	4,551.89
Total COGS	4,466.64	4,551.89
Gross Profit	23,713.97	18,440.20
Expense		
6010 - Alarm Service	207.00	207.00
6030 - Accounting and Legal Fee	0.00	-850.00
6070 - Bank Credit card charges (Credit card costs and fees)	69.17	76.89
6160 - Copier Expense	50.16	180.54
6230 - Insurance - General Liability	85.33	179.92
6240 - Employee HRA Plan	419.90	3,320.40
6245 - Internet Access Charges	369.60	29.95
6320 - Newsletter Expense	211.19	400.00
6330 - Office Expense	72.42	168.52
6370 - Office Paper Supply	115.01	102.38
6380 - Payroll Taxes	936.08	906.35
6410 - Postage	303.54	10.20
6430 - PI/CPC	46.51	0.00
6480 - Rent	2,090.55	2,534.00
6540 - Salaries - Office	7,518.63	6,892.34
6560 - Payroll Expenses	149.52	139.29
6600 - Signing Services	200.00	100.00
7010 - Taxes and Licenses	0.00	20.00
7050 - Telephone	155.62	179.86
9080 - Sales Tax (Sales tax paid on purchases)	0.00	-0.53
Total Expense	13,000.23	14,597.11
Net Ordinary Income	10,713.74	3,843.09
Other Income/Expense		
Other Income		
8030 - Interest Income	5.07	3.09
Total Other Income	5.07	3.09
Net Other Income	5.07	3.09
 Net Income	 10,718.81	 3,846.18

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.
Profit & Loss
January 2014

	<u>Jan 14</u>
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5000 - Cost of Goods Sold	
5100 - Cost of Inventory Sold	3,866.98
5150 - Cost of Meeting Directories	591.26
5000 - Cost of Goods Sold - Other	8.40
Total 5000 - Cost of Goods Sold	<u>4,466.64</u>
Total COGS	<u>4,466.64</u>
Gross Profit	<u>23,713.97</u>
Expense	
6010 - Alarm Service	207.00
6030 - Accounting and Legal Fee	0.00
6070 - Bank Credit card charges (Credit card costs and fees)	69.17
6160 - Copier Expense	50.16
6230 - Insurance - General Liability	85.33
6240 - Employee HRA Plan	419.90
6245 - Internet Access Charges	369.60
6320 - Newsletter Expense	211.19
6330 - Office Expense	72.42
6370 - Office Paper Supply	115.01
6380 - Payroll Taxes	936.08
6410 - Postage	303.54
6430 - PI/CPC	46.51
6480 - Rent	2,090.55
6540 - Salaries - Office	7,518.63
6560 - Payroll Expenses	149.52
6600 - Signing Services	200.00
7010 - Taxes and Licenses	0.00
7050 - Telephone	155.62
9080 - Sales Tax (Sales tax paid on purchases)	0.00
Total Expense	<u>13,000.23</u>
Net Ordinary Income	10,713.74
Other Income/Expense	
Other Income	
8030 - Interest Income	5.07
Total Other Income	<u>5.07</u>
Net Other Income	<u>5.07</u>
Net Income	<u><u>10,718.81</u></u>

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Balance Sheet

As of January 31, 2014

Jan 31, 14

ASSETS

Current Assets

Checking/Savings

1010 · PettyCash	157.11
1020 · First Republic Bank (Checking account)	25,803.16
1021 · First Republic Bank CD 0429 (12 Mo. CD @ .1%, 08/12/2013)	17,543.05
1023 · First Republic Bank CD 3228 (12 Mos. CD @ .1%, 02/05/2014)	16,448.50
1025 · First Republic Bank CD 7266 (12 Mos. CD @ .1%, 01/06/2014)	20,100.27
1026 · First Republic Bank CD 7619 (12 Mos. CD @ .45%, 06/21/2014)	15,043.29
1027 · First Republic Bank CD 7681 (9 Mo. CD @ .5%, 01.29/14)	15,054.57

Total Checking/Savings 110,149.95

Accounts Receivable

1110 · Accounts Rec - Group Deposits	-1,518.74
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Total Accounts Receivable -1,518.74

Other Current Assets

1250 · Literature Inventory	20,825.94
1310 · Prepaid Insurance	1,582.64
1499 · Undeposited Funds	1,018.74

Total Other Current Assets 23,427.32

Total Current Assets 132,058.53

Fixed Assets

1630 · Office Equipment	30,259.02
1640 · Office Furnishings - Asset	7,507.80
1641 · Less Accumulated Depreciation	-34,699.97
1680 · Leasehold Improvements	300.00
1681 · Less Accumulated Amortization	-300.00

Total Fixed Assets 3,066.85

Other Assets

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

TOTAL ASSETS 137,119.23

LIABILITIES & EQUITY

Liabilities

Current Liabilities

Other Current Liabilities

2240 · Sales Tax Payable (due quarterly)	1,778.83
2600 · UnityDay	1,602.03

Total Other Current Liabilities 3,380.86

Total Current Liabilities 3,380.86

Total Liabilities 3,380.86

Equity

2740 · Temporarily Restricted Funds	10,842.08
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3900 · Unrestricted Funds	112,177.48
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Net Income	10,718.81
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Total Equity 133,738.37

TOTAL LIABILITIES & EQUITY 137,119.23

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

January 2014

	Jan 14	Jan 14		Jan 14
1 INV Fremont & Hollenbeck Group 70907	350.00	350.00	Rincon Men's Fellowship 567 (Thur.)	420.00
1 INV SaturdayNite Live Group 70905	70.00	70.00	Second Tradition Group Spkr 721 (Sat.)	1,856.43
1 INV South CountyFellowship 70954	300.00	300.00	Sisters in Sobriety 548 (Thur.)	123.87
1 INV Winchester Fellowship 70960	25.00	25.00	Society of the Second Chance 305 (Tues.)	179.00
Back to Basics Saratoga Noon 151 (Tues.)	101.00	101.00	Spiritual Awakening 813 (Tues.)	309.00
Big Book Speakers Group 289 (Fri.)	315.00	315.00	Spiritual Step Study 233 (Sun.)	599.49
Big Book StudyMlpts 347 (Sat.)	20.00	20.00	Starting the Steps 753 (Fri.)	125.00
BirthdayContribution 00951	683.00	683.00	TuesdayNight HappyHour 796	46.00
California Ave. Supper Group 715 (Thur.)	438.73	438.73	Unknown	100.21
Cambrian SaturdayNight (Chips) 376 (Sat.)	688.00	688.00	Up the Creek-DailyReflections 745 (Tue.)	50.00
Chip Winners (Chips) 168 (Wed.)	222.31	222.31	Waves of Healing 526 (Mon.)	308.00
Design for Living 200 (Tues.)	100.00	100.00	W omen's Brunch 640 (Sat.)	515.69
District 40	165.20	165.20	W omen's Topic Disc. Group 103 (Tues.)	104.00
EarlyTuesdayGroup 119 (Tues.)	471.10	471.10	W omen to W omen 704 (Sat.)	252.00
East Valley Group 322 (Fri.)	150.00	150.00	TOTAL	21,378.64
End of the Line Men's Group 147 (Tues.)	156.80	156.80		
Firing Ling (The) 404 (Mon.)	700.00	700.00		
G Sunrisers Group/Carrows 70932	445.27	445.27		
G Third Tradition W omen's Gp, The 70979	622.23	622.23		
Gay & Lesbian Sober Experience 896 (Mon.)	90.30	90.30		
Gay & Lesbian Step & Trad GP 221 (Fri.)	98.00	98.00		
GayMen & W omen Together 85 (Mon.)	640.00	640.00		
GayReflections on the Solution 841(Wed.)	60.00	60.00		
HappyDestiny(W omen) 109 (Tues.)	874.00	874.00		
High Hope (Men's) 239 (Sat.)	150.00	150.00		
In the Solution 647 (Sat.)	36.81	36.81		
Inspiration Big Book 195 (Wed.)	192.08	192.08		
Intergroup Council 80909	627.00	627.00		
Lesbians Living the Promises 349 (Fri.)	78.00	78.00		
Los Altos Group 225 (Thur.)	128.09	128.09		
Los Gatos TuesdayNight 110 (Tues.)	304.50	304.50		
Men's Single Problem StudyGp 220 (Thur.)	367.00	367.00		
MiddayW omen's Group 91 (Mon.)	217.65	217.65		
Mondayat a Time 208 (Mon.)	166.35	166.35		
Mountain View Group 350 (Sat.)	320.00	320.00		
NewNooners 808 (Mon.)	25.00	25.00		
No Bull Big Book 655 (Fri.)	469.92	469.92		
Pass It On Group 418 (Sun.)	161.18	161.18		
Personal 00911	5,250.18	5,250.18		
RecoveryRoulette 326 (Thurs.)	110.25	110.25		

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

January 2014

	<u>Jan 14</u>
1 INV Fremont & Hollenbeck Group 70907	420.00
1 INV SaturdayNite Live Group 70905	1,856.43
1 INV South CountyFellowship 70954	123.87
1 INV W inchester Fellowship 70960	179.00
Back to Basics Saratoga Noon 151 (Tues.)	309.00
Big Book Speakers Group 289 (Fri.)	599.49
Big Book StudyMlpts 347 (Sat.)	125.00
BirthdayContribution 00951	46.00
California Ave. Supper Group 715 (Thur.)	100.21
Cambrian SaturdayNight (Chips) 376 (Sat)	50.00
Chip Winners (Chips) 168 (Wed.)	308.00
Design for Living 200 (Tues.)	515.69
District 40	104.00
EarlyTuesdayGroup 119 (Tues.)	252.00
East ValleyGroup 322 (Fri.)	<u>21,378.64</u>
End of the Line Men's Group 147 (Tues.)	
Firing Ling (The) 404 (Mon.)	
G Sunrisers Group/Carrows 70932	
G Third Tradition W omen's Gp, The 70979	
Gay & Lesbian Sober Experience 896 (Mon.)	
Gay & Lesbian Step & Trad GP 221 (Fri.)	
Gay Men & W omen Together 85 (Mon.)	
Gay Reflections on the Solution 841(Wed.)	
HappyDestiny(W omen) 109 (Tues.)	
High Hope (Men's) 239 (Sat.)	
In the Solution 647 (Sat.)	
Inspiration Big Book 195 (Wed.)	
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Lesbians Living the Promises 349 (Fri.)	
Los Altos Group 225 (Thur.)	
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Men's Single Problem StudyGp 220 (Thur.)	
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Mountain ViewGroup 350 (Sat.)	
NewNooners 808 (Mon.)	
No Bull Big Book 655 (Fri.)	
Pass It On Group 418 (Sun.)	
Personal 00911	
RecoveryRoulette 326 (Thurs.)	

Working With Others Work Shop

FEBRUARY 22

Hosted by God and The Big Book Meeting
All proceeds will go to central office!

BBQ LUNCH Tri-Tip Sandwich or BBQ Pulled Pork

*Great workshop for all. GREAT
BBQ FOOD. A fun time of
fellowship, and growing
through the study and
discussion of Step 12.*

Only a \$5.00 Donation requested.

We will be using all AA Conference approved literature, such as The Big Book, 12 & 12, Pass it On and several pamphlets. The workshop is interactive. We will be in small groups. A binder, highlighters, notebook will be provided. We will start at 10:30AM to 1PM including a ½ hour for lunch. Please bring your Big Book.

PLEASE RSVP ASAP SO WE CAN BUY FOOD.

FOR TRI-TP Text: TT and your name. FOR PORK Text: PP JOEY S for example!

***PHONE NUMBER to RSVP 408 394 0986
TEXT ONLY PLEASE***

***WHERE: Brick Red Recovery House at 16330 Los Gatos Blvd. Gatos CA
95032***

SANTA CLARA COUNTY INTERGROUP PRESENTS

7th Annual Chili Cook-off

Saturday, March 22nd

12 noon - 3pm

Lincoln Glen Church

2700 Booksin Ave San Jose



\$ 10 DONATION SUGGESTED

- 12-1 PM Chili Tasting & Judging
- 1-2 pm Chili & Cornbread Feast
- 2-3pm AA Speaker Meeting

~ It's a Heated Competition

~ Judging allowed here

~ Home Group bragging rights at stake



Think your Chili is hot enough to win?

* Create a team for your home group * Make new friends * Volunteer

Volunteer Crews needed: Coffee, Dessert, Cornbread, Set-up, Clean-up,

**For more information on how to register your Chili Team or
to volunteer contact Robby W 408.373.2465**

Santa Clara County Intergroup 2014 Calendar of Events

7th Annual Chili Cook-off

Saturday, March 22nd 12 noon – 3pm

Lincoln Glen Church
2700 Booksin Ave San Jose

28th Annual Old Timers Meeting

Date tbd in September

St Martin of Tours

7th Annual Sponsor Brunch

Saturday, October 4, 11am-2pm

Lincoln Glen Church
2700 Booksin Ave San Jose

Flyers with full details will be distributed prior to events.
To volunteer for these events contact Central Office at 408-374-8511, or
Activity Chair Robby Willis at 408-373-2465, or robertdwillis@gmail.com.

Visit our website at www.aasanjose.org

AUDITIONS

Thurs., February 13th at 6:00 p.m. and Sat., February 15th at 1:00 p.m.
AA General Service Office, 274 E. Hamilton Ave, Suite D, Campbell, CA, 95008
For more information call June (408) 768-7011 or email jemjm5@comcast.net

“OLIVIA with a Twist”

Founder’s Day Play; June 2014

Must be able to commit to 2 practices weekly in the coming months.

Principal Singing Roles: Olivia

Jane

Joe

Bartender

Dodger

Fagin

Nancy

Marty

Betty

Other Characters Roles: Narrator

Sue

Pat

Cute Kid

Corpse

Undertaker

Bill Psycho

Sheldon

Assistant Director Needed

Please bring a resume of any acting the you have done and a picture of yourself, preferably an 8 x 10.

Director: Joel Filios (408) 371-7458