



FOCUS: GRATITUDE (BROUGHT ME BACK TO AA)

I was born in an alcoholic home, where my father was an alcoholic and my mother was a rage-oholic. My father was very violent and my mother would add fuel to the fire with her own rage. I grew up in fear. I felt ugly and was very shy. I was also a slow learner, but was not diagnosed as dyslexic until my thirties. More than anything else, I wanted to disappear.

My first experience with alcohol was when I was twelve. I went to a slumber party and someone brought a gallon of wine. We all sat excitedly in a circle, waiting for our turn to drink. I can recall being the last one for the magical jug to reach, and ending up drinking all by myself. I loved that

feeling because for the first time I didn't have to be me. I could disappear. I didn't have to feel unloved, and I didn't have to go looking for it, I could numb my pain and become someone else. That's how it began for me.

It wasn't long before I started drinking and using every single kind of drug available. Take it first and ask what it was later! I was stoned all the time.

The first time I was introduced to Alcoholics Anonymous was when I was fourteen years old. I had gotten into trouble with my girlfriend when we were sneaking out of the house. Her mother was an alcoholic and had twelve years of sobriety. As

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MONTHLY TOPICS

Here's lookin' at you! Happy November, all you Scorpios and Sagittarians! Anniversary month for me (11/11/11) and the month of Thanksgiving! Yahoo! Time for turkey, giblet gravy, dressing, sweet potatoes covered with marshmallows, and jellied as well as whole cranberry sauce. Mmmm good! Gone are the days of spiked eggnog and brandy in snifters, but the food is still delicious and tempting. I just don't have to eat as much as I used to when I passed out immediately after dinner. (Following at least one martini, then eggnog, then wine, and then cognac or another liqueur after dinner.)

November is Aviation History Month, as well as the month of National Adoption Awareness, Epilepsy, Model Railroad, Novel Writing, and Sleep Comfort. It's also Child Safety Protection Month, International Drum Month and Native American Heritage Month. To conclude the package, it's Peanut Butter Lovers Month. I know a few of those, and I'm among them...

All Saints' Day is on the 1st, U.S. Election Day is on the 4th, the US Marine Corps' Birthday is on the 10th, Veterans Day falls on the 11th, Sadie Hawkins Day falls on the 13th, and World Peace Day is on the 17th. Thanksgiving this year falls on the last Thursday of the month, the 27th, so we're into December almost before the leftovers are eaten... be grateful for the every-day things in life: having a place to live, food on the table, and friends and family to share your life with.

If you don't have those things, be grateful you are alive and have the eyesight to read this line. Our topic this month is Gratitude, and the step is Prayer and Meditation for Step Eleven. Stories begin on this page and continue on page 2. Send your stories for December to COIN@aascanjose.org to get on board for Gifts vs. Serenity, or Step Twelve, "Carrying the message." Thanks for all your stories, and keep up the good work!

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punishment she sentenced us to one year, twice a week, at Alateen. This is where I learned all about alcoholism and drug addiction. I'm grateful for that because all along I knew I had the disease.

When I was about seventeen years old the whole course of my life changed. I didn't stop drinking or using, but something was pushing me to a better future; something I didn't come to fully appreciate until recently. There are some days when you know the entire direction of your life changes. And this was one of those days.

I was walking to the county fair with my boyfriend and of course, we were both stoned out of our minds. We were walking through the crowded thoroughfare, and out of the din a man pointed his finger at me and said, "You! Come over here!" I turned around, thinking he must be talking to someone else. "No, You!" he exclaimed again, motioning for me to come over. I did, and he asked if I wanted to win a free scholarship to beauty college and become a cosmetologist. I had always wanted to do this, but had never thought about pursuing it actively. It was like the Universe was reaching out, steering me onto the right course, taking care of me, watching over me. I gave my information for the drawing, and a few days later, I received a phone call letting me know I had won! I was shocked and ecstatic.

From that point on, I grew quite the life for myself. I worked diligently, going from beauty college to a successful stylist to a small business owner. I was also blessed to have a son who followed in my footsteps, became my business partner, and together our business grew and thrived beyond our expectations. My own security and comfort continued to grow, but I kept pushing forward, never quite able to let go of drugs or alcohol. I was a periodic drinker and user, able to grow a beautiful life for myself, but also falling into holes of binge drinking, blackouts, and alienating myself from family and friends.

But the quality of my life was so good otherwise, and eventually I reached a point where my family intervened, demanding that I seek help, and I was led to AA. I had learned about AA when I was fourteen, and sought treatment out again at twenty-eight, but my own learning disability and pride prevented me from fully engaging. I had always had a strong desire to quit drinking, and tried to do it on my own many, many, times. Years later I finally returned, realizing my continuous failings. But it still didn't feel right.

I got bored and irritable in the meetings, and started to hold resentments against the people in Alcoholics Anonymous. I didn't feel like I belonged. Everyone was so different from me, and again I felt like disappearing. Such different personalities, lives, and appearances from my own. So I would drink and use again. But each time got worse. My depression got worse. Eventually my son wouldn't even speak to me. We are very close, and this was an early alarm as I spiraled down to my own bottom. He demanded I stay in AA. But I hated it! I kept trying, but kept falling out, until I went into isolation. And then I didn't want to live anymore. My son was rejecting me, my daughter was scared of me, my husband was doing everything he could to hold our family together. We attended therapy together and determined that if I wasn't going back to AA, I had to do something. So we decided on a camp in Scotts Valley.

Just like the man at the county fair leading me to my future career, some days the course of your life just changes. Most recently, for me it was July 25, 2014, at the camp. I was standing in my room (or I should say our room; at this point in my life it feels so alien to share a room with strangers) at the camp in Scotts Valley. But something didn't feel right. I'm standing in the room, again overwhelmed with a feeling of not belonging. I kept leaving AA. Not because I didn't want to change my life. But because I didn't see anyone

like me. A rollercoaster of dipping in and out of AA, and here I was, the last resort, the camp...and my sense of not belonging was overwhelming. Moreso than any feeling of not belonging I had experienced before.

There are about six beds and the carpets are dirty with big black spots all over them. As I stared around the room I started to think about my bedroom and my bathroom at home. And how wonderful they are! It was so simple, but it made me see everything differently. Just like I kept choosing drinking and using, here I was choosing something that wasn't the best thing for me. I was overwhelmed with a feeling of being so thankful for everything in my life. My home, my family, and the life I share with my husband. And I started to ask myself why am I here!!! What am I doing here!!! And standing there, in that room, I was overtaken with a powerful sensation, an energy that coursed through my entire body. I was filled with a total and complete feeling of utter gratitude. It was more than an emotion. Today, I know that this is what is called a spiritual experience!

I was filled with a sense of empowerment. Of not needing to belong because I am connected to the true being of myself. The ultimate feeling of belonging. I didn't need to fear not belonging; I belonged just by existing. I didn't need to disappear, I needed to just be me. The me that loves me. That loves my life. And from my sense of knowing I could be sober, without periodic drinking or using, arose fueled by my overwhelming feeling of gratitude. And a gratitude for feeling watched over, guided by something larger than myself. And I was grateful for this too; for being watched over years ago at the county fair, and being watched over again here in this room with black spots on the floor.

And I knew it was time for me to leave the camp, and take responsibility for the course of my life.

On my way home from the camp,

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my husband asked me if I was sure about coming home. Did I know what I was doing leaving the camp? I said I did, and I am so grateful for his trust in me. All the way home I told him how grateful I was to have him, my home, my kids, and my life. I told him I was going back to AA and he was shocked!

The next day I called my sponsor, whom I had previously not relied upon as a source of support. She dropped everything and was thrilled with my newfound commitment. We made a plan together the next day, and I am so grateful for my sponsor Christina. She has stayed by me every step of the way. Without her love

CHEERFULLY CONSENTING

I've been in seven different treatment facilities, seven different times. I've been hospitalized about ten times for overdoses, concussions, surgeries, and injuries I sustained from being in the throes of my addiction. I've been in jail about a half dozen times. This was all within four years. Any "normal" human being would have put down the dope and alcohol and said enough is enough long ago. That's what separates us addicts/alcoholics from what we respectfully refer to as the "normies". Anyone or anything that stands in our way of using or drinking will be left behind in the trail of destruction we've created. I've been told many times that I "just don't know when to stop".

Here I stand today, alive and well. I work my program to the very best of my ability. I have a sponsor, work my steps, attend meetings almost daily, welcome every newcomer I meet, talk to my Higher Power every day; I even have a secretary position. Talk to some of the people closest to me and they might even tell you I'm doing better than I ever have in my life, even before my drinking and using. As I continue to clear the wreckage of my past and look back on all the horrible, unspeakable acts I commit-

and support working the steps with me I don't feel I could have done it. I stay close to her whenever I feel I'm getting into some kind of negative thinking or I don't know how to handle a situation. Although I am getting better it just takes time. The hardest change was to just change my thinking. I am learning how to let my own light shine by allowing myself to be the best that I can be, and not downplaying myself so that I can fit in. I've always been embarrassed to take credit for the wonderful things I have done and now I am not worried to do that all because of Alcoholics Anonymous. Because of AA I have so much to be grateful for being a better person

being in touch with my emotions and have an emotional sobriety combined with spiritual sobriety.

Many people in Alcoholics Anonymous say that there is such a state of being as a grateful alcoholic. I am not there yet. I don't know if I ever will be a grateful alcoholic, but I am grateful for the program and fellowship of Alcoholics Anonymous. Thank you. Thank you. Thank you.

Linda A

ted and all the places my addiction took me to, I can't help but ask myself what's changed? Why did I have to cause so much pain and suffering to myself and everyone around me? How come my bottom had to be so low? Why couldn't I have had that crucial spiritual awakening the Big Book talks about before all this damage?

The answer is a lot simpler than you might think. I became willing. I became willing to let go of the drugs and alcohol, the "friends" I had, and the lifestyle I had grown so accustomed to living. Looking back on everything, I realize I didn't have to hit such a low bottom to get it. In the first rehab facility I was in, I learned how you can choose to lift your bottom up closer to you so you don't need to fall so far before you begin your journey in recovery. I understood what they meant by this. I could have chosen right then and there that I had lost enough already and I would have prevented a lot of my wreckage. I decided that I was ready; I was gonna try this recovery thing. I deployed my most powerful tool I had, willpower.

I had such high hopes. I learned so much in my rehab about my disease

that I just knew I'd be able to handle anything that came my way. That was it, self-knowledge was the answer. Unfortunately, I was only able to stay clean and sober about two months. This process repeated itself over and over for the next few years.

It wasn't until I learned that there is a major difference between willpower and willingness that I was able to get a real grip on my recovery. The actual definition of willingness is the quality or state of being prepared to do something. Those first few years, I wasn't prepared to do anything. Like I mentioned, I figured since now I knew what my problem was, I'd be able to stay strong. I'm an addict. I have a disease. I can't will my alcoholism or drug addiction away any more than a cancer victim can will away their cancer. What I must do is be willing to do whatever it takes to stay clean and sober. I must embrace my recovery and fight for it with the same determination and fervor I had when seeking my next fix. Today, I practice showing my willingness by taking suggestions from people with more time than me, listening to good advice, and staying open-minded.

Jessica B

WILLINGNESS VS. MY WAY

I have often found myself in less than ideal situations due to thinking that my way is the best way. For example, at the start of a study abroad trip in 2007 I arrived at the Fremantle, Western Australia train station. It was after dark and I was dragging around ten months’ worth of luggage -- and a violin. I had no idea where I was, nor how to get to the hostel where I had a reservation for three nights, which I figured would be enough time to find permanent housing. If only I had willingly gone the suggested route of living in the on-campus flats like everyone else had, then I could have already been unpacked. No, being independent and doing things my way would certainly be better, I thought. Such experiences have made me realize that I can be too independent for my own good.

So when I was in a recovery house six months ago and it was expected of me to find a sponsor before the 30 days of treatment were over, I

only went along with it because it was a rule. I thought, “Why do I need a tutor? I’m smart. I can read the Big Book. It’s like a textbook, right? I’m familiar with those.” I had no idea that the first woman I asked would turn out to be the most perfect sponsor for me. I soon realized that having a sponsor is a hugely important part of the A.A. program, and without one I would be lost. Following my own way would have eventually led me down the path of failure. I quickly learned that the 12 steps aren’t just textbook problems to solve, but lessons that, when willingly worked with one’s sponsor and higher power, guide us along our intended daily and lifelong paths.

My first “ah-ha” lesson that my sponsor taught me had to do with willingness. I was nearing the end of my stay at the recovery house, and I thought I knew everything about myself. I had everything planned out in my head. I was going to move back in with

my parents temporarily, find a job, then find a place to live with my dog, while all the while going to meetings regularly. However, my parents no longer trusted me to live with them, and I had drunk all of my savings. I resented them for insisting that I live in a sober living home and for what I viewed as trying to control my life. What my sponsor taught me was that if I was fighting to have things go my way, then I was probably going against what God wanted. I stopped fighting with my parents and became willing to take their advice and, not surprisingly, everything fell into place.

I don’t really like the phrase, “fake it ‘till you make it,” but that was how I learned willingness. Willingness begets willingness. Six months ago I was barely willing enough to do what I was told, but that little bit was enough. I have realized the more willing I am, the more willing I become.

Liz W

STEP 11

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood him.

The first time I read “We Agnostics” in the Big Book, I really bristled at the sentence, “Were our contentions true, it would follow that life originated out of nothing, means nothing, and proceeds nowhere.” This was stated in regard to our desire to not believe in an all-powerful, guiding, creative intelligence. Bill W. was comparing a belief in a higher power with the laws of science that prove our material world is really composed of tiny electrons whirling around each other. That was difficult for me to buy.

However, as time has gone by and I have gained experience living by the spiritual principles of this program, I see the connection that Bill W. was striving for. Just as I would look for evidence in the world to prove any hypothesis that I might

have, Step 11 tells me to look for evidence of a higher power... something that explains the creation and existence of things that might not otherwise have explanations, that gives meaning to things that might not otherwise have meaning, and that guides me when I don’t have a step-by-step procedure to follow.

I started by listening to others in meetings. I heard them call events in their lives “miracles,” when, to me, they seemed chance encounters. I gradually began to think of a miracle as simply something to be marveled at, rather than distinctly an act of God. Most of these events were not things that I’d have needed to explain before... they just would have “been.” But Alcoholics Anonymous made me start attributing them to some greater power. This wasn’t a change in belief, it was a new belief.

And then I started giving meaning to things. For example, exchanging smiles with a stranger started to

mean that we were somehow connected, not just polite. And if I was feeling anxiety over something, I started asking myself if it was really something I needed to be involved in, rather than attributing it to my own insecurities. The meaning I was finding in things was giving me confidence in my own intuition.

That intuition has grown stronger and more reliable over the years. Although I have a number of behaviors that I consider either prayer or meditation, most all of them involve my intuition. Tapping in and paying attention to it sometimes feels like praying and sometimes feels like meditating. That’s not what matters, though. What matters is that I continue to do it. I continue to look for explanations and meaning and guidance in the world around me and within me. I continue to seek for improvement in this conscious contact.

Ceased The Fight

HOW IMPORTANT IS PRAYER AND MEDITATION

I feel if you’re lucky enough to already have a God of your own understanding early in your recovery, you have the best foundation money can buy. Oh! And guess what? There are no dues or fees for A.A. membership.

If you don’t know God, you should diligently seek Him! Just look up to the sky with an open mind, and tell the sky what’s bothering you. Ask for solutions! Do it everyday and eventually you will see some small miracles start to happen!

My ex-girlfriend and I were homeless in Tulsa, Oklahoma for a while. Oklahoma is probably one of the worst states in the country to be homeless in, because nobody is hiring. So many a morning we would stop and have some coffee and doughnuts on the lawn at Oral Roberts University. While she sat there eating her doughnuts and soaking up the warmth from the early morning sun, I would secretly pray to God for some (what should have been obvious) answers to some hopeless questions. The answers never came to me while sitting on that lawn, nor should they have! Seeing the university beat cops heading our way again, we quickly cleaned up our ever-so-cozy homeless picnic and moved along. Eventually, I had a revelation. I wasn’t going to accomplish anything sitting on my ass on the front lawn of Oral Roberts University; was I now?

One thing is now certain to me, for sure. God did hear my prayers and He did give me answers along the way. I was just too out of touch in my relationship with God (because of alcohol and drugs) to receive the messages. Now after 19½ months of being clean and sober, I am retrieving those old messages.

When I first came to this program, I did not want to stay clean and sober. Although I did not want to be laying in the woods, getting drunk and shooting dope either! To tell you the truth, I don’t really know what I wanted, but I knew if I didn’t stay clean and sober for three years, I would be going back to jail. I didn’t want that, so I had no choice but to diligently work a program of recovery.

The slogan, “Meeting makers make it!” is indeed a fact, but I guarantee you, unless you get a sponsor and work these steps, change your way of thinking and living, get involved in service and welcome the newcomers; you will soon be announcing yourself as a newcomer, too. Do not be embarrassed to put your faith in a Higher Power! You can’t do this by yourself and expect to be restored to sanity. On the contrary, you will drive yourself crazy trying to figure out WHY you can’t stay clean and sober.

Instead, I recommend (if you don’t know how to pray) that you read the prayers for the steps in your Big Book on a daily basis! The A.A. Promises tell us, “We will be amazed, before we are halfway through!” Like I was, the moment I suddenly realized “That God was doing for me, what I could not or would not have done for myself!”

Prayer and meditation, and for me, poetry, are the most used tools in my recovery toolbox. I will now leave you with a short poem entitled, Prayers.

“PRAYERS!”

Sunday morning, said my 3rd Step Prayer.
And in God’s hands, I placed worry and care.
He relieved my burdens and my difficulties,
So I could do His will and proclaim Victory!

Sunday morning, said my 7th Step Prayer.
I picked out some clothes and I combed my hair.
My character defects, I now understand
And where I fall short, God lends me a hand.

Sunday morning, said my 9th Step Prayer.
Self-seeking slips away, whenever I share.
My sanity returns and I’m in good health,
‘Cause God does for me things I can’t do myself.

Make me useful; teach me all you can!
God grant me the strength to help my fellow man!
Monday morning, do it all again,
‘Cause I’ve been blessed, can I get an Amen?



EDITOR’S BAG

In 2011 we published the 30-year history of Saturday Nite Live – oh, the places they have been! This year we have a new location for the Alano Club West, which has also done a bit of moving in the past ten years. Alcathons will be ongoing for the holidays, so if you need a place to eat and find fellowship during Thanksgiving and Christmas, check the COIN or Central Office for where and when they’ll be having food and meetings.

I also had suggestions in my editorial remarks at that time, which still make sense today. Instead of buying more gifts to give to people at this time of year over the holidays, try going to more meetings to connect with people you may not otherwise see, send thank you notes to people who have meant something special to you, and slow down to remember why we don’t drink any more. Know peace.

Veteran’s Day is my 3rd anniversary being married to Richard, and this marks the end of my three-year term as Editor of the COIN, and Brian M.’s job as Layout and Design Coordinator. We couldn’t have done it without each other. I’ll let Brian add his own story in another slot, but I’ve enjoyed every month of doing it.

Now we are absolutely thrilled to have a new Editor stepping into this spot next month to complete the year of 2014 – Marianne G. She’ll still be collecting the stories from COIN@aasanjose.org, and she has many years in AA along with experience in publishing. I know she’ll be a treat, since she has many new ideas to offer, and new stories to suggest. We also have a new Layout and Design

Topics Upcoming & Deadlines

Dec. ‘14

Gifts vs. Peacefulness
(or: How important is the spending?)
Step 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs


11/19/14

Jan. ‘15

A New Happiness and a New Freedom
First Principle -- Honesty

12/24/14

COIN Production — Address: COIN@AASanJose.org.
Editor: Fran U.; Design & Layout: Brian M.;
Photography: Richard U.



Coordinator named Colin K. Please welcome them both to this new service position, which we hope they’ll enjoy as much as Brian and I have enjoyed filling this role.

If you are in a quandary over anything, write about it and send it to the COIN. You’ll get it off your mind and heart, and into the eyes and minds of others who need to hear your solution.

Thank you, God, for my sobriety, and thank you all for letting me be of service. You have been a great bunch of writers who have boosted me and lifted my spirits time and time again.

I love you all



It’s been a real pleasure to have been of service to all of you and to AA as a whole for the past three years. And good luck to the new crew about to step in.



Brian M

THE EDITORIAL STAFF HAS A NEW ADDRESS!!

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

ARCHIVES: 45 YEARS OF SOBRIETY - HAROLD L.

Born February 4, 1925 in Chicago, Illinois, Harold graduated from high school in 1942, and attended a year of college before being drafted by the U.S. Army. He served in the South Pacific (New Guinea and the Philippines) for three years of W.W. II. Trained as an infantry replacement, initially sent to Guadalcanal but fortunately, because of two years of high school technical drawing, was reassigned as a training aide, enlarging and copying training materials on silk. Harold returned to Olivet College in Michigan, for the next three years, where he met Shirl W. They married in 1949 soon after Harold started theological training at the University of Chicago, and had three children: Kate, Steve and Thaleia. He served as pastor in several congregations of the Congregational and later Unitarian churches in Illinois, Michigan and Ohio. In Dayton, Ohio he was the minister of the Unitarian Church, which was the only racially integrated congregation in the city! Harold was known for his dedicated work in civil rights, organizing protests, working with Stokely Carmichael and leading a bus trip for Martin Luther King’s famous “March on Washington.”

Harold’s history of drinking was somewhat unique: he didn’t drink at all in high school, his first year of college, three years of the army, three more years of college, and two more years of theological training and ministry. However, when he experienced problems and disillusionment in his ministry and marriage, he became a heavy secret solitary drinker. After his wife divorced him, he entered into another quick marriage, and was discharged by his church. After that, he wandered around California, trying a geographical change, adding valium to his Jack Daniels or whatever else he was drinking. After unsuccessfully trying suicide a couple of times, he returned to his trusted Uncle Lester’s in Illinois, and was helped to check into the Veterans Administration Hospital psychiatric ward for alcoholism.

Harold finally got sober on May 1st, 1969. After his hospital recovery

experience, Harold worked in the social service system in Chicago before becoming one of the very first “recovering alcoholics” hired by the VA in 1971. After a year there he was tapped by the Navy to work in a special chemical dependency unit in the Navy Hospital at Great Lakes, Illinois where he worked for nine years working on a team “trying to dry out” the Navy. During that time he received special commendations for his work. Harold also later worked in Chicago’s “Skid Row” and in detox centers in Northern Illinois. He was known for some of his innovative programs, as well as being active in Chicago AA, serving as a district representative for West County and in other positions.

During his time in AA in the Chicago area, he was able to observe a long term “war” among the three AA Districts in the area, in which they were frequently at each other’s throats, but where, under strong leadership, they were able to coalesce into a single group and produce the first all-Chicago AA directory.

Harold met his present wife Lois at National Humanistic Psychology Conventions in 1975 and 1977, but they lived and worked in different states -- Minnesota and Illinois -- so it took a while for them to get to know each other! It was not until 1985 that Harold got serious about “settling down” and about the relationship with Lois. At that time he contacted Lois, whom he had seen only once in the past seven years. Lois, a psychologist and professor on the faculty of the University of Minnesota in Minneapolis, was on a nine-month sabbatical. She was visiting colleges and universities, primarily in the west, taking a 16,000-mile trip in her motor home. At the end of her trip in July, they met in Wisconsin and by October were engaged. Harold quit his job in Chicago at Christmas of 1985 to move to Minnesota. They married in Hawaii in January of 1986 and after six months in Minnesota, he and Lois moved to California where Lois served as Associate Director of Counseling at SJSU for two years, and also taught women’s studies. Har-

old did part-time work for the Santa Clara County Alcoholism Department, facilitating adult DUI groups.

Arriving in California, with seventeen years of sobriety and experience in Illinois AA, Harold sought out a clubhouse, finding the Alano West Clubhouse on Minnesota, which became his home base. He and Lois bought a mobile home in the Millpond Senior Community in Willow Glen. Thanks to the friendly outreach of AA members, especially at the noon meetings, he got advice about local insurance agents, car dealers, and numerous other resources, and was welcomed by many. They were adopted into the AA “extended family” of Pat and Mike E., getting included in many AA and other social events. Harold and Lois also volunteered with the National Council on Alcohol and Drug Dependence for Santa Clara County. Lois ended up serving as president of the board and they organized and headed up a huge 50th anniversary fundraiser and celebration for the county-wide group. Harold served on both the NCADD and AA telephone answering services.

Locally, Harold served in many positions in AA, including Intergroup, H&I, and General Service, including at the district level. Harold and Lois participated in a General Service Conference in Hawaii on the Big Island. During the time he was DCM, one of his pet projects was developing a training for AA secretaries, offered at several Unity Days and also at Alano West.

Since the closing of Alano West, Harold has been active in helping the groups held at Denny’s, the Congregational Church on Hamilton, and the Presbyterian Church on Union. His usual practice was attending six to nine meetings a week. His health is jeopardized these days and he gets to as many meetings as he can, with someone driving him. We are blessed to have Harold and his 45 years of sobriety to help keep us sober.

Anonymous

FIFTH STEP AFTERMATH

My day after taking the 5th Step, I had more quality time with God. On that day, God helped me see more that I had forgotten, so I will be meeting again with my sponsor to share what I had left out.

But with the work I had already done, I asked God to help me be free of my past – all the bad choices I’d made, and decisions which had hurt me -- but not regret or forget them, and to help me daily with living the life I have chosen today. I want to live following His will and not mine. Being released of the “bondage of self” has cleaned my soul and I’ve opened my heart, being willing and accepting of God’s daily guidance. Now I will do my best to stay focused on God’s will and stay out of self-will. That way, I may better share God’s love and grace, which I have been so freely given.

Stacy A.



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.

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.

CHEYENNE’S CORNER

P ractice	M indful
R estraint	E xercises
A nd	D one
Y ield	I n
E ach	T he
R esponse	A ttitude
	T hat
	I nspiration
	O ffers
	N eutrality

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GOD’S IN CHARGE

Leaves outside turn color[the air cools, if you planted your sweet peas, as old time growers would urge you, they are beginning to need support and we know yet once more Mother Nature has done her thing, the earth rotated and it’s Fall. Like it or not, fall does show up on a cyclical basis. I suppose scientists would argue that’s a good thing, though if I were in charge, it would be Spring all year long.

October and November have lovely days so I find myself at lots of meetings. As a matter of fact my sponsor says, “If you want to feel better, go to MORE meetings.” And then we have the topic of gratitude. “Oh my Lord!” Another cyclical event! How in the world can I find a new insight? I’ve been around a few Novembers, hasn’t everything already been said? Then my more pious friends remark, “Oh gratitude means a ‘God related attitude.’” With a roll of my eyes I remember that when I isolate into self-righteousness and judgment, I usually end up ‘developing the negative.’ So here I am, angry and miserable. I got sober for this?

Sometimes I even wake up restless, irritable and discontent for no reasons at all. Or perhaps the crows are eating in my brains. I hear voices of dead relatives, ministers and bosses singing in my head: “We told you so. You are just a failure, stupid, you will never amount to anything, so shoot yourself.” Now, I’m really on dangerous turf. Yes, I need to go to a meeting and realize that I’m just a sober alcoholic with some dangerous, sick thinking. I know I could talk to my sponsor, or some of my buddies, and who wants to ask for help? Certainly not proud ol’ me!

I need to allow myself some space not to be perfect. I want to realize that my bad -- no, unhealthy -- feelings do lead to new insights; new ideas of character defects. which, when uncovered, can be moved by the Higher Power, not me, into recovery.

Every day, even for those of us who have a strong program, we don’t feel physically well. We didn’t sleep well. We are tired from doing too much cleaning, gardening, taking care of business. Or perhaps it’s an emotional issue that has robbed us of our peace of mind: there’s a relationship that’s problematic, a parent or child we are concerned about, a relationship at work. Who knows why, and some days we are just not in our finest fettle, running on all our cylinders.

Sometimes I need to take a walk, go to the gym, do the dishes, and clean up my desk. Perhaps I need to sit down and take some time to read from some AA. Literature. I like to sit in a comfortable, but not too comfortable chair, put on some soothing music and just breathe.

On the days when I can think of nothing to be grateful for, I use a simple way to get started: I use the alphabet. Has your sponsor suggested that? I’m inviting you to do it with me. Simply list some things you are grateful for after each letter.

I am grateful right now for

Well, when I feel I can handle the alphabet, I can add people... To my As I could add Aileen and Ann, to Bs I could add Barb, while to C I could add Carol, Cathy and Connie. You can keep expanding categories, if you feel like it.

Today I’ve had a couple of experiences that make me know I’m not as hopeless as I sometimes feel. I needed to have some blood work. I prayed up, drove to the lab, put on my adult face and waited to be called. The Serenity prayer helped me not freak out as the line grew shorter and shorter. While waiting to be next, I noted how lovely the phlebotomist looked. As I settled into my chair and dutifully put my arm on the arm-rest, I told her she looked like a picture in a cosmetics commercial. She grinned embarrassedly and jabbed my arm with the needle. I took the time to be grateful that I don’t have

to spend my working hours making people hurt and drawing blood all day. There. For me that has gratitude as an action word, changing my fear into some kind of thanksgiving to the Universe to the Higher Power.

For many years I’ve used Christian Scripture as part of my devotional reading. I’ve recently been reflecting on the fact that many of us live them on a daily basis. We go out to meals with whomever we happen to have been speaking with when we decided to go to have coffee, breakfast, or lunch. If I don’t have any or enough money to pay for my food, somebody will usually say, “Don’t worry; I just got paid.” As we say around the rooms, “Some of us come from jail, some of us come from Yale.” And we can be the best of friends, although “...we are people who would not ordinarily mix...”

My experience bears out the adage “...do what you do and you’ll get what we get...”

The peace, joy and laughter I see in so many sober alcoholics I find so attractive.

I suspect if I would forgive Fall for arriving, bringing with it Gratitude Month, and my boredom, frustration, exhaustion and prejudice against the topic, ‘Gratitude,’ I might even find Fall an enriching spiritual experience. Oh My!

Anonymous



NOVEMBER 2014						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 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 31	December 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 31					1 SECRETARY'S WORKSHOP 10am, Central Office ARCHIVES WORK DAY 11:15am, Central Office
2	3	4	5 PI/CPC WORKSHOP: 5:30 PI/CPC MEETING: 6pm OUTREACH MTG: 6pm Trinity Church, 3151 Union Ave. SJ INTERGROUP MTG: 7:30pm	6	7	8 PI/CPC Workshop 10am, Central Office
9 ACYPAA BUSINESS MEETING 12 NOON 222 Keyes St., SJ	10	11	12 NORTH COUNTY GENERAL SERVICE MEETING 7:30pm	13	14	15 DIVERTER/12TH STEPPERS WORKSHOP 10am, Central Office
16	17 BRIDGING THE GAP MEETING:: 7pm 1980 E. Hamilton Ave., SJ	18 SO COUNTY GENERAL SERVICE MEETING: 7pm	19	20	21	22
23/30 ACCYPAA BUSINESS MEETING 12 NOON 222 Keyes St., SJ	24	25 H & I Committee 7pm 1980 E. Hamilton Ave., SJ	26	27	28	29

LOCAL EVENTS

- November 15** Trinity Group's 68th Anniversary, 8pm - 9:30pm, Trinity Cathedral, Downstairs, 81 N. 2nd St., San Jose
- November 22** Gratitude Dinner & Holiday Bazaar, 6pm - 9pm, Billy DeFrank Community Center, 938 The Alameda, San Jose
- November 27** Thanksgiving Day "Thank-A-Thon", Meetings and Potluck, 9am -9pm, Serenity First Fellowship, 6th & Julian, San Jose
- December 6** 3rd Annual Holiday Tamale Party, 11am - 2pm, Central Office, 274 E. Hamilton Ave., Suite D, Campbell

CALIFORNIA EVENTS

- November 21-23** Serenity In Yosemite 2014: Curry Village Pavillion, Curry Village, Yosemite National Park, CA

EVENTS AROUND THE COUNTRY AND GLOBE

- November 27-30** 48th Annual Las Vegas Round Up: Riviera Hotel & Casino, Las Vegas, NV www.lasvegasroundup.org
- December 18-21** WACYPAA Western Area Conference of Young People in AA, Hapuna Beach Prince Hotel, HI

DECEMBER 2014						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 PI/CPC WORKSHOP: 5:30 PI/CPC MEETING: 6pm OUTREACH MTG: 6pm Trinity Church 3151 Union Ave. SJ INTERGROUP MTG: 7:30pm	4	5	6 SECRETARY'S WORKSHOP 10am, Central Office ARCHIVES WORK DAY 11:15am, Central Office
7	8	9	10 NORTH COUNTY GENERAL SERVICE MEETING 7:30pm	11	12	13 PI/CPC Workshop 10am, Central Office
14 ACYPAA BUSINESS MEETING 12 NOON 222 Keyes St., SJ	15 BRIDGING THE GAP MEETING: 7:00pm 1980 E. Hamilton Ave., SJ	16 SO COUNTY GENERAL SERVICE MEETING: 7pm	17	18	19	20 DIVERTER/12TH STEPPERS WORKSHOP 10am, Central Office
21	22	23 H & I Committee 7:00pm 1980 E. Hamilton Ave.,SJ	24	25	26	27
28 ACCYPAA BUSINESS MEETING 12 NOON 222 Keyes St.,	29	30	31		November 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	January 2015 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

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 October 2014

Daytime at Central Office.....394
Daytime 12 Step Calls.....6
(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.
2634 Union Ave., San Jose

Saturday Morning Fellowship
Saturday at 10 a.m.
United Presbyterian Church
Fremont & Hollenbeck, Sunnyvale

MEETING CHANGES
NEW

Big Book Study: Sat., 10:30AM, Cornerstone Fellowship Group, 1600 Dell Ave., (2nd Floor), Campbell

Desi's In Recovery: Sat., 4PM, Covenant Presbyterian Church, 670 E. Meadow Dr @ Middlefield Rd (Languages used include most from India and Pakistan)

The Family Afterwards: Wed., 6PM, Los Altos Lutheran Church, 460 S. El Monte, Los Altos (Room 8).

Fireside Drunx's: Mon., 8PM, Change of Recovery House, 526 Page St., San Jose.

Powerless - There is Hope: Thurs., 7PM, South Hills Community, 6601 Camden Ave., Rm. B403, San Jose.

Good Orderly Direction: Thurs., 2PM, Regency of Evergreen Valley, 4463 San Felipe Rd., San Jose (3rd Floor Conference Room).

Page St. Firing Squad: Thurs., 8PM, Change Recovery House, 526 Page St., San Jose.

The Way Out: (men's mtg) Wed., 7:30PM, City Teams, 580 Charles St., San Jose.

Sunday 11th Step: Sun., 7:30AM, South County Fellowship, Friendly Inn, 17666 Crest Ave., Morgan Hill.

CHANGED

Freedom Fellowship has Moved: Trinity United Methodist Church, 748 Mercy St., Mountain View (No weekend mtgs at new location)

Gathered Together for Sobriety: Sun., 8PM, Now meets at Alano West, 1555 South 7th Street, San Jose

Open AA: Thurs., 6PM, Alano Club West. Name changed to Good Men and Women.

As Bill Sees Book Meeting: Sun., 5PM, We Care Group: Mt. Olive Lutheran Church, 1989 E. Calaveras Blvd., Milpitas. Time changed to 5PM from 6PM.

Men's Freedom from Alcohol: Wed., 8PM, Maywood Park, Pruneridge and Pomeroy. Changed to Maywood Park, 3000 Pruneridge (Park at Tennis Court).

Basic Book Study -Thurs., 8PM and Men's Basic Step Study - Tues., 8PM, All 4PM meetings, are moving to St. Edwards/Good Samaritan.

Sisters Seeking Serenity: Wed., 4PM, Good Samaritan Episcopal Church, 15040 Union Ave. @ 85, is an OPEN meeting.

The Survivors: Wed., 7PM, Veteran's Housing Facility, San Jose is now a Step Study.

NO LONGER MEETING

The Seeker's Group: Fri., 7:30PM, Fair Avenue Fellowship: Alano Club of San Jose, 1122 Fair Ave. @McLaughlin.

Women's Topic Discussion Group: Tues., 7PM Good Shepherd Christian Church, 940 S. Stelling Rd. @ Jollyman, Cupertino.

Fireside Group: (Big Book Topic Mtg.), Fri., 6PM, Advent Lutheran Church, 16870 Murphy Ave., Morgan Hill.

Birthday Contributions

BIRTHDAY CELEBRANT	YEARS	CONTRIBUTIONS	BIRTHDAY
Doug G.	27	Doug G.	
Sheila T.	31	Jerry C. and Sheila T.	09/09/1983
Barbara W.	25	Barbara W.	10/03/1989
Jerry C.	34	Sheila T. and Jerry C.	10/10/1980
Joe B	19	Joe B.	10/16/1995
Richard S.	13	Anonymous	10/28/2001
Ray D.	25	Ray D.	11/01/1989

HAPPY BIRTHDAY TO ALL!! 174 YEARS OF SOBRIETY!!

If you would like to participate for yourself or to honor a friend, please use the birthday forms available at Central Office.
Birthdays are listed in recognition of contributions made to Central Office by a member or on a member's behalf.

IN MEMORIUM

In Loving Memory of Bonnie R. with 35 years of sobriety (5/30/1979).
In Loving Memory of Sombat L. of Palo Alto. A 29 year member of AA passed on 10-6-2014.

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 Central Office

of Santa Clara County, Inc.

274 E. Hamilton Ave., Suite D

Campbell, CA 95008

Non-Profit Org.

U.S. Postage

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San Jose, CA

Permit No. 3556

RETURN SERVICE REQUESTED



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 Minutes

October 1, 2014

- Gloria V., Intergroup Chairperson, opened the meeting at 7:30 PM, followed by a Moment of Silence and the serenity prayer.
- Shane read the definition of Intergroup.
- Mitch read the 12 traditions.
- New Intergroup Reps:
 - Shane, Waves of Healing, Monday 7:45 pm
 - John, ACCYPAA
- Visitors
 - Mike
 - Mary Ann
- Birthdays:
 - George, 26 years
 - Mike, 37 years
 - Carol, 10 years
 - Eric, 5 years
 - Cory, 2 years
 - Sarah, 18 months
 - Mary Ann, 28 years
- 7th tradition.
- Corrections or Additions to the agenda (None)
- Corrections or Additions to the previous month's minutes (None/Minutes approved)
- Treasurer's Report – next report December
- 60 voting Intergroup representatives in attendance.

Reports

Intergroup Chair, Gloria V.

Conducting elections tonight for open service positions that will serve Intergroup for the next 1-2 years. Mary Pat and Eric will facilitate the elections.

Nominating Committee

Mary Pat, Eric, Laree and Allegra are the nominating committee.

Discussed the election procedure set down in the Intergroup guidelines. Stated open positions that will be voted on. Visitors and not voting members will not have a vote. Written name ballots cast and counted by nominating committee and volunteers. Nominees need to receive 31 votes from the possible 60 voting members to be elected.

Prior to the vote the nominating committee asked for any floor nominations for any positions – none were put forth.

1st Vote - Intergroup Chair (each person introduced themselves prior to voting)

Carol: elected as next Chair, voted in on first round

Robby: moved to Alternate Chair vote

Intergroup Alternate Chair (each person introduced themselves prior to voting)

Robby: elected as next Alternate Chair, voted in on first round

Max: thank you for making yourself available.

Intergroup Secretary (each person introduced themselves prior to voting)

Bill: elected as next Intergroup Secretary, voted in on first round

Mary: moved to Alternate Secretary vote

Intergroup Alternate Secretary (each person introduced themselves prior to voting)

Mary: elected as next Alternate Intergroup Secretary, voted in on first round.

Central Service Board - 3 open positions (each person introduced themselves prior to voting)

Nominees: Jon H., Laura T., Mike K.

Carol B. – elected to Intergroup Chair, removed from this list.

One person elected at a time, minimum of 3 rounds needed to elected for all 3 positions.

1st Voting Round: Jon H. elected.

2nd Voting Round: no one received required votes (31) to be elected.

Motion Made on the Floor: “To elect the remaining 2 Central Service Board Nominees for the 2 remaining Central Service Board Positions.”

Vote Taken – Passed: Laura and Mike elected to Central Service Board.

Committee Reports (time permitting):

Activities Committee, Robby W.

“Take Your Sponsor to Brunch” – October 4th

2700 Booksin Ave. - Lincoln Glen Church (Second Tradition)

Those with tickets and money please turn in at the end of the Intergroup meeting.

Cisco Bill for food - paid up front = \$1800.00

Vegan options, music, food, friendship and recovery

Volunteers needed, \$10 suggested donation.

Make this announcement at your meetings!

Clean Up Announcement – Thank you Gavin for all your efforts with coffee.

The meeting was adjourned at 8:25 pm

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Balance Sheet

As of October 31, 2014

Oct 31, 14

ASSETS

Current Assets

Checking/Savings

1010 - PettyCash	209.43
1020 - First Republic Bank (Checking account)	7,794.41
1021 - (PR) First Rep. Bank CD 0429 (12 Mo. CD @ .45%, 08/12/15)	17,602.19
1023 - (PR) First Rep. Bank CD 3228 (12 Mo. CD @ .3%, 02/05/15)	16,477.14
1025 - (PR) First Rep. Bank CD 7266 (12 Mo. CD @ .25%, 01/06/15)	20,137.89
1026 - (PR) First Rep. Bank CD 7619 (12 Mo. CD @ .45%, 06/21/15)	15,096.09
1027 - (PR) First Rep. Bank CD 7681 (10 Mo. CD @ .1%, 07/29/15)	15,071.00
1028 - (OA) First Rep. Bank CD 6955 (12 Mo. CD @ .35%, 08/29/15)	20,005.25

Total Checking/Savings 112,393.40

Accounts Receivable

1110 - Accounts Rec - Group Deposits	-1,635.17
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Total Accounts Receivable -1,635.17

Other Current Assets

1250 - Literature Inventory	22,863.26
1310 - Prepaid Insurance	1,583.17
1499 - Undeposited Funds	1,036.08

Total Other Current Assets 25,482.51

Total Current Assets 136,240.74

Fixed Assets

1630 - Office Equipment	30,259.02
1640 - Office Furnishings - Asset	7,757.80
1641 - Less Accumulated Depreciation	-35,601.97
1680 - Leasehold Improvements	300.00
1681 - Less Accumulated Amortization	-300.00

Total Fixed Assets 2,414.85

Other Assets

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

TOTAL ASSETS 140,649.44

LIABILITIES & EQUITY

Liabilities

Current Liabilities

Other Current Liabilities

2240 - Sales Tax Payable (due quarterly)	1,813.81
2600 - UnityDay	1,782.30

Total Other Current Liabilities 3,596.11

Total Current Liabilities 3,596.11

Total Liabilities 3,596.11

Equity

Comparative Balance	350.00
2740 - Temporarily Restricted Funds	10,842.08
3900 - Unrestricted Funds	112,177.48
Net Income	13,683.77

Total Equity 137,053.33

TOTAL LIABILITIES & EQUITY 140,649.44

Profit & Loss

October 2014

	Oct 14	Oct 13	Jan - Oct 14
Ordinary Income/Expense			
Income			
3030 • Contributions-General	8,344.34	15,704.41	122,504.33
3050 • Group Insurance (Group premium payments)	576.00	130.00	4,801.00
8010 • Literature Sales	4,163.17	4,495.76	48,279.67
8020 • Meeting Guide Sales	448.00	723.50	6,409.67
8050 • Activities Committee	4,629.00	5,148.75	9,049.33
8055 • Central Office Events	0.00	0.00	5,202.00
8060 • Newsletter Subscriptions	10.00	10.00	115.00
Total Income	18,170.51	26,212.42	196,361.00
Cost of Goods Sold			
5000 • Cost of Goods Sold			
5100 • Cost of Inventory Sold	3,031.99	3,145.91	34,605.64
5150 • Cost of Meeting Directories	155.53	639.36	5,007.03
5000 • Cost of Goods Sold - Other	8.40	0.00	33.60
Total 5000 • Cost of Goods Sold	3,195.92	3,785.27	39,646.27
Total COGS	3,195.92	3,785.27	39,646.27
Gross Profit	14,974.59	22,427.15	156,714.73
Expense			
6010 • Alarm Service	207.00	207.00	828.00
6015 • Activities Committee Expense	2,533.07	1,738.20	6,634.44
6025 • Central Office Events Expense	0.00	0.00	3,704.44
6030 • Accounting and Legal Fee	0.00	2,550.00	2,625.00
6070 • Bank Credit card charges (Credit card costs and fees)	71.28	104.91	1,171.02
6140 • Conferences - Exec. Dir.	-66.00	0.00	1,322.63
6150 • Unity Day Expense	0.00	-294.00	1,500.00
6160 • Copier Expense	227.88	213.12	1,700.01
6190 • Depreciation Expense	0.00	0.00	902.00
6220 • Insurance - Worker Compensation	0.00	0.00	694.70
6230 • Insurance - General Liability	0.00	60.33	2,128.80
6231 • Insurance - CGL Group Umbrella	0.00	0.00	2,137.00
6240 • Employee HRA Plan	600.58	749.90	6,062.27
6245 • Internet Access Charges	28.12	0.00	879.59
6320 • Newsletter Expense	-66.78	0.00	1,368.76
6330 • Office Expense	302.69	304.17	1,952.29
6370 • Office Paper Supply	0.00	64.40	1,464.72
6380 • Payroll Taxes	813.33	583.38	6,418.91
6410 • Postage	515.01	472.90	1,543.66
6430 • PI/CPC	0.00	0.00	329.89
6480 • Rent	2,153.90	2,090.55	21,475.65
6540 • Salaries - Office	10,631.79	7,625.88	71,490.47
6560 • Payroll Expenses	12.40	101.00	1,058.91
6600 • Signing Services	200.00	200.00	2,100.00
7010 • Taxes and Licenses	0.00	0.00	60.00
7050 • Telephone	159.10	154.94	1,559.18
9080 • Sales Tax (Sales tax paid on purchases)	0.00	-3.52	125.96
Total Expense	18,323.37	16,923.16	143,238.30
Net Ordinary Income	-3,348.78	5,503.99	13,476.43
Other Income/Expense			
Other Income			
8030 • Interest Income	12.69	11.59	207.34
Total Other Income	12.69	11.59	207.34
Net Other Income	12.69	11.59	207.34
Net Income	-3,336.09	5,515.58	13,683.77

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

October 2014

	Oct 14	Jan - Oct 14		Oct 14
1 INV EarlyBird Group 70968	0.00	350.00	EarlyMondayNight 68 (Mon.)	0.00
1 INV Fremont & Hollenbeck Group 70907	0.00	1,330.00	EarlyTuesdayGroup 119 (Tues.)	463.50
1 INV Fremont & Manet Group 70975	0.00	1,960.00	Easier WayGroup 290 (Fri.)	0.00
1 INV GilroyGroups 70906	0.00	835.00	East ValleyGroup 322 (Fri.)	0.00
1 INV Men Seeking Guidance Group	210.00	1,120.00	Eleventh Step Meditation Mtg 276 (Thur.)	0.00
1 INV One Day at a Time 70903	275.13	12,853.21	End of the Line Men's Group 147 (Tues.)	0.00
1 INV R and B Group 70972	0.00	1,861.29	Evergreen Group 884 (Thur.)	0.00
1 INV SaturdayNite Live Group 70905	70.00	700.00	Fireside Big Book Study 809 (Tues.)	0.00
1 INV SerenityDiscussion 210 (Wed.)	0.00	2.27	Firing Line (The) 404 (Mon.)	0.00
1 INV SerenityFirst Fellowship 70902	0.00	0.00	Free to Be Me SJ (Women) 736 (Tues.)	0.00
1 INV South CountyFellowship 70954	300.00	3,000.00	FridayBig Book Study 702 (Fri)	0.00
1 INV Spiritual Progress Group 70979	0.00	2,700.00	G Attitude Adjustment	0.00
1 INV Winchester Fellowship 70960	0.00	25.00	G Forged From AdversityGroup 70957	0.00
12 Steps at Noon 303 (Fri.)	0.00	175.00	G Higher Power Hour 70952	0.00
3rd Steppers Book Study (Women) 610 (Thur.)	0.00	325.60	G Men's Basic StudyGroup 70985	0.00
4 Directions 855 (Fri.)	0.00	336.00	G Milpitas We Care Group 70934	0.00
A Vision for You Women's 802 (Tues.)	0.00	1,280.00	G Remember We Deal With Alcohol 70938	0.00
A.B.C. Women's Group 58 (Mon.)	0.00	465.34	G Serenity at Noon (fka Agnew) 70921	0.00
Alano Club West	0.00	107.30	G Sunrise Group of Palo Alto 70963	0.00
Almaden ValleyDiscussion 30 (Sun.)	0.00	244.63	G Sunrisers Group/Dennys 70932	420.52
Attitude Adjustment SJ 861 (Thur.)	0.00	119.00	G Ten O'Clock High 889 (Thur.)	0.00
B.F.E.	0.00	740.16	G Third Tradition Women's Gp, The 70979	395.46
Back to Basics Saratoga Noon 151 (Tues.)	0.00	505.00	G We Care Group 70934	0.00
Beginners & Beyond LG 345 (Sat.)	0.00	100.00	G West Valley Fellowship 70942	0.00
Big Book Speakers Group 289 (Fri.)	220.53	992.07	Gay & Lesbian Sober Experience 896 (Mon.)	0.00
Big Book Step Study (Men) 325 (Fri.)	0.00	1,065.00	Gay & Lesbian Step & Trad GP 221 (Fri.)	0.00
Big Book Study Mlpts 347 (Sat.)	0.00	80.00	Gay Alcoholics Living/Sobriety 742 (Wed.)	0.00
Bill's Basement 384 (Fri.)	84.30	344.80	Gay Grab Bag Solution 41 (Sun.)	0.00
Birthday Contribution 00951	45.00	2,510.00	Gay Living Sober Group 21 (Sun.)	0.00
Boiled Owls (Men's) 816 (Wed.)	0.00	1,070.00	Gay Men & Women Together 85 (Mon.)	0.00
Bon Air Siding BB Study 202 (Wed.)	0.00	120.00	Gay Men's Freedom 262 (Thur.)	0.00
Bowers Fellowship 46 (Sun.)	0.00	457.94	Gay Reflections on the Solution 841 (Wed.)	0.00
California Ave. Supper Group 715 (Thur.)	0.00	956.03	Get Up and Go (Women) 187 (Sat.)	0.00
Cambrian Park Men's Group 567 (Thur.)	0.00	420.00	Get Well Group 17 (Sun.)	0.00
Cambrian SaturdayNight (Chips) 376 (Sat)	630.00	1,940.30	Grateful Live Group 535 (Mon.)	0.00
Campus Group 234 (Thur.)	0.00	259.20	HappyDestiny (Women) 109 (Tues.)	639.00
Candlelight Group 380 (Sat.)	0.00	120.00	Happy, Joyous & Free 650 (Tues.)	0.00
Change (Sun.)	0.00	100.00	High Hope (Men's) 239 (Sat.)	595.00
Character Defect Freedom 201 (Tues)	0.00	1,161.00	HOW Group 71 (Mon.)	0.00
Chip Winners (Chips) 168 (Wed.)	247.51	960.60	In the Basement 545 (Sun.)	0.00
Chips and Dyps (Chips) 559 (Tues.)	0.00	110.00	In the Solution 647 (Sat.)	0.00
Courage to Change (Women) 145 (Wed.)	0.00	129.51	Inspiration Big Book 195 (Wed.)	0.00
Daily Reflection MH 537 (Tues.)	0.00	50.00	Intergroup Council 80909	0.00
Daily Reflections 432 (Thur.)	0.00	140.00	Joy of Living MH 699 (Mon.)	0.00
Design for Living 200 (Tues.)	0.00	100.00	Just For Today 238 PA (Thur.)	0.00
District 40	0.00	165.20	Ladies Amethyst AA Study Group 749 (Wed.)	0.00
Dr. Bob's Nightmare 360 (Sun.)	0.00	269.00	Lesbians Living the Promises 349 (Fri.)	0.00
Early Bird SJ 244 (Thur.)	0.00	77.00	LGBT HappyDestiny Group 621 (Sat.)	0.00
LGBTQ Gay & Lesbian Topic Disc 516 (Sat.)	0.00	78.00	Source of Strength (Women) 501 (Mon.)	0.00
Liquor Was But A Symptom 203 (Thur.)	177.10	445.20	South Valley Men's 845 (Thur.)	0.00

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

October 2014

	Oct 14	Jan - Oct 14		Oct 14
Living in the Solution MH (W) 33 (Sat.)	0.00	70.00	South Valley Women's Surrender 88 (Mon.)	0.00
Living with Serenity (Chips) 599 (Wed.)	0.00	413.70	Spiritual Awakening 813 (Tues.)	316.12
Los Altos Big Book 860 (Thurs.)	0.00	329.30	Spiritual Step Study 233 (Sun.)	0.00
Los Altos Group 225 (Thur.)	0.00	355.01	St. Luke's Group 113 (Tues.)	0.00
Los Gatos Chips 413 (Sat.)	0.00	134.04	St. Mark's Group 270 (Thur.)	0.00
Los Gatos Tuesday Night 110 (Tues.)	0.00	304.50	Starting the Steps 753 (Fri.)	0.00
Meditation Meeting LA 39 (Sat.)	0.00	140.00	Step Along (Women) 638 (Wed.)	251.00
Men's 4th Step Group 320 (Fri.)	0.00	25.00	Step Study (Women) LG 820 (Wed.)	0.00
Men's Big Book (Caveman Gp) 659 (Sun.)	0.00	393.00	Step/Tradition Study 581 (Mon.)	52.38
Men's Closed AA Mtg. 687 (Sat.)	0.00	338.00	Sundowner's Dinner Mtg (Chips) 768 (Wed.)	0.00
Men's Group 97 (Mon.)	0.00	867.40	Sunshine Group noon 243 (Thur.)	0.00
Men's Honesty Group 26 (Sat.)	0.00	1,050.00	Survivors (The) Step Study 331 (Wed.)	0.00
Men's Single Problem Study Gp 220 (Thur.)	0.00	367.00	T.G.I.F. Speaker/Discussion 298 (Fri.)	0.00
Midday Women's Group 91 (Mon.)	275.94	935.50	There Is a Solution SJ 217 (Thur.)	340.69
Monday at a Time 208 (Mon.)	0.00	290.04	Think Tank (Men's) 361 (Sat.)	0.00
Monday Midday Meeting 714 (Mon.)	0.00	140.00	Third Tradition SJ 511 (Mon.)	75.00
Monday Night Chip 405 (Mon.)	0.00	379.02	Trinity Group 370 (Sat.)	0.00
Mountain Miracles 882 (Thur.)	0.00	418.60	Truly Happy Hour 324 (Fri.)	0.00
Mountain View Group 350 (Sat.)	0.00	805.00	Tuesday Night Happy Hour 796	40.00
New Direction 12 x 12 90 (Mon.)	0.00	37.10	Tuesday Night Men's Mtg 525 (Tues.)	535.00
New Nooners 808 (Mon.)	70.00	367.95	Tuesday Night Saratoga Group 152 (Tues.)	0.00
New Steps for Living 20 (Sun.)	0.00	447.30	Tuesday Noon Step Study 556 (Tues)	0.00
Newcomers, Oldtimers (Women) 769 (Sat.)	0.00	101.39	Unknown	70.00
No Bull Big Book 655 (Fri.)	0.00	889.92	Up the Creek-Daily Reflections 745 (Tue.)	0.00
Other Wednesday Nite, The (Men) 209 (Wed)	535.00	535.00	Veterans of Alcohol 874 (Tues.)	0.00
Pass It On Group 418 (Sun.)	0.00	453.02	Veterans of Alcohol North 338 (Tues.)	0.00
Personal 00911	309.00	7,669.50	Villages Group of AA, The 406 (Mon.)	234.00
Plaza Del Rey Group 52 (Sun.)	0.00	308.00	Waves of Healing 526 (Mon.)	0.00
Positive Outlook Group SJ 368 (Sat.)	0.00	55.07	We Are Not Saints 12 & 12 520 (Tues.)	0.00
Queer and Sober 671 (Sat.)	171.10	312.10	Women's Brunch 640 (Sat.)	0.00
Recovery Roulette 326 (Thurs.)	0.00	218.25	Women's Topic Disc. Group 103 (Tues.)	0.00
Roots 344 (Sat.)	0.00	431.74	Women on the Move 570 (Wed.)	0.00
Saratoga Family Group 328 (Fri.)	0.00	738.00	Women Sharing the Solution 519 (Thur.)	296.06
Saratoga Serenity Gp (Chps) 329 (Fri.)	0.00	150.00	Women to Women 704 (Sat.)	0.00
Second Tradition Group Spkr 721 (Sat.)	0.00	2,417.93	TOTALS	8,344.34
Serenity Speaker Meeting 533 (Sun)	0.00	292.50		
Shared Gift, The (Women) 61 (Mon.)	0.00	742.50		
Silver Serenity 517 (Thurs.)	0.00	215.00		
Single Problem Study (Men) 212 (Wed.)	0.00	676.54		
Single Problem Topic (Men's) 582 (Mon.)	0.00	790.66		
Sisters in Sobriety 548 (Thur.)	0.00	123.87		
Sisters Seeking Serenity 858 (Wed.)	0.00	791.00		
Sober in the Park 688 (Sun.)	0.00	200.00		
Sober Mafia 204 (Sun.)	0.00	100.00		
Sober Thoughts 499 (Wed.)	0.00	140.00		
Society of the Second Chance 305 (Tues.)	0.00	399.00		

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

October 2014

	Jan - Oct 14
1 INV EarlyBird Group 70968	464.49
1 INV Fremont & Hollenbeck Group 70907	1,498.47
1 INV Fremont & Manet Group 70975	987.00
1 INV GilroyGroups 70906	349.50
1 INV Men Seeking Guidance Group	105.00
1 INV One Day at a Time 70903	156.80
1 INV R and B Group 70972	280.00
1 INV SaturdayNite Live Group 70905	80.00
1 INV SerenityDiscussion 210 (Wed.)	1,324.33
1 INV SerenityFirst Fellowship 70902	122.50
1 INV South CountyFellowship 70954	491.00
1 INV Spiritual Progress Group 70979	123.00
1 INV Winchester Fellowship 70960	404.00
12 Steps at Noon 303 (Fri.)	904.00
3rd Steppers Book Study(Wom) 610 (Thur.)	152.00
4 Directions 855 (Fri.)	630.00
A Vision for You Women's 802 (Tues.)	676.56
A.B.C. Women's Group 58 (Mon.)	1,120.00
Alano Club West	3,307.68
Almaden ValleyDiscussion 30 (Sun.)	4,140.73
Attitude Adjustment SJ 861 (Thur.)	325.00
B.F.E.	2,876.81
Back to Basics Saratoga Noon 151 (Tues.)	938.00
Beginners & Beyond LG 345 (Sat.)	536.90
Big Book Speakers Group 289 (Fri.)	147.00
Big Book Step Study(Men) 325 (Fri.)	98.00
Big Book StudyMlpts 347 (Sat.)	173.31
Bill's Basement 384 (Fri.)	70.00
BirthdayContribution 00951	130.32
Boiled Owls (Men's) 816 (Wed)	1,003.83
Bon Air Siding BB Study 202 (Wed.)	252.70
Bowers Fellowship 46 (Sun.)	60.00
California Ave. Supper Group 715 (Thur.)	2,500.00
Cambrian Park Men's Group 567 (Thur.)	280.54
Cambrian SaturdayNight (Chips) 376 (Sat)	110.00
Campus Group 234 (Thur.)	2,234.00
Candlelight Group 380 (Sat.)	68.00
Change (Sun.)	1,305.00
Character Defect Freedom 201 (Tues)	1,004.00
Chip Winners (Chips) 168 (Wed.)	140.00
Chips and Dyps (Chips) 559 (Tues.)	455.46
Courage to Change (Women) 145 (Wed.)	273.08
DailyReflection MH 537 (Tues.)	627.00
DailyReflections 432 (Thur.)	110.00
Design for Living 200 (Tues.)	820.50
District 40	586.79
Dr. Bob's Nightmare 360 (Sun.)	447.00
EarlyBird SJ 244 (Thur.)	326.60
LGBTQ Gay & Lesbian Topic Disc 516 (Sat.)	25.00
Liquor Was But A Symptom 203 (Thur.)	374.50

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Group Contributions

October 2014

	Jan - Oct 14
Living in the Solution MH (W) 33 (Sat.)	96.00
Living with Serenity(Chips) 599 (Wed.)	925.12
Los Altos Big Book 860 (Thurs.)	1,726.78
Los Altos Group 225 (Thur.)	420.00
Los Gatos Chips 413 (Sat.)	420.00
Los Gatos TuesdayNight 110 (Tues.)	125.00
Meditation Meeting LA 39 (Sat.)	251.00
Men's 4th Step Group 320 (Fri.)	236.42
Men's Big Book (Caveman Gp) 659 (Sun.)	52.38
Men's Closed AA Mtg. 687 (Sat.)	100.00
Men's Group 97 (Mon.)	112.00
Men's HonestyGroup 26 (Sat.)	70.00
Men's Single Problem StudyGp 220 (Thur.)	110.00
MiddayW omen's Group 91 (Mon.)	340.69
Mondayat a Time 208 (Mon.)	700.00
MondayMiddayMeeting 714 (Mon.)	75.00
MondayNight Chip 405 (Mon.)	85.00
Mountain Miracles 882 (Thur.)	552.23
Mountain ViewGroup 350 (Sat.)	156.00
New Direction 12 x 12 90 (Mon.)	1,858.00
New Nooners 808 (Mon.)	300.00
New Steps for Living 20 (Sun.)	280.00
Newcomers, Oldtimers (W omen) 769 (Sat.)	170.21
No Bull Big Book 655 (Fri.)	150.00
Other WednesdayNite,The (Men) 209 (Wed)	130.00
Pass It On Group 418 (Sun.)	280.00
Personal 00911	751.00
Plaza Del ReyGroup 52 (Sun.)	308.00
Positive Outlook Group SJ 368 (Sat.)	120.00
Queer and Sober 671 (Sat.)	1,595.69
RecoveryRoulette 326 (Thurs.)	444.00
Roots 344 (Sat.)	545.25
Saratoga FamilyGroup 328 (Fri.)	296.06
Saratoga SerenityGp (Chps) 329 (Fri.)	492.00
Second Tradition Group Spkr 721 (Sat.)	122,504.33
SerenitySpeaker Meeting 533 (Sun)	
Shared Gift, The (W omen) 61 (Mon.)	
Silver Serenity 517 (Thurs.)	
Single Problem Study(Men) 212 (Wed.)	
Single Problem Topic (Men's) 582 (Mon.)	
Sisters in Sobriety 548 (Thur.)	
Sisters Seeking Serenity 858 (Wed.)	
Sober in the Park 688 (Sun.)	
Sober Mafia 204 (Sun.)	
Sober Thoughts 499 (Wed.)	
Societyof the Second Chance 305 (Tues.)	