

March, 2015 Volume 10 | Issue 3

### Gift of Desperation Brought Her to the Third Step

As I began working the steps early in my sobriety, I knew Step 3 would be very challenging.

I was raised on the importance of self will and having strong will power. I remember often being reminded, "If you want something done right, do it yourself." For many years self will and self determination served me well. I usually accomplished what I set out to do; my independence and self-reliance gave me a sense of pride and self confidence.

So why would I want to change it? Why would I want to turn over to the care of God something that served me (my will)? What did I know about God? I believed in the existence of God, but I'd never felt God was a loving being who cared about me. I saw God as punitive; a judgemental, disapproving entity. How could turning my will and life over to the care of God help me?

I was now at a crossroads. My drinking had been out of control for years, and with the "gift of desperation" I had finally made it to the rooms of AA and announced myself as an alcoholic. I knew I needed to make some big changes, but where should I begin?

I was fortunate to have a sponsor helping me work the steps. As we embarked on Step 3 she introduced me to the Third Step Prayer. "Relieve me of the bondage of self, that I may better do Thy will." This phrase made me realize my self will may have benefitted me in the past, but it also allowed my alcoholism to flourish and my life to take a downward spiral. What I considered a positive personality trait had certainly turned out to impact my life in a negative way; I had become a slave to my will and it held me in bondage. My self will had resulted in my vain attempts to control people, places and things. My life had become a constant struggle to have everything "my way." I knew I had to give it up, but how?

My sponsor suggested that I create a higher power, "a God of my understanding" that I felt I could connect with and pray to for help. I was skeptical, but I tried. What did I have to lose?

To my great surprise it really helped! The mere act of getting on my knees and reciting the Third Step Prayer made me feel more humble. This, in turn, seemed to loosen the bonds of my self will and self centeredness. Perhaps I could trust in my higher power and have faith that his will was preferable to mine. As a result I felt calmer, like my life didn't need to be a constant struggle anymore.

Five years into my sobriety I continue to recite the Third Step Prayer on a daily basis. Being able to surrender my will and embrace God's will has given me more serenity than I ever could have imagined.

- Anonymous



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## Third Tradition: No Signed Pledges, Just A Desire To Stop Drinking

Tradition Three (the long form): "Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought AA membership ever depend on money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they have no other affiliation."

I wonder sometimes if, on the day I walked into my first Alcoholics Anonymous meeting, I had been confronted with a membership application, I would have tried to bluff my way in or fled back into the loneliness and despair of my alcoholism. I'd certainly joined a few community groups prior to coming to AA, and they all had certain requirements to verify that I was worthy. Occasionally, these organizations even required signed pledges to certain appropriate public behavior! By the time I walked into my first AA meeting, I was divorced, broke, and had lost custody of my child. My life was falling apart, and the picture was far from pretty. In fact, my future prospects were dismal, and I considered suicide.

I came to that first AA meeting "beaten into a state of reasonableness," ready to do anything to quit drinking. I could no longer quit for any period of time on my own – not even for a few hours. I had no idea that I already possessed the one requirement for membership— the desire to stop drinking. No one asked for my last name. There were no membership applications in sight. I was even asked as a newcomer not to contribute to the basket as it was passed. Two people at that first meeting who knew me from outside AA said they were relieved and grateful to see me.

Bill W.'s essay on the Third Tradition discusses our early history and the trials and tribulations of our infant fellowship. We were a fearful group of former drunks worried about our reputation and the future of our society. Early on our Foundation (the precursor to AA World Services) solicited "membership rules" from all the groups. It became clear that if all these requirements enforced, not one person would qualify to become a member of AA. A particularly "difficult"

member of an early group, a self-proclaimed atheist known for podium-level harangues about getting rid of all the "God stuff," kept asking if we really meant what we said in the foreword to the first edition of the book, "Alcoholics Anonymous." The foreword states "the only requirement for membership is an honest desire to stop drinking" [emphasis added]. Wisely, in my opinion, the word "honest" was deleted from future editions of the Big Book and never incorporated into the Third Tradition itself. I no longer had any concept of honesty. Thinking about whether or not I had an honest desire to stop drinking could have repelled me just as easily as a membership application.

So, with no requirement for membership other than a desire to stop drinking, and becoming a member simply by deciding to be one, my recovery journey began. Here I am, sober decades later, and happy, joyous and free to boot!

—Anonymous



## A Broken Man Decides to Stay

The only requirement for A.A. membership is a desire to stop drinking.

I arrived in the life-saving program of Alcoholics Anonymous a broken man. My life was chaotic, my dreams were shattered, and I was scared – terrified – that AA would be just one more place that would reject me, abandon me, or find fault and kick me out.

I judged myself harshly for my past, because I had done terrible things as an active alcoholic. I crashed cars, drove drunk, and committed a variety of felonies (most for which I wasn't arrested). I hurt people, sometimes emotionally, sometimes physically, and often grievously. And yet, when I walked into AA, the secrets and shames of my past did not disqualify me from the life-saving miracle of the Twelve Steps. And as I stay sober, the Traditions have become what guarantee my continued survival, and they've taught me genuine compassion for the next alcoholic who walks into AA with a checkered past.

"Most of us felt the same spiritual emptiness. And in AA, we escaped disaster together and commenced shoulder to shoulder our common journey and rediscovered life."

By the time I got to AA, I'd already used up all my chances with my family, my boyfriend wanted nothing to do with me, and the few friends I had left avoided me. I was isolated, desperate for human connection, and I kept drinking until AA members told me to keep coming back no matter what.

My story isn't unique. Most of us felt the same spiritual emptiness. And in AA, we escaped disaster together and commenced shoulder to shoulder our common journey and rediscovered life.

I stayed because I had a drinking problem, and my defects of characters, crimes or shameful secrets didn't disqualify me from membership. Sometimes I'm troubled by the drunken escapades of others, but I don't admire the things I did either. I am not interested in creating rules for membership – where only pure and respectable alcoholics are allowed –in Alcoholics Anonymous, because I was once neither pure nor respectable (I sometimes still am not).

In the 1930s and 1940s, AA was beset with anxieties and fears about who could join our fellowship. Much of the anxiety was based on fear that society may look down on those of us who have found a solution to our drinking problems. Parts of AA became intolerant – resolving to admit nobody but that hypothetical class of "pure alcoholic... So beggars, tramps, asylum inmates, prisoners, queers, plain crackpots and fallen women were definitely out."\*

I was each and every one of those things. Well, maybe not a fallen woman. But I am friends with many of those, and many have been my lifeline when I need to talk to someone at 2 AM.

If I disagree with your politics, if I find your past disturbing, if I'm scandalized by your criminal record, please stay in AA and teach me how to be more tolerant, compassionate and kind. Pedophiles, murderers, gutter alcoholics, drunken businessmen and housewives who drank at home all help one another, teach one another, and remind us that our isolation has ended. Thank you for letting me stay.

—Eric L.

the COIN 2 the COIN 3

## The Unwavering Necessity of Surrendering to Win

"We AAs surrender to win; we give away to keep; we suffer to get well, and we die to live."

This strange paradox of Alcoholics Anonymous can be found in a story in the second edition of the Big Book.\* I remember going to meetings in early sobriety and hearing things like, "The war is over, you lost." Prior to experiencing the gift of desperation, I would have thought that surrendering was unreasonable, but I've found it to be an unwavering necessity – not only for my induction into sobriety, but also for establishing and maintaining emotional sobriety.

Before I got to AA, I was a thief, a drunk and a liar. Despite this, I still found the resolve to think that I was somehow smarter, more creative, and more perceptive than your average human. I would chastise and berate people that listened to Top 40 radio, watched network television, and shopped at the mall. I thought they were inferior for believing the farce of consumerist culture. The most hypocritical point of all was that I was, in fact, the worst kind of consumer. (It's not like the liquor industry is hurting for business.)

"I could hardly comprehend the concept of spirituality; it was just some abstract entity for people that did yoga, LSD, or both."

Fortunately, I came to realize that my model for living, or design for living if you will, was not sustainable. As a result, the circumstances of my alcoholism landed me in AA, nervous and scared, realizing that my naive

ideology had absolutely failed. If something didn't change, I would die. Worse than the fear of death was my fear that I would continue living the way I was. I couldn't do it anymore. I had exhausted all my physical and emotional resources. I could hardly comprehend the concept of spirituality; it was just some abstract entity for people that did yoga, LSD, or both.

When I asked a man to be my sponsor, I didn't realize that I was surrendering to the program of Alcoholics Anonymous. I didn't have a full understanding of the disease, but I knew that I was sick, and that I wanted to get better. I didn't even know whether or not I was willing to go to any lengths for my sobriety. My sponsor didn't ask me that question. I doubt that, even if he did, I was capable of giving an honest answer. Whether I knew it or not, this was my beginning and now, in hindsight, I wouldn't have it any other way.

Throughout my sobriety, I've experienced a several manifestations of surrender. I surrendered to being clueless when making my first steering committee report. I surrendered when my car was stolen. I surrendered when my close friends left our fellowship, thinking that maybe this time, it would be different. Strangely enough, surrendering has been a gateway to freedom in sobriety, because it reminds me that I cannot control the circumstances of my life, I can only control my reaction. In the sacrifice of my desire to dictate the terms and conditions of life, I find humility, and in that humility, I find freedom.

- Noah G.

\*The story is "The Professor and the Paradox" in the second edition of the Big Book.

### The Third Step:

## Daily Action Needed to Stay Aligned With God's Will

The first time I did a third step I was on my knees in a young people's meeting. I had just asked a woman to sponsor me, and we had run through step 1 and 2 in under two minutes. Now she was holding my hands with closed eyes and reciting a prayer from heart that I hastily repeated. I was impressed that this woman had memorized a prayer. The last thing I had memorized, and not that well, were lines for a skit for my children and war class my senior year of college. My memory when I came into the rooms and decided to stay was rather shot.

From that first awkward third step, during which I had absolutely no idea what I was doing or who or what I was turning my life over to, my relationship with my higher power, and my understanding of the third step have both grown. With the help of sponsors and friends in the program I have come to understand that the third step is not a one-time, quickly muttered phrase that cures my innate urge to run the show and takes away the obsession. My experience has been if I do not turn over my will on a daily basis, it's quite possible that a drink is going to start to look appealing. The packaging on the bottle begins to look pretty and attractive rather than neutral or poisonous. I start to wake up with a sluggish, gloomy feeling that doesn't get better.

Unless...unless I actively do something to change that state. A lot of people say the fourth step is the first action step, but the third step takes a lot of action, in my opinion. For me, it wasn't just about agreeing to let God into my life, which was something I completely did not understand. I used to call up my first sponsor and ask her "How do I know if it's my will or God's will?" until I realized that's not the point. The point is that over time I begin to feel innately that I am acting in line with spiritual principles – and when I'm not. And I get to make the choice to keep surrendering. That requires willingness and the ability to do something different than I normally do. I have learned that many times what is really easy or comfortable is usually more my will and less God's. But letting God into my life

means that even when I have to show up when I don't want to, feel a wide spectrum of emotions, and trudge forward at times, I don't have to do it alone.

Today I still struggle with surrendering – often pain is the most effective teacher and the most effective catalyst for me turning my will and my life over, bit by bit. I find though that with each level of surrender, those periods of relative peace and emotional balance are longer, my relationships become fuller and deeper, and I feel a renewed sense of purpose in this program and in my life.

—Anonymous



the COIN 4 the COIN 5

### A Problem Far Greater than Drinking: Liquor Was but a Symptom

When I came into the rooms of AA, I thought that alcohol had brought me to my knees. I was beaten, completely. More than that, I was broken – spiritually broken. I had lost everything, worst of all my will to live, if you could call it living. In reality, I wasn't living; I was merely surviving. Just to wake up every day had become a meaningless chore, a pointless exercise made feasible only by the promise of the next drink.

I was finally ready to surrender, but surrender to what I did not know. I only knew that I didn't know what else to do, and that I very literally could not go on. I couldn't stop drinking, plain and simple, but I couldn't keep drinking, either; to do so would have meant death, by my own hand if not otherwise.

The fallacy in my thinking was profound: I truly believed that alcohol was my problem. Without alcohol, I reasoned, I wouldn't have lost my marriage, my child, my dignity, the respect of everyone dear to me, my security, and any semblance of morality and spirituality that I thought I'd once known. If I could just stop drinking, I thought, I would be able to regain a foothold in life, to pick up the pieces and begin to move forward.

What I didn't realize was that, in reality, my problem was far greater than simply the "drink problem." Alcoholism, to be sure, is a physical allergy and an obsession of the mind, but it is above all a spiritual malady. Truer words were never spoken, but I only learned their truth when I made the decision to turn my will and my life over to the care of G-d\* as I understand Him. That proverbial "hole in the soul" that we speak of – which compels us to live by our own will rather than by the will of G-d, with such utterly disastrous results – is what had really taken me down.

It was only after taking Step Three, on that beautiful Sunday morning, with the sun streaming in through the window behind my sponsor's head, that I started to realize that G-d is doing for me what I could not do for myself.

It is no coincidence that only Step One mentions the word "alcohol," but that every single other step mentions directly or indirectly the Higher Power and his rightful place in our lives. Putting down the drink was but the beginning of my journey into recovery; accepting G-d into my life – living by His will rather than my own – is what needed to happen.

When I came into the rooms of AA, I thought that alcohol had brought me to my knees. Not until I took Step Three did I realize that it was my spiritual malady that had brought me to my knees, and that that was exactly where I needed to be – on my knees, before G-d – in order to recover from alcoholism.

—Stephanie L.

\*A way of referring to the deity in the Jewish tradition, to avoid the sin of erasing or defacing the Name.



### List of Requirements You Don't Need to Join AA

I've joined many organizations over the years. Most of them have some sort of requirement, qualification, initiation or cost to join. Some of these may be safeguards. They may be designed to keep certain people out and only allow certain people in. We state the Third Tradition at almost every meeting at least twice. Alcoholics Anonymous has a very specific requirement for membership. But in case you weren't sure, here is a list of qualities, assets or deficits you don't need to have, do, or be to join AA.

Be a church member. Have a family or come from one.

Be spiritual. Have children or no children.

Have faith or no faith.

In a relationship or out of one.

Belong to a particular political party. Have friends or be friendless.

Ride a motorcycle, bicycle or drive a car. Smoke, chew tobacco or be nicotine free.

Be homeless or have a home. Enjoy coffee, tea or cookies or drink water only.

Be in treatment or out of treatment.

Be an extravert or introvert.

Have a criminal record or don't have one.

Be social or anti-social.

Been to jail or a drunk tank or have no criminal record. Have a high IQ or low IQ.

Be a black out drinker, social drinker, or hard drinker. Have a blue collar or a white collar.

Be a high-bottom drunk or low bottom drunk. Be a Giants fan, A's fan or no sports fan.

Be single or married or claiming to be both.

Be an athlete or couch potato.

Be divorced at least once.

Belong to a particular race or gender, or not choose a

particular gender.

Have mental health issues or have been in therapy.

Have a particular sexual preference.

Have a job or be jobless.

Speak a particular language.

Be a certain age.

You could increase the list ad infinitum. The only requirement for AA membership is a desire to stop drinking. Welcome.

—Patrick R.

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## She Was Willing, Otherwise She Knew She Was Doomed

dying can be, and I knew that if this didn't work for me and talk about them. Today I know that my feelings are I was doomed to the insanity of alcoholism and drug just that, feelings. They won't kill me and most often use. I thought I would die because of how I used. Now have very little to do with reality. I know that if I relapse I would be lucky if I died.

gift to me. It arrived just before the obsession to drink answering machine says, "Through acceptance comes or use left. In all my life I had never been willing to peace. Focusing on what's wrong in our lives, we miss take direction and always had the last word in any everything that's good." I know when I am in acceptance discussion.

In my early recovery I did exactly as I was told. Later upstream. Often it's impatience, intolerance, anger and on when I learned to discern what was right for me, I allowed myself to choose, with my sponsor's blessing of course.

I worked the steps every year with my sponsor, in a group and individually. I learned about how to be in relationship with God, myself and others.

At year 20 something started to happen. I began to feel as if I had arrived; that maybe since I had been sober 20 years I could rest on my laurels for a time. My parents had a major life change. And my husband and I started making plans. It was during this time that I would quiet place. learn that I make plans and God laughs. In looking back it was self-will run riot. Life had been showing up and it seemed like it wasn't as easy to be peaceful on a day to day basis.

me are surrender and solution. I am not able to be come first. This is what has worked for me. uncomfortable or miserable for long. In fact my sponsor in the beginning of my recovery had to ask me to feel —Rosemary T.

When I first arrived at AA, I was as desperate as the the feelings, then write about them, pray about them

Willingness came easily to me; it was God's immediate I had to get to acceptance again. My sponsor's and when I am not. What acceptance or God's will feels like is peace. What my will feels like is swimming resentment.

## "It was during this time that I would learn that I make plans and God laughs.

Today I know that God has a plan and I trust that all is well in my life. Upon awakening every day, I spend time with God in prayer and meditation, alone in a

I don't dare go out into the world without his armor. I said recently in a meeting I can destroy my day walking from my bedroom to the kitchen, if I don't get right with God first. In my life it has not mattered what time It lasted about four months because what AA has taught I had to be somewhere, my time with God has had to

## Group History – Los Gatos Sunday Night Young Peoples' Meeting Phoenix

The Sunday Night Young Peoples' Meeting, The group took an inventory when first formed and affectionately known as The Phoenix Group held its hosts a steering committee meeting on the last Sunday first meeting at the Calvary Church 16330 Los Gatos Blvd, Los Gatos, in the red brick building on October 6, 2013. Though the group is quite young, attendance liaison. Group members now participate in general quickly grew and it has become a regularly attended meeting by many of the Santa Clara County fellowship. The group formed after regular attendees of the Sunday night Cornerstone young peoples' meeting felt that there was not enough space available for the amount of people that wanted to attend. A new group was formed In 2014, the group celebrated the anniversary of its to provide another space for young people to go on founding with a themed potluck and barbeque. Many Sunday evenings.

The founding members promoted this meeting with flyers and announcements at other meetings in the a collaborative, inclusive meeting for youth in the area, as well as fresh fruit at each meeting and an initial fellowship. barbeque. The first meeting drew 43 attendees.

The group was mostly a men's meeting initially and —Nora B. struggled to bring women to the group. Attendance varied at first and there was some difficulty in determining how to run a business meeting. Finding an appropriate space for the meeting location was also difficult. The group attempted to bring up attendance with a Playoff Football game.



Currently, around 54 people attend each week, though there was a low period where only 21 people attended. The highest attendance recorded was 62. The Phoenix Group meets weekly and is open to anyone. Meeting format alternates between discussion and topic tag.

of each month to conduct group business. Initial group officers were a secretary, a treasurer, and a church service, intergroup, H&I, and Bridging the Gap. The group also cooperates with professional agencies by signing court cards each meeting. They participated in the Chili Cook Off last year and won fifth place.

new and old members attended. The Phoenix Group is warmly regarded as a safe, friendly space for many young people in the area and plans to continue as

**June 2015** 

April 2015 Deadline: March 18, 2015 Step Four, Tradition Four Fourth Step Principle: Honesty

May 2015 Deadline: April 15, 2015 Step Five, Tradition Five Fifth Step Principle: Courage

Deadline: May 15, 2015 History issue: submit your stories about AA history Step Six, Tradition Six

Sixth Step Principle: Readiness

(Readiness=Willingness + Preparation)

### **COIN Production**

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## March 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
I	2	3	4 PI/CPC MEETING: 6pm OUTREACH MTG: 6:30pm Trinity Church 3151 Union Ave., SJ INTERGROUP MTG: 7:30pm	5	6	7 SECRETARY'S WORKSHOP 10am, Central Office
8	9	10	I I  NORTH COUNTY GENERAL SERVICE MEETING 7:30pm	12	13	14 PI/CPC Workshop 10am, Central Office Agenda Topics Workshop 3pm Alano Club East 1122 Fair Ave., SJ
15	BRIDGING THE GAP MEETING: 7:00pm 1980 E. Hamilton Ave., SJ	SO COUNTY GENERAL SERVICE MEETING: 7pm	18	19	20	DIVERTER/12TH STEPPERS WORKSHOP 10am, Central Office
22	23	H & I Committee 7:00pm 1980 E. Hamilton Ave.,SJ	25	26	27	28 Chili Cookoff 12-3pm Lincoln Glen Church 2700 Booksin Ave. SJ
29	30	31				

LOCAL EVENTS				
March 14	Agenda Topics Workshop: 12pm - 3pm, The Alano Club of San Jose, 1122 Fair Ave., San Jose			
March 28	S.C.C. Intergroup Chili Cookoff : 12pm - 3pm, Lincoln Glen Church, 2700 Booksin Ave., San Jose			
	CALIFORNIA EVENTS			
March 13-15	NCCAA 68TH Annual Spring Conference: Crowne Plaza Hotel, 1221 Chess Drive, Foster City www.norcalaa.org			
EVENTS AROUND THE COUNTRY AND GLOBE				
April 30 - May 3	4th Annual Coeur d'Alene Convention: Coeur d'Alene Resort; Coeur d'Alene, Idaho www.cdaconvention.org			
May 14 - 17	31st Annual Tri-State Round-up: Riverside Resort Hotel, Laughlin, NV www.TriState-Roundup.com			
July 2 - 5	2015 International Convention: Georgia World Congress Center, Atlanta, GA www.aa.org			

## April 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			I PI/CPC MEETING: 6pm OUTREACH MTG: 6:30pm Trinity Church 3151 Union Ave., SJ INTERGROUP MTG: 7:30pm	2	3	SECRETARY'S WORKSHOP 10am, Central Office
5	6	7	8	9	10	II
			NORTH COUNTY GENERAL SERVICE MEETING 7:30pm			PI/CPC Workshop 10am, Central Office
12	13	14	15	16	17	DIVERTER/12TH STEPPERS WORKSHOP 10am, Central Office
19	20 BRIDGING THE GAP MEETING: 7:00pm 1980 E. Hamilton Ave., SJ	21 SO COUNTY GENERAL SERVICE MEETING: 7pm	22	23	24	25
26	27	28 H & I Committee 7:00pm 1980 E. Hamilton Ave.,SJ	29	30		

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

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# Telephone Calls Received During February 2015

Daytime at Central Office..... 359

Daytime 12 Step Calls..... 12

(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
728 W. Fremont Ave. (at Hollenbeck), Sunnyvale

#### **MEETING CHANGES**

#### NEW

**Early Fresh Start:** Sat., 10AM, Oak Grove Baptist Church: 479 Blossom Hill Rd., upstairs, San Jose.

Mandarin Alcoholics Anonymous Group: Sun., IIAM, AACI, 2400 Moorpark Ave., Room 202, San Jose. (Starts January 4th)

**Happy, Joyous, Free (Transwomen):** Fri. 7PM Billy DeFrank LGBT Center: 938 The Alameda, near Race St., San Jose. (2nd and 4th Fridays only)

**Morning Reflections:** Thurs., 6:45AM, We Care Group: Mt. Olive Lutheran Church, 1989 E. Calaveras Blvd, Milpitas.

**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., Palo Alto. (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).

#### **CHANGED**

Fireside Drunx (Men)(Book Study): Mon., 8PM, Change Recovery House, Los Gatos. Changed to Thurs., 6PM, Calvary Church: 16330 Los Gatos Blvd at Nino Ave., Red Brick Bldg, Los Gatos.

10th Step Meeting: Wed., 6PM, Gilroy Groups: 7511 Gourmet Alley, Gilroy. Name changed to Wednesday 6pm Speaker Discussion.

**Freedom Fellowship:** Has moved to: Trinity United Methodist Church, 748 Mercy St., Mountain View. (Monday - Friday meetings only)

**Back to Basics:** Wed., 12 noon, Gilroy Groups changed name to Serenity at Noon.

**New Live and Let Live:** Sun., 4:30PM, Moved from Gloria Dei Lutheran Church to Alum Rock Covenant Church, 218 Kirk Ave., San Jose.

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

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

#### **NO LONGER MEETING**

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

**Bedmakers Group (men):** Thurs., 7PM, Covenant Presbyterian Church, 670 E. Meadow Dr., At Middlefield Rd., Palo Alto.

Completely Out of Context: Wed., 6PM, Billy DeFrank LGBT Center: 938 The Alameda, near Race St., San Jose.

Los Gatos Chips: Sat., 6PM, Faith Lutheran Church: 16548 Ferris Ave., Los Gatos.

#### **IN MEMORIAM**

Bob P., sober since 3/17/88, passed on 2/13/15
Walter G., passed on 2/28/15 in Lewiston, Idaho

## Birthday Contributions

BIRTHDAY CELEBRANT	YEARS	CONTRIBUTIONS	BIRTHDAY
Susan S.	10	Carol B.	02/09/2005
Corvus M.	20	Aileen B.	02/12/1995
Nancy S.	39	Aileen B.	02/17/1976
David H.	7	Dominic B.	02/28/2008
Marion W.	27	Bunny G.	03/01/1988
Nadine W.	18	Reba R.	03/03/1997
Angelina G.	1	Bunny G.	03/09/2014
Shane K.	2	Bunny G.	03/18/2013

#### HAPPY BIRTHDAY!! 124 YEARS OF SOBRIETY!!

If you would like to participate or honor a friend, please use the birthday forms at your Meeting or Central Office. Birthdays are listed in recognition of contributions made to Central Office on a member's behalf, be it by themselves or a friend, for a sobriety milestone and will be listed in this section (unless requested otherwise).

Watch this page for upcoming 12 Step opportunities



the COIN 12 the COIN 13

the COIN 13 the COIN 14

#### **Intergroup Central Office**

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

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#### **INTERGROUP CENTRAL OFFICE**

274 E. HAMILTON AVE., SUITE D CAMPBELL, CA 95008

(\*your contributions are tax deductible)

#### **InterGroup Minutes**

February 4, 2015

- Carol B., Intergroup Chairperson, opened the meeting at 7:30 PM followed by a Moment of Silence and the Serenity Prayer.
- Laura read the definition of Intergroup.
- Todd read the 12 traditions.
- Introduction of New Intergroup Reps:
  - o Fran, Free to be Me Group
  - Sonya, Gay Men and Women Together
  - O Don, Men's single topic discussion
  - Jan, Sunday Night Recovery group
  - Laura, Liquor is but a Symptom meeting
  - Todd, Sunrise Group (Palo Alto)
- Visitors
  - o Paul D.
- Birthdays: Mary, 2 yrs,.Maren, 2 yrs,.Tom, 9 yrs.
- 7<sup>th</sup> Tradition
- Corrections or Additions to the agenda (None)
- Corrections or Additions to the previous month's minutes (None/Minutes approved)
- Treasurer's Report Joe (The quarterly report will be given in April.)
  - 66 voting Intergroup representatives in attendance.

#### Reports

#### Intergroup Chair, Carol B.

Thank you Devon for making the coffee tonight! We have no microphone this evening, but there will be new business regarding purchasing PA equipment at the end of the meeting.

The Church has a dinner function planned for the evening of March 4<sup>th</sup>. Intergroup will still meet in the usual time and place; however, the PI/CPC meeting at 6:00 will have to relocate to another room. Bill will record the takeaway points this month. Committee Chairs--please keep reports to two to three minutes and provide one takeaway item for reps to take back and report to their meeting.

#### Central Service Board, Ross J.

The Central Service Board met January 22 and reviewed the Treasurer's Report; contributions were essentially even with the previous year. Finances and inventory are all good. The board approved purchase of a color printer/copier. The board discussed additional office staff; Bruce is looking for an additional staff person for 1 day a week. The board reviewed the Executive director's goals; all is well.

#### Central Office, Bruce

This was a busy, productive month at Central Office. We purchased a Konica Minolta color printer/copier with a great price and maintenance agreement. Color copies are pricey. The chili cook-off is coming up March 28! We have scheduled production of a play focusing on the Traditions for Founder's Day: "Our Experience Has Taught Us," on June 13 and 14 at Willow Glen Methodist Church; tickets will be on sale in March. Mark your calendar! The ACYPAA Roundup conference can still use volunteers for February 27 and 28. Offsite storage is available now for overflow needs at the office. We're still taking resumes for the part-time office assistant position; please send flexible candidates with low wage expectations my way. I will be out of the office for a week or two after rotator cuff surgery. Julie will be covering for me so you'll be in good hands. Central Office fares well.

#### PI/CPC, Chris

We need volunteers for the Public Information committee (6 months sobriety requirement)--call 408/412-1536. We are still seeking nominees for a CPC chair; it is a 2-year commitment with 2 years of sobriety. We have 2 presentations upcoming: Santa Clara University/Feb 23--10:30 to 11:35 and Feb 18, San Jose State at 4 PM. The PI/CPC workshop is the second Saturday of every month, 10:00 AM at Central Office.

#### 12th Step Committee, Bill D.

We had a light month (2 people showed up at the workshop), but that was not surprising considering the holidays, etc. We meet at Central Office the 3<sup>rd</sup> Saturday of every month at 10:00 AM for the 12th step and Diverter workshop.

#### **Daytime Coordinator, Bruce (for Mike)**

We still have a Friday morning shift available every other week from 9:00 to 11:30 AM. Two years sobriety is required and a good understanding of the Traditions.

#### Nights & Weekends Diverter Coordinator, Tommy O.

The diverter is in critical need of volunteers--we have 8 open diverter shifts. Most are once a month! The diverter is somebody who answers the phone for anyone calling AA looking for help. The diverter can line up a 12th step committee member to do whatever it takes to help. Dominic B. is taking over the Diverter Coordinator position with a great passion for the position. It has been an honor and a pleasure serving you. Contact <a href="mailto:dbotti@yahoo.com">dbotti@yahoo.com</a> to volunteer for the Diverter or (408) 794-8855--text is even better.

#### **Outreach Committee, Laura**

Outreach makes certain that every meeting has an Intergroup Rep and get the benefits of what we do here at Intergroup. If you know of a meeting without a rep, tell them about Intergroup and have them send a representative. Contact me if you want to get involved

#### **COIN**, Marianne

Some great articles on Step 3 and Tradition 3 are planned for March. I'm always impressed with the willingness of writers to share their experience, strength, and hope. If you and your sponsees or perhaps you and your meeting group would like to take up the reins and submit stories to the COIN for a month, please contact me Submit your stories to or email Marianne at coin@aasanjose.org.

#### Website, Josh

Nothing to report—it was a quiet month <a href="mailto:app@aasanjose.org">app@aasanjose.org</a>.

#### **Activities Committee, Linda.**

The Chili Cook-off is coming up March 28; there are quite a few teams already signed up. Please take fliers to your meetings. Announce the chili cook-off at meetings where you do not hear about it.

#### Old/Ongoing Business, Carol B.

A motion was made by Cory that "The Intergroup Council replace the 'Lord's Prayer' at the end of the Intergroup meeting with the Responsibility Statement.

Discussion was tabled from last month. We are a service body, and the Responsibility Statement better reflects our function as a business meeting. There was spirited discussion about inclusivity and civility. The motion was voted upon and passed: Yes (47) No (16).

#### **New Business**

Ross proposed for discussion that Intergroup purchase a PA system from the Serenity at Noon group for \$225.00; the PA system comes with microphones, stands, etc. and appears to be a great deal. 4 channels, 120 W.

This involves a new service position--"Intergroup Sound Engineer." Contact Ross if interested. The PA system would be accessible for any Intergroup function within AA Santa Clara County.

#### **Other Service Committee Reports**

#### **Unity Day**

A liaison will be appointed this month, so we should get information next month.

#### NCCAA, Dennis

The next conference will be in Foster City at the Crowne Hotel March 13-15. Go to www.norcalaa.org for details.

#### Hospitals and Institutions, Sandi

The Purpose of H&I is to carry the message of Alcoholics Anonymous to the alcoholic who is confined. H&I meets the 4<sup>th</sup> 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 February 24.

Area 71 contributions to the Pink Can for December totaled \$6,899.62.

Spanish-speaking individuals are highly sought; the requirement is 6 months sobriety to go into any facility. Facilities that require clearance require from 2-5 years of sobriety.

#### Bridging the Gap, Mike

We provide a temporary contact for alcoholics leaving an institution or facility and get them to meetings. There is one open service position: Male Follow-up coordinator (2 year sobriety requirement). There were two successful bridges this month (1 of each sex) and 7 presentations at facilities. We are coordinating with H&I to take BTG contact info cards into meetings.

#### North County General Service, Marianne

District 4 had its first business meeting in January; we are seeing new GSRs being brought into service. There is a flier in the COIN about the Agenda Topics Workshop; get this flier to your GSR. Finally, it is with sadness that I announce that a former DCMC of District 4, Peggy P., passed away on Monday with more than 40 years of sobriety. She will be missed. Christopher M., a GSR, was also remembered.

#### South County General Service, Paul

Our first meeting of 2015 in January had over a dozen new GSRs at orientation. A new Service Sponsor Coordinator (Christopher S.) was elected. Agenda topics are the focus.

#### ACYPAA, John

The ACYPAA Annual Roundup conference is coming to San Jose February 26 through March 1st at the Hilton. The conference will include a wide variety of panel discussions, marathon meetings 24/7 for 3 days, large speaker meetings, dances, a drag show, and all sorts of entertainment. The hotel is sold out; currently there are 1131 pre-registrations. This will be the largest AA event in San Jose since the 80s. There will be a Valentine's speaker meeting and dance at Alano-West. ACYPAA wants to thank Intergroup for all of your service, contributions, and assistance. For more information, go to www.acypaa.org.

#### **Open Forum**

Report--the 7<sup>th</sup> tradition collection this evening was \$131.00.

The meeting closed with The Responsibility Statement at 8:40

2:28 PM 04/14/15

**Accrual Basis** 

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

February 2015

	Feb 15	Feb 14	Jan - Feb 15
Ordinary Income/Expense			
Income			
3030 · Contributions-General	9,016.83	9,838.14	27,051.70
3050 · Group Insurance (Group premium payments)	0.00	265.00	0.00
8010 · Literature Sales	4,145.18	4,906.61	10,060.31
8020 · Meeting Guide Sales	502.00	523.00	1,194.50
8060 · Newsletter Subscriptions	10.00	5.00	20.00
Total Income	13,674.01	15,537.75	38,326.51
Cost of Goods Sold			
5000 · Cost of Goods Sold			
5100 · Cost of Inventory Sold	3,276.22	3,516.30	7,857.79
5150 · Cost of Meeting Directories	0.00	66.78	260.16
Total 5000 · Cost of Goods Sold	3,276.22	3,583.08	8,117.95
Total COGS	3,276.22	3,583.08	8,117.95
Gross Profit	10,397.79	11,954.67	30,208.56
Expense			
6010 · Alarm Service	0.00	0.00	207.00
6025 · Central Office Events Expense	1,160.00	0.00	1,360.00
6030 · Accounting and Legal Fee	0.00	175.00	0.00
6070 · Bank Credit card charges (Credit card costs and fees)	75.82	110.11	236.11
6160 · Copier Expense	71.78	144.18	136.82
6230 · Insurance - General Liability	0.00	85.33	0.00
6240 · Employee HRA Plan	1,539.42	1,469.90	2,706.84
6245 · Internet Access Charges	0.00	60.00	25.95
6320 · Newsletter Expense	0.00	66.78	0.00
6330 · Office Expense	28.99	113.14	344.92
6370 · Office Paper Supply	0.00	0.00	117.45
6380 · Payroll Taxes	792.72	715.81	1,776.20
6410 · Postage	13.51	43.17	779.27
6480 · Rent	2,217.25	2,153.90	4,371.15
6540 · Salaries - Office	7,429.11	7,021.38	14,709.47
6560 · Payroll Expenses	111.41	100.98	275.56
6600 · Signing Services	200.00	200.00	500.00
7050 · Telephone	161.77	155.44	323.37
9080 · Sales Tax (Sales tax paid on purchases)	0.00	126.79	-0.42
Total Expense	13,801.78	12,741.91	27,869.69
Net Ordinary Income	-3,403.99	-787.24	2,338.87
Other Income/Expense			
Other Income	2= 25	<b>2</b> 2	
8030 · Interest Income	35.28	25.58	59.58
Total Other Income	35.28	25.58	59.58
Net Other Income	35.28	25.58	59.58
Net Income	-3,368.71	-761.66	2,398.45

**Accrual Basis** 

# INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC. Balance Sheet

As of February 28, 2015

	Feb 28, 15
ASSETS	
Current Assets Checking/Savings	
1010 · Petty Cash	211.49
1020 · First Republic Bank (Checking account)	26,386.21
1021 · (PR) First Rep. Bank CD 0429 (12 Mo. CD @ .35%, 08/12/15) 1023 · (PR) First Rep. Bank CD 3228 (12 Mo. CD @ .35%, 02/05/16)	17,633.28 16,502.07
1026 · (PR) First Rep. Bank CD 7619 (12 Mo. CD @ .5%, 06/21/15)	15,114.92
1027 · (PR) First Rep. Bank CD 7681 (10 Mo. CD @ .1%, 07/29/15) 1028 · (PR) First Rep. Bank CD 6955 (12 Mo. CD @ .35%, 08/29/15)	15,077.28 20,035.13
Total Checking/Savings	110,960.38
Accounts Receivable 1110 · Accounts Rec - Group Deposits	-1,997.40
Total Accounts Receivable	-1,997.40
Other Current Assets	
1250 · Literature Inventory	22,051.97
1310 · Prepaid Insurance 1499 · Undeposited Funds	561.17 2,171.40
Total Other Current Assets	24,784.54
Total Current Assets	133,747.52
	155,747.52
Fixed Assets 1630 · Office Equipment	31,899.00
1640 · Office Furnishings - Asset	7,757.80
1641 · Less Accumulated Depreciation	-35,639.97
1680 · Leasehold Improvements 1681 · Less Accumulated Amortization	300.00 -300.00
Total Fixed Assets	4,016.83
	4,010.03
Other Assets 1860 · Deposits	1,993.85
Total Other Assets	1,993.85
TOTAL ASSETS	139,758.20
LIABILITIES & EQUITY	
Liabilities Current Liabilities	
Other Current Liabilities	
2240 · Sales Tax Payable (due quarterly) 2500 · Group Deposits for Literature (Group Literature Accounts)	964.79 29.48
2600 · Unity Day	2,132.30
Total Other Current Liabilities	3,126.57
Total Current Liabilities	3,126.57
Total Liabilities	3,126.57
Equity	
2740 · Temporarily Restricted Funds	10,842.08
3900 · Unrestricted Funds Net Income	123,391.10 2,398.45
Total Equity	136,631.63
	•
TOTAL LIABILITIES & EQUITY	139,758.20

1:32 PM 03/02/15 Accrual Basis

# INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC. Group Contributions

February 2015

	Feb 15	Jan - Feb 15		Feb 15
1 INV Early Bird Group 70968	175.00	175.00	HappyDestiny(Women) 109 (Tues.)	0.00
1 INV One Dayat a Time 70903	1,383.02	2,235.87	In the Solution 647 (Sat.)	0.00
1 INV R and B Group 70972	0.00	980.00	Joyof Living PA 464 (Wed.)	116.20
1 INV Saturday Nite Live Group 70905	70.00	140.00	Just For Today 238 PA (Thur.)	116.20
1 INV Serenity Discussion 210 (Wed.)	0.00	165.00	Lesbians Living the Promises 349 (Fri.)	20.00
1 INV Serenity First Fellowship 70902	50.00	50.00	LGBT Happy Destiny Group 621 (Sat.)	228.83
1 INV South County Fellowship 70954	300.00	600.00	Living in the Solution MH (W) 33 (Sat.)	70.00
1 INV Spiritual Progress Group 70979	0.00	2,300.00	Los Altos Group 225 (Thur.)	0.00
3rd Steppers Book Study(W om) 610 (Thur.)	0.00	352.59	Los Altos Men's Group 59 (Mon.)	0.00
A Vision for You W omen's 802 (Tues.)	150.00	150.00	Los Gatos Chips 413 (Sat.)	0.00
A.B.C. W omen's Group 58 (Mon.)	0.00	30.00	Meditation Meeting LA 39 (Sat.)	0.00
Almaden Valley Discussion 30 (Sun.)	251.30	251.30	Men's Big Book (Caveman Gp) 659 (Sun.)	0.00
Attitude Adjustment SJ 861 (Thur.)	105.00	105.00	Men's Closed AA Mtg. 687 (Sat.)	540.05
Back to Basics Saratoga Noon 151 (Tues.)	303.00	303.00	Men's Group 97 (Mon.)	400.88
Big Book Men's Group (Men) 106 (Tues.)	246.40	246.40	Men's Single Problem Study Gp 220 (Thur.)	0.00
Big Book Speakers Group 289 (Fri.)	0.00	346.50	Men's Topic Meeting 137 (Tues.)	0.00
Bill's Basement 384 (Fri.)	0.00	21.04	Mondayat a Time 208 (Mon.)	204.25
Birthday Contribution 00951	38.00	183.00	New Nooners 808 (Mon.)	0.00
Boiled Owls (Men's) 816 (Wed)	1,480.00	1,480.00	Personal 00911	82.00
Bon Air Siding BB Study 202 (Wed.)	0.00	168.00	Queer and Sober 671 (Sat.)	147.00
Campus Group 234 (Thur.)	204.00	204.00	RecoveryRoulette 326 (Thurs.)	0.00
Chip W inners (Chips) 168 (Wed.)	0.00	263.87	Rule #62 Men's Meeting 049 (Thur.)	210.00
Chips and Dyps (Chips) 559 (Tues.)	116.20	116.20	SaturdayNight Promises 847 (Sat.)	0.00
Completely Out of Context 127 (Wed)	0.00	23.26	Second Tradition Group Spkr 721 (Sat.)	0.00
Desi's In Recovery (723)	25.00	25.00	Serenity Speaker Meeting 533 (Sun)	0.00
Early Monday Night 68 (Mon.)	0.00	255.50	Single Problem Topic (Men's) 582 (Mon.)	0.00
Early Tuesday Group 119 (Tues.)	0.00	287.98	Sizzler Group 27 (Sun.)	0.00
Eleventh Step Meditation Mtg 276 (Thur.)	0.00	70.00	South Valley Men's 845 (Thur.)	0.00
Entire Abstinence 467 (Mon.)	0.00	233.54	Spiritual Awakening 813 (Tues.)	0.00
Evergreen Group 884 (Thur.)	70.00	70.00	St. Luke's Group 113 (Tues.)	0.00
Firing Line (The) 404 (Mon.)	0.00	646.98	Step Along (Women) 638 (Wed.)	96.17
FridayBig Book Study 702 (Fri)	0.00	151.41	T.G.I.F. Speaker/Discussion 298 (Fri.)	116.20
G Primary Purpose Group 70910	0.00	100.00	There Is a Solution (Men) MH 732 (Thur)	600.00
G Remember W e Deal W ith Alcohol 70938	0.00	286.27	TrinityGroup 370 (Sat.)	0.00
G Sunrisers Group/Dennys 70932	499.43	1,146.87	TrulyHappyHour 324 (Fri.)	276.50
G Third Tradition Women's Gp, The 70979	0.00	114.74	Tuesday Night Men's Mtg 525 (Tues.)	0.00
GayLiving Sober Group 21 (Sun.)	210.00	210.00	Unknown	0.00
Gay Men & Women Together 85 (Mon.)	0.00	427.80	Villages Group of AA, The 406 (Mon.)	0.00
Gay Men's Freedom 262 (Thur.)	0.00	263.02	W e Are Not Saints 12 & 12 520 (Tues.)	0.00
Grace Group of AA 352 (Sat.)	0.00	689.50	W omen's Brunch 640 (Sat.)	0.00
Grateful Live Group 535 (Mon.)	116.20	116.20	Women on the Move 570 (Wed.)	0.00
		Т	OTAL	9,016.83

1:32 PM 03/02/15 Accrual Basis

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February 2015

	Jan - Feb 15
1 INV Early Bird Group 70968	510.00
1 INV One Dayat a Time 70903	173.60
1 INV R and B Group 70972	116.20
1 INV Saturday Nite Live Group 70905	116.20
1 INV Serenity Discussion 210 (W ed.)	67.00
1 INV Serenity First Fellowship 70902	228.83
1 INV South CountyFellowship 70954	70.00
1 INV Spiritual Progress Group 70979	149.70
3rd Steppers Book Study (Wom) 610 (Thur.)	560.00
A Vision for You W omen's 802 (Tues.)	201.67
A.B.C. Women's Group 58 (Mon.)	66.00
Almaden Valley Discussion 30 (Sun.)	449.00
Attitude Adjustment SJ 861 (Thur.)	540.05
Back to Basics Saratoga Noon 151 (Tues.)	400.88
Big Book Men's Group (Men) 106 (Tues.)	286.26
Big Book Speakers Group 289 (Fri.)	111.00
Bill's Basement 384 (Fri.)	204.25
Birthday Contribution 00951	70.00
Boiled Owls (Men's) 816 (Wed)	349.00
Bon Air Siding BB Study 202 (Wed.)	147.00
Campus Group 234 (Thur.)	82.60
Chip Winners (Chips) 168 (Wed.)	210.00
Chips and Dyps (Chips) 559 (Tues.)	650.00
Completely Out of Context 127 (Wed)	521.00
Desi's In Recovery (723)	463.45
Early Monday Night 68 (Mon.)	560.00
EarlyTuesdayGroup 119 (Tues.)	214.00
Eleventh Step Meditation Mtg 276 (Thur.)	109.90
Entire Abstinence 467 (Mon.)	125.20
Evergreen Group 884 (Thur.)	490.00
Firing Line (The) 404 (Mon.)	96.17
Friday Big Book Study 702 (Fri)	116.20
G Primary Purpose Group 70910	600.00
G Remember W e Deal W ith Alcohol 70938	140.00
G Sunrisers Group/Dennys 70932	276.50
G Third Tradition Women's Gp, The 70979	653.00
GayLiving Sober Group 21 (Sun.)	252.00
Gay Men & Women Together 85 (Mon.)	190.00
Gay Men's Freedom 262 (Thur.)	60.00
Grace Group of AA 352 (Sat.)	240.00
Grateful Live Group 535 (Mon.)	200.20
=	27,051.70