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Upcoming COIN Deadlines

June 2016 Issue:
May 18th

Topics: *Step Six*
Tradition Six
Sixth Step Principle
(Willingness)

July 2016 Issue:
June 22nd

Topics: *Step Seven*
Tradition Seven
Seventh Step Principle
(Humility)

August 2016 Issue:
July 20th

Topics: *Step Eight*
Tradition Eight
Eighth Step Principle
(Brotherly Love)

Please email all submissions to
coin@aasanjose.org.

The COIN Team

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Assistant Editor: Jessica B.
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Correction

In the Local Events section on page 23 of the April issue, we incorrectly listed the address for the Saturday Nite Live 35th Anniversary Celebration as the Los Gatos Masonic Hall on Main Street. The correct location is 2500 Masonic Hall Drive, San Jose, CA 95125. The COIN regrets the error.



Letter from the Editor

Dear Fellow Members,

We hope that you're enjoying the COIN as we evolve and expand our content and our look and feel. We're so excited to be bringing you more art, especially, both from our new illustrator Sal and from members around the Santa Clara Valley.

One of the nice things about our new format is that we're not limited in our page count, so please feel free to submit anything you would like to share with the membership. And once we get those 7th Traditions up to where we need them to be, maybe we'll get to start printing the whole issue in color!

Meanwhile, enjoy the issue, enjoy the beautiful Spring weather, and enjoy the blessings of living sober, happy, joyous, and free....

Thank you for allowing me to be of service.

Stephanie L.

Stepping Out of the Darkness and into the Light

Step Five is my favorite. It was the day that the light bulb was turned ever so slightly into the socket. A connection was made, a mystery was solved.

I had been sober for about 14 years at the time. There was periods of “so-driety” interspersed, but let’s just say I was not experiencing joy and freedom. I was willing to go to any length at this time of my life. Emotional pain was pushing me forward.

I went to my sponsor’s house that special morning. I was not afraid, just perplexed on how my life kept ending up in the same old rut. Something different happened that day with my sponsor.

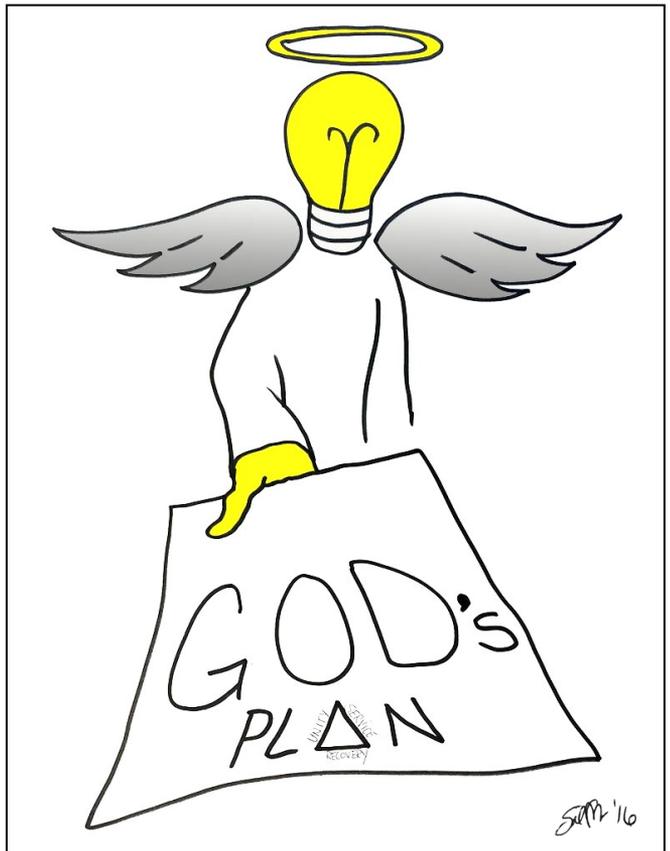
The further we ascended into my Fourth Step, the more my state of malady became apparent. I was feeling beaten, tired, and exhausted. I was not afraid of dropping the secrets, the garbage. I had been in meetings for a long time, and I knew that secrets kill. He asked if I could see the exact nature of my wrongs? What? Was he speaking Cantonese to me? It was as if I had never grasped these words before.

He informed me that while it was wonderful to drop the sack of garbage, how was I not going to create another sack to fill? What is the common denominator of all my problems? What is the exact nature of my wrongs – the one thing, the chief character defect,

from which all others stem? He helped me to see, like a light going on in a dark room, that all my wrongs can be traced back to the reliance on my own will, rather than aligning my will with my Higher Power’s. Suddenly, I could see this chief character defect – the one that presided over them all.

My sponsor then told me that I would never have to be that man again, ever! He read to me from the 12x12 about the “clear recognition of what and who we really are, followed by a sincere attempt to become what we could be.” Instant right sizing! Humility took hold. I now possessed a key to my program – my journey, he called it.

– Christopher B.



A Clean Slate: The Fearless and Thorough Moral Inventory

We are all born with a clean slate. From the very first day of our lives, we start to experience different emotions (for lack of a better term), and those feelings have a lot to do with the way we evolved into who we are today. Instinctively, we responded to the different threats and joys that we were faced with, and these were the things that established our strengths and weaknesses. That is true for most of us, but not all of us. Unfortunately, some of us were born with other problems that require medication, such as, ADD, bipolar disorder, and other difficulties that cannot be treated simply by changing our attitudes and behavior. These issues I am not educated enough to discuss, but for the average alcoholic, I believe, most of our problems can be traced back to the

conditioning we experienced as we formed our mental and spiritual makeup.

I often hear it said that alcoholism is a disease of perception. It is a disease with many components, to be sure, and perception is definitely one of them. The perception we have of ourselves can be likened to a chalkboard containing every experience of our lives. If we can look at that perception and be satisfied that we have a pretty good track record, we would probably be comfortable with it and lead relative normal lives. If, however, we find ourselves on the negative side of the ledger most of our lives, we may develop abnormal feelings of guilt and shame, for instance, and those feelings may just be the thing that triggers the beginning of the compulsion to drink excessively. In the beginning, we get a temporary relief that tells us that we are just fine, but it only lasts until we wake up the next morning and find ourselves in an even deeper pit. We reach for the bottle, and again it gives us that temporary buzz, and we repeat this process over and over until, by some tragic occurrence in our lives that drives us to Alcoholics Anonymous, we are encouraged to go through a process that can restore us to a somewhat normal life. Steps One through Four are about surrender, acceptance, and discovery. Step Five is about disclosure.

Step Five, for me, was the gateway to how I was going to live the rest of my life. After two attempts at Step Four, I was faced with the decision as to whether my future was going to be honest and meaningful, or just a meaningless facade. Fortunately for me, I took a leap of faith and disclosed all of those so-called “tormenting ghosts of yesterday,” as the 12x12 calls them on page 55. Looking back on it now, I realize that that decision was the hinge pin for my thoroughness with the rest of the Steps. Had I not cleaned the slate at that time I just



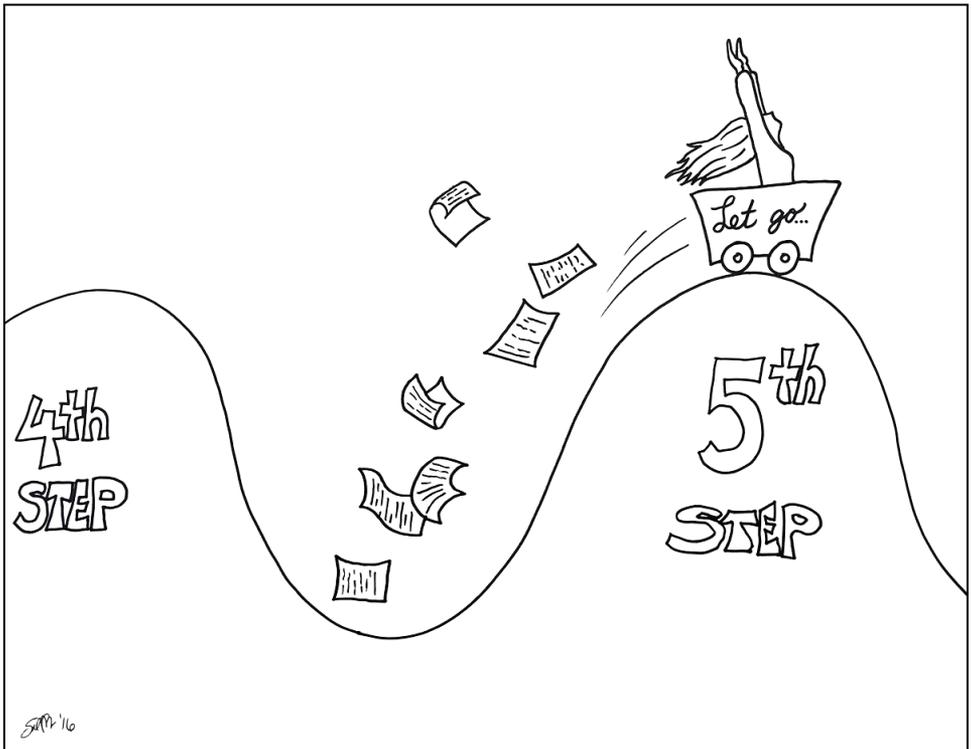
don't see how I could have followed the spirit of truth and honesty, with myself and others, that would result in the peace of mind that I enjoy today.

My inventory had to deal, mainly, with bad habits that had to be changed by the process suggested in Steps Six and Seven. That was the easy part of Step Five. However, those "tormenting ghosts of yesterday" were another story. These were not habits, but actual deeds that seemed unforgivable. No one should ever know, I thought; I should take them to the grave with me. Mustering the strength to take that risk may have been the most important step forward I've ever made. My brain had been lying to me, after all; how bad could a thirteen-year-old kid be? That one decision is what I credit with giving me my life back, and if I hadn't taken that leap, I don't see how I could have given a good effort to the

rest of the Steps from behind that facade that I used to call life.

I often hear members of the program seem to resist looking deeper into their regrets, and seem to build a wall of reasons why they don't need to, and I wonder if they might be caught in the same dilemma that I was in when I took my Fifth Step. I wish I could reassure them that it's not worth the mental torment that it puts us through, and that it might be a good idea to revisit that Step and clean the slate. We can't live alone with those demons; we have to talk to someone about them. (Even AA oldtimers, sober for years, often pay dearly for holding back on this Step) If, you are one of those people, I encourage you to try to find the strength to take that risk, to clean the slate. After all, we only live once. Why waste the opportunity to live a happy and peaceful life.

— Rick R.



Integrity: The Core Principle Underlying Step Five

If we are rigorously honest about our past, many of us can admit that our disease led us far from living a life of integrity. If you asked me the definition of integrity, I wouldn't be able to describe it in words. With a high bottom, I'm not sure I can describe what brought me to my knees, either. I know that there was a knot in my

stomach, a sort of gnawing feeling inside that told me that I was not living life correctly. I used alcohol to relax that knot, but it never went away. That feeling and the inability to stop drinking led me to ask for help. When I

finally got the courage up to ask for help, I told a friend in the program that I was done hurting myself and the ones I loved.

Integrity defined is "the quality of being honest and having strong moral principles," or "moral uprightness."

I came into the rooms thinking I would learn to stop drinking, and I did. I had no idea that if I did as was suggested, I would learn to live life. Being raised by parents in addiction never afforded me these tools; there was no discussion of morals, and certainly no examples to live by. I was taught early to depend on my character

defects for survival. While they may have served a purpose in my childhood, they would eventually lead me to the same disease that instilled them in me by parents afflicted with it. So, when I found myself in the rooms of AA and connecting with what was being said, I was relieved that there was a different way to live. If the way

I was living before had landed me as an alcoholic, I certainly needed a new set of tools. That's why it was a relief to take a thorough inventory and share it with my sponsor.

Living a life of integrity to me means telling the truth always. I even

struggle with the little white lies now. I completely understand that those little lies will lead me back to the big ones. Integrity means learning new morals and determining what my values are behind them. It means checking my motives, which sometimes aren't so clear. It means doing the next right thing. It means staying true to myself, which can be the most difficult when I have lived my life as a people-pleaser.

Ultimately, integrity is when we finally have the wisdom to know the difference.

— Jessica B.



To Thine Own Self Be True; His Will Be Done, Not Mine

To thine own self be true. Honesty, open-mindedness, and willingness. These words are on our medallions., and they boil down to one core principle: Integrity.

My first sponsor taught me that if I am true to myself and practice “self-honesty,” then I cannot be false to any other person. If I am honest one-on-one... If I practice “cash register honesty”... If I am open-minded about it all, and am willing to follow through on it all... I just might end up with *integrity*.

When I used to hear the phrase “lie, cheat, and steal,” it never occurred to me that that is what I had been doing to *myself*. I was cheating myself out of ever being a woman of *integrity*. Instead, I was controlled by King Alcohol, who told me I had to drink to do anything. After all I wasn’t hurting anyone but myself, don’tcha know.

However, as I listened to the King, I cheated and stole from *myself*. I stole ever attaining integrity – *from me!*

After being in the program a short time, it became clear to me, listening to people share, that just being “sober-good” on the outside and playing the “sober-humility” role wasn’t going to cut it. I had to get honest with *myself*. Did I want foolishness or wisdom? Was I willing to take the leap, to have an open mind, to dig deep and clean house? Was I willing to be honest about it all and admit to God, to myself, and to another human being the exact nature of my wrongs in my Fifth Step... thus attaining the Fifth Step principle, integrity?

Yesss! I want to be known as a woman of integrity, a sincere person who is known as a woman who can be relied upon... who will follow through and do what she says she is going to do... who is honest... all of it!

And by God’s Grace, one day at a time, His will be done, *not mine...* today, I am.

– Danette G.



Summing Up Tradition Five: “Shoemaker, Stick to Thy Last”

Of course, the actual Fifth Tradition tells us that “each group has but one primary purpose – to carry its message to the alcoholic who still suffers.” In the 12x12, Bill W. begins the chapter with that phrase about the shoemaker, “Shoemaker, Stick to Thy Last!” Like much of the AA program, there is a subtle duality of intellectual complexity with practical simplicity in this Tradition.

Doing a bit of research, I learned a new word: “Ultracrepidarianism.”

I know. I could neither pronounce nor define this word until writing this piece, but the wonders of Google never cease.

The definition of this 19-letter word made me incredibly uncomfortable. It turns out that in 1819, an essayist by the name of William Hazlitt used this term to describe the “habit of giving opinions and advice on matters outside of one’s knowledge.” Let that sink in for a second.

Apparently, William Hazlitt was

listening in on my Fifth Step and developed a term to describe one of my character defects when he coined this term in 1819.

Self-deprecation aside, the idea – if not the term itself, predates both Hazlitt and my own moral inventory:

The ancient Greeks used the Latin phrase “*Ne ultra crepidam judicaret*” to indicate that cobblers should stick to that which they knew – making and fixing shoes. Since then, this archaic turn of phrase has been translated into many languages and used in many cultures.

All of this intellectual complexity leads us to the obvious practical simplicity that AA groups, AA friends, and AA sponsors should focus on the one area of demonstrated and proven expertise – alcoholism.

In other words, we should stick to what we know!

– JD D

On Tradition Five: Excerpts from an Editorial by Bill W.

...It is better to do one thing supremely well than many things badly.

Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer alcoholism, recovery is a matter of life or death. So the society of Alcoholics Anonymous cannot, it dare not ever be diverted from its primary purpose.

Temptation to do otherwise will come aplenty. Seeing fine works afoot in the field of alcohol, we shall be sorely tempted to loan out the name and credit

of Alcoholics Anonymous to them; as a movement we shall be beset to finance and endorse other causes. Should our present success continue, people will commence to assert that AA is a brand new way of life, maybe a new religion, capable of saving the world. We shall be told it is our bounden duty to show modern society how it ought to live.

...May we reflect with ever deepening conviction, that we shall never be at our best except when we hew only to the primary spiritual aim of AA – *“that of carrying its message to the alcoholic who still suffers alcoholism.”*

– Bill W.

AA Grapevine, April, 1948

AA was founded on the premise that it would be self-supported through member contributions.

For the past 55+ years, contributing a single dollar has been almost a tradition.



1960...10¢ 1960...25¢
 1970...20¢
 1980...35¢
 1990...50¢
 2000...\$1.00
 2009...\$1.75
 2016...\$2.00



1960...22¢
 1970...65¢
 1980...\$1.65
 1990...\$2.00
 2000...\$3.00
 2009...\$4.90
 2016...\$6.00



1970...35¢
 1980...90¢
 1990...\$1.10
 2000...\$1.20
 2009...\$2.09
 2016...\$3.25

Today's dollar has only 14 cents of the purchasing power of a 1960s dollar.



1960...\$1.00
 1970...\$1.00
 1980...\$1.00
 1990...\$1.00
 2000...\$1.00
 2009...\$1.00
 2016...\$???

Acknowledging these economic facts,
 why not responsibly compensate

BY DROPPING
 IN
More FOR 2016?

For those who can't afford it, the important thing is to keep coming back.

This poster is unofficial and has not been published by General Service.

Concept 5: We're Listening

In the introduction to the “Twelve Concepts for World Service,” Bill W. wrote that “Each Concept is really a group of related principles.” Concept Five, the Right of Appeal, is an example of that. It describes two related, practical principles: petition and appeal.

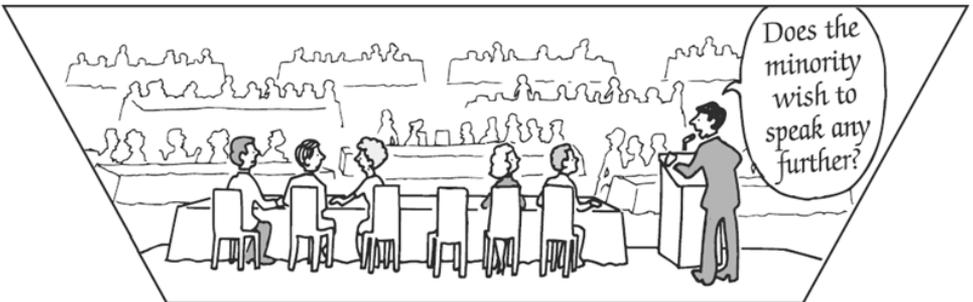
Everyone in the service structure, Bill said, has the right to petition for the redress of a personal grievance and even be heard, if necessary, by the Board of Trustees. “Though in practice this will be a seldom exercised right,” he wrote, “its very existence will always restrain those in authority from unjust uses of their power.”

He was right. In fact, it is so seldom exercised that in 2009, almost 50 years after the Concepts were published, when some members tried to petition the Board to hear a grievance, it turned out that no formal petition procedure existed. Over the next few years, this led to the creation of not only a formal petition process, but also a Conference inventory process.

“Petition” is a rare occurrence, but the other half of Concept Five, “appeal,” is actually used constantly – at the General Service Conference and in the business meetings of many areas, districts, and groups. In those meetings, after taking a vote, the chair offers those who voted in

the minority a chance to speak again. It’s a second chance to be heard and perhaps prevent the majority from making an error. Only those who voted in the minority are invited to speak; those in the majority don’t respond, they just listen. For the majority, it’s a chance to exercise humility and open-mindedness; for the minority, it’s a way to be included and respected despite differences of opinion. When the minority has finished speaking, the chair asks if anyone in the majority would like to make a motion to reconsider. If a motion is made, seconded, and passed by a simple majority, discussion of the issue resumes, and eventually a second and final vote is taken. (Some groups skip the motion and vote, and simply ask if anyone in the majority would like to change their vote. If so, discussion resumes.) Most service workers who’ve been around for a few years have seen at least one decision reversed by the “minority opinion” in this way.

Bill wrote, “The Rights of ‘Appeal’ and ‘Petition’ of course both aim at the problem of protecting and making the best possible use of minority feeling and opinion.” He also repeatedly brought up the idea of protecting against tyranny or abuses of power – which might be



committed by an individual, a small privileged group, or even by a majority that mistreats a minority.

In his chapter on Concept Five, Bill mentioned other practices that follow the same principles. For instance, when voting on important issues, if time allows, the group shall strive for “substantial unanimity,” meaning at least a two-thirds majority vote. (Good chairs announce before a vote whether they’re looking for a simple majority or two-thirds, to avoid argument later. If people disagree, they should say so before the vote is taken.) And the “Third Legacy Voting Procedure” explained in the Service Manual is a way of electing officers by written ballot that helps create a two-thirds majority. This elects good officers and feels fair and inclusive to all parties, protecting AA unity. Bill wrote that these practices strengthen the spirit of democracy in AA.

As usual, responsibility goes along with these rights. Concept Five requires that we sometimes listen to people we disagree with. Likewise, it sometimes requires us to be that lonely voice of disagreement – in fact, AA is counting on us to do so, if the issue is important



enough. In the first paragraph of Concept Five, Bill emphasized that minorities should be “encouraged” to speak, and that if members feel strongly that an error is being made in an important matter, they not only have the right to speak up, they are charged with the “duty” to do so.

Without further introduction, here is Concept Five: “Throughout our World Service structure, a traditional ‘Right of Appeal’ ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.”

– Jim F.

Physical Healing as an Integral Part of Recovery

From time to time, we would like to publish members' articles about alcoholism that may be of some interest to our readers, but may also be outside the scope of our program, much like what was once called the "Gray Pages" of the Grapevine. The purpose of these articles is to offer information that may further our understanding of and recovery from this illness, and, perhaps, even to stir some passions. Publication here does not imply endorsement or affiliation. AA does not conduct or participate in research, nor does it hold any opinion on research conducted by others.

Bill W. had a spiritual awakening that sparked the now-worldwide support group that has saved millions of lives from the ravages of alcoholism. While his spiritual "white light" experience is well-documented, it is also known that Bill struggled for many years and through numerous life-threatening relapses before achieving long-term sobriety. What is not so well-known is that Bill W. became addicted to sugar and caffeine, suffered from hypoglycemia (low blood sugar), and also struggled with depression.

Unlike many other alcoholics in early recovery, Bill W. did not return to alcohol to relieve his physical maladies. Instead, he discovered nutritional therapies to relieve his symptoms and cravings and helped him manage his depression. He was way ahead of his time in researching the bio-chemical link to addiction. While his findings are well-documented and available, this approach has not found its way into AA. In fact, his research and conclusions were never accepted by the physician members of AA at that time and were therefore never shared with AA participants. The physicians rejected his findings on the basis that Bill W. lacked a medical degree.

Today, Bill W. might be pleased to know that the bio-chemical link to addiction and recovery has been gaining attention among experts in the field of alcohol and drug addiction. Unfortunately, the information

has not yet become widely available to those people still struggling to remain sober in early recovery (first two years). Why is this critical information about physical healing to the brain and body so vitally important for people to know?

At the time of his death, Bill W. was still conducting his research. Had he been able to continue, he would have learned that mood swings, sugar cravings, short-term memory loss, sleep disturbances, anxiety, depression, fatigue, and inability to concentrate are caused by specific physical damage done to the brain and body by alcohol. The damage to the frontal lobe of the brain, blood sugar balance (resulting in hypoglycemia), Candida overgrowth, and malnutrition (i.e., lack of proper nutrition) are at the root of the symptoms of the Post Acute Withdrawal Syndrome (PAWS). PAWS is the period of time that follows acute withdrawal. It can last for one to two years. Many experts believe that PAWS symptoms such as mood swings, sleep problems, depression, anxiety, etc., are responsible for the majority of relapse incidents in the first year of sobriety.

Following is a brief summary of the damage and the relationship of it to PAWS:

Malnutrition: People with the disease of alcoholism often replace food with alcohol. Or they eat the wrong foods. If they eat the right foods, the alcohol they drink prevents the nutrients from being properly absorbed into the body to keep it healthy. When cells become efficient at processing alcohol, they use it as a quick source of energy. Because of its high caloric content and simple molecular structure, alcohol easily converts to fuel, thereby satisfying the body's energy requirements.

As cells become more adept at processing alcohol, the toxic effects take

their toll on cell health. With increasing alcohol consumption, the deteriorating cells are no longer able to do necessary repairs, produce new cells, and build tissue, blood, or bone. The result is widespread damage to the body. Some of the recognizable symptoms of malnutrition include fatigue and weakness, increased illnesses, sallow looking skin, and dry/lifeless hair.

Frontal lobe damage: Upon entering the brain, alcohol directly affects the nerve cells, which accounts for the immediate high or buzz that people get from alcohol and the accompanying changes in behavior. The easy passage of alcohol into the brain also explains how heavy alcohol consumption inflicts such widespread damage.

Brain atrophy is shrinkage of the brain caused by cell loss due to heavy alcohol consumption. Significant shrinkage is evident in alcoholics and heavy drinkers who consume excessive amounts of alcohol over an extended period of time. The symptoms of brain atrophy include significant cognitive impairment, seizures, and alcohol-related dementia.

The frontal lobe, which performs the executive functions of the brain, is shown to suffer the most extensive damage when a brain is atrophied as increased amounts of toxin (alcohol) and lack of adequate nutrients result in cell damage and neurotransmitter deficiencies and disrupt functions of this executive part of the brain.

The primary symptoms of frontal lobe damage are mood swings; problems controlling emotions; difficulty making decisions, planning, and reasoning; lack of good judgment in social interactions; acting impulsively; and problems with memory, focus, and concentration, rendering learning new information difficult.

Hypoglycemia: Studies conducted on

alcoholics entering recovery indicate that up to 95 percent suffer from hypoglycemia and that the hypoglycemic state can persist well into sobriety. Even in a non-alcoholic person, alcohol is shown to impact blood sugar levels shortly after drinking. Like refined sugar, the carbohydrates in alcohol pass quickly into the system and lead to an overload of sugar in the bloodstream. The body then signals the pancreas (a major organ) to release insulin to bring it back into balance. (Insulin is one of two hormones—glucagon being the other—that are produced by the pancreas to control blood sugar levels.) The consequence of extra sugar in the blood is the release of an excessive amount of insulin that results in too much sugar being removed, which, in turn, causes the blood sugar level to fall. The body then tries to draw from emergency glucose stores in the liver as it tries to bring the blood sugar level back into balance. The problem for alcoholics is that heavy drinking (plus lack of food, which is common among alcoholics) blocks the liver from releasing glucose into the bloodstream. This causes the hypoglycemic state to persist.

Nutritional deficiencies frequently go along with hypoglycemia. Alcoholics entering recovery are nutrient-starved. Their bodies lack the essential vitamins and minerals needed for physical healing. When we do not eat a healthy diet, hypoglycemia and malnutrition persist, which leads to cravings for sugar and alcohol.

The most common symptoms of hypoglycemia are depression, anxiety, fatigue, insomnia, memory problems, confusion, irritability, dizziness, lack of concentration, and mood swings.

Candida Overgrowth: I had never heard of Candida until I began researching the

Physical Healing as an Integral Part of Recovery (continued)

possible causes of alcohol and sugar cravings. What I discovered was that Candida may, in fact, be a primary cause of cravings for alcohol and sugar in alcoholics and one of the root causes of the Post-Acute Withdrawal Syndrome.

Candida is a type of yeast-like fungus that is part of the natural flora in the intestinal tract, skin, gut, mouth, vagina, and other mucous membranes of the body. It is a normal part of the bacterial population in the intestinal tract and is also known as the gastro-intestinal (GI) micro-flora.

In small amounts, Candida serves a purpose. It aids in nutrient absorption and digestion and it helps the good bacteria fight off illnesses and infections by destroying harmful bacteria. Unfortunately, there are also factors that can cause the bacterial balance to tip, resulting in an overabundance of Candida. Among the most common causes of this overgrowth are excessive alcohol consumption and a diet too high in sugar and refined carbohydrates.

The main by-product of Candida is alcohol. Candida overgrowth produces an excess amount of alcohol, which is metabolized into the toxic substance acetaldehyde, which weakens the intestinal walls, causing leakage of the toxin into the bloodstream, the body, and the brain. The immune system is also compromised, causing serious physical consequences.

Some of the more common symptoms of Candida overgrowth in alcoholics during early recovery and linked to PAWS symptoms include cravings for alcohol and sugar; fatigue; poor memory; mood swings, irritability, and anxiety; depression; hypoglycemia; and insomnia.

Most alcoholics entering recovery are keenly aware of the damage done to their personal lives, including relationships,

finances, employment, and many other issues. What many alcoholics fail (as I did) to see is the physical devastation alcohol has inflicted on our bodies. When alcoholics stop drinking, many wrongly believe that their bodies will start healing merely because the alcohol is no longer flowing through the digestive system. Without proper nutrition, however, the damage will not soon or fully be repaired. Unaware of this, people in recovery often fail to adopt a diet that introduces the nutrients necessary to repair damaged cells, tissues, and organs. As a result, various physical, emotional, and psychological maladies continue to threaten their sobriety. Seeking some relief from all of these uncomfortable PAWS symptoms, people tend to turn to “comfort” foods such as sugar and white flour product that include desserts, fast foods, and sodas. Adding excessive amounts of caffeine to this list, people unknowingly cause PAWS symptoms to intensify or linger. Feelings of anxiety, depression, anger, and problems with memory and sleep continue to plague us and easily result in relapse in the first year of sobriety.

Fortunately, there is a solution. The often-neglected but essential piece of recovery includes a nutrition program that eliminates sugar and other simple carbohydrates and includes fresh, nutrient-dense foods such as fresh fruits and vegetables; whole grains; complete proteins; and eight to ten glasses of water daily.

Also included in a successful recovery program are a stress-management program that incorporates regular exercise and meditation, and the development of a strong support base of people who can support your efforts and share in your successes.

– Shelley M.



BIRTHDAY CONTRIBUTION

CELEBRANT:

Name _____
Address _____

CONTRIBUTOR:

Name _____
Address _____

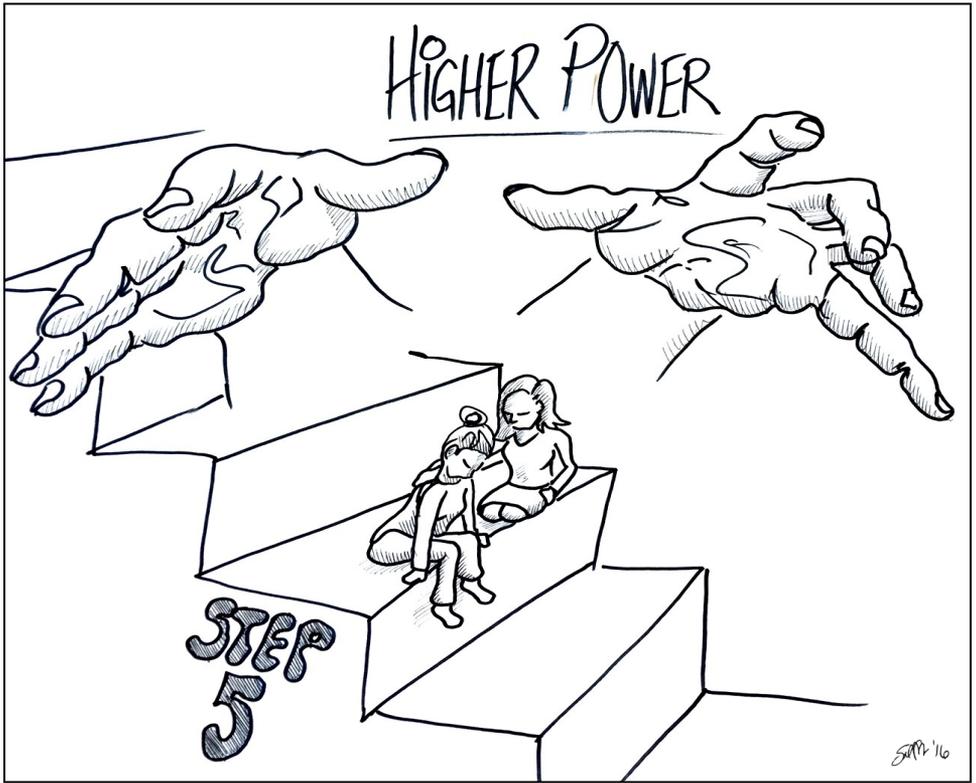
Sobriety Date _____

Amount of contribution: \$ _____

We would like to print this information in the **COIN**, unless you indicate otherwise below:

Print celebrant name?	Yes	No
Print contributor name?	Yes	No

We truly appreciate this contribution and celebrating this milestone.
Thank you!



HONESTY

Life wasn't going well for me when I showed up on the scene.
But I was ready for the change, whatever that would mean.
The life I'd lead was scandalous, I think you get the gist,
And to get rigorously honest was the first thing on my list.
When practicing this principle, I was brutal from the start,
But that sometimes caused reactions, and it wasn't very smart.
My wife asked me a question while trying on some jeans:
Did they make her look extended? (You know what I mean.)
That put me in a quandary, and I knew I had to lie...
If life has to be that rigorous, well, I guess I'm gonna die.
I told a friend about it, and he said, "You got it right."
Kindness trumps the *rigorous* clause — you gotta keep it light.
He gave a definition, and for our purpose, I believe
Kind honesty is devoid of all motives to deceive.
It gives a little wiggle room; I think God wouldn't mind
If self-righteousness takes a little hit, if only to be kind.
I've learned there are few absolutes, and my conscience is my guide.
And I must put self-honesty first, when *these thing I must decide.*

— Rick R.

Walking on Broken Glass

Unique and priceless friendships. That is what I have found in AA. And that's just it – friendships.

It's hard to see new couples in AA fall in love and even stay together, especially if you always feel like the third wheel. The typical cliché plays in my head: always a bridesmaid and never a bride. I'm confronted with loneliness, inadequacy and fear – all the hallmarks of an inventory. It can get overwhelming, and then I drop into despair.

Why not me? Is there something wrong with me? I'm doing everything right, and it's still not good enough.

But that's just who I am, a hopeless romantic to my core. Even if my feelings aren't reciprocated, it's not going to destroy my faith that there is a plan for my life, and it is a positive plan.

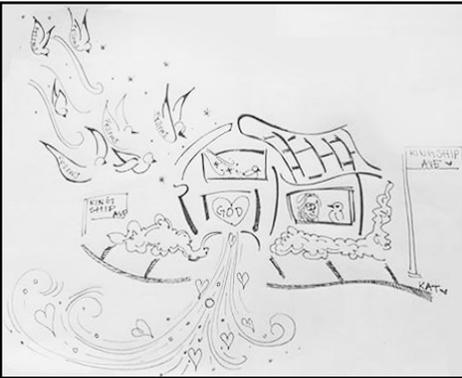
I never would have expected that a priceless friendship would help me the most. I can confide in my closest friends anything I am thinking or feeling, and the most refreshing part is that I don't feel judged. I'm allowed to feel hurt. Life isn't going to be great all the time, and that is normal.

A broken heart is not so easily mended.

So, in a way, I'm writing this to say, if you feel lonely, you are not alone. I've learned that it is the pain of growing up, which I am still doing.

I will leave you with a quote that I like: "Everyone at some point walks on broken glass. "If you stand still, it will always hurt. If you move forward, the pain will end."

– Anonymous



The Fifth House on Kingship Avenue

My house's foundation
Began to crumble
Pacing the rooms
I would swear and mumble
Toxic water ran through my pipes
I'd shut the curtains
Hid from the light

For years my house and I decayed
Oh, how far from God I strayed!
Till one day a birdy
Visited me
I shared with it
My melancholy

Resentments!
In my heart they dwelled
Oh, the cards I had been dealt!
"I understand!"
Sang the bird
"Believe me, I do!"
Alas it sang...
"To thine own self be true!"

Tears
Rolling
Down my face
Defect admittance
Deep breath intake
I used to wish ill will
Upon many
The Truth set me free
Now I shine like a penny
Bright on the block
And to my house
Birds of a feather
Begin to flock.

– Kat D.

"If you feel lonely,
you are not alone. I've
learned that it is the
pain of growing up."

May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 PI/CPC WORKSHOP, 5:30pm, PI/CPC MEETING: 6pm, Our Savior's Lutheran Church, 1224 N. Winchester Bld. at Tulip, SC	2	3 SOUTH COUNTY GENERAL SERVICE WORKSHOP: 7pm, 1st Congregational Church, 1980 Hamilton Ave., SJ	4 OUTREACH MEETING: 6:30pm INTERGROUP MEETING: 7:30pm Trinity Church, 3151 Union Ave., SJ	5	6	7 SECRETARY WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell
8	9	10	11 NORTH COUNTY GENERAL SERVICE MTG: 7:30pm St. John's Lutheran Church, 581 E. Fremont Ave., Sunnyvale	12	13	14
15	16 BRIDGING THE GAP MTG: 7pm, 1st Congregational Church, 1980 Hamilton Ave. at Leigh, SJ	17 SOUTH COUNTY GENERAL SERVICE MEETING: 7pm 1st Congregational Church, 1980 Hamilton Ave., SJ	18	19	20	21 DIVERTER/12 th STEPPERS WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell
22	23	24 H&I COMMITTEE MEETING: 7pm, 1980 E. Hamilton Ave., SJ	25	26	27	28
29	30	31				

June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Performances will at the Willow Glen United Methodist Church, 1420 Newport Ave., San Jose.</p>	<p>CALENDAR NOTE: * Dates for the play, "Faith and Fellowship: A Journey to Recovery," are as follows: 7pm on Friday 6/3 and 6/10 and Saturday 6/4 and 6/11, and 2pm on Sunday 6/5 and 6/12.</p>		<p>1 OUTREACH MEETING: 6:30pm INTERGROUP MEETING: 7:30pm Trinity Church, 3151 Union Ave., SJ</p>	2	<p>3* <i>Faith and Fellowship: A Journey to Recovery, 7pm*</i></p>	<p>4* SECRETARY WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell</p>
<p>5* PI/CPC WORKSHOP, 5:30pm, PI/CPC MEETING: 6pm, Our Savior's Lutheran Church, 1724 N. Winchester Bld. at Tulip, SC</p>	6	<p>7 SOUTH COUNTY GENERAL SERVICE WORKSHOP: 7pm, 1st Congregational Church, 1980 Hamilton Ave., SJ</p>	<p>8 NORTH COUNTY GENERAL SERVICE MTG.: 7:30pm St. John's Lutheran Church, 581 E. Fremont Ave., Sunnyvale</p>	9	10*	11*
12*	13	14	15	16	17	<p>18 DIVERTER/12TH STEPPERS WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell</p>
19	<p>20 BRIDGING THE GAP MTG: 7pm, 1st Congregational Church, 1980 Hamilton Ave. at Leigh, SJ</p>	<p>21 SOUTH COUNTY GENERAL SERVICE MEETING: 7pm 1st Congregational Church, 1980 Hamilton Ave., SJ</p>	22	23	24	25
26	27	<p>28 H&I COMMITTEE MEETING: 7pm, 1980 E. Hamilton Ave., SJ</p>	29	30		



April 2016 Statistics

Daytime Phone Calls to Central Office...295

Daytime 12-Step Calls.....7

(Evening 12-Step call information is not available.)

The Central Office website
receives an average of
8,000 hits each month!

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

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

MEETING CHANGES

NEW

Years 5 Through 9: Tuesday, 7pm, Alano Club West: 1555 S. 7th Street, near Alma, San Jose.

Little by Slow: Thursday, 4 pm, Cornerstone Fellowship: 1600 Dell Ave., (2nd Floor), Campbell.

Sunday GLBT 11th Step: Sunday, 5 pm, Center for Spiritual Living: 1195 Clark Street, San Jose.

Open AA: Saturday, 8 p m, Alano Club West: 1555 S. 7th Street, San Jose.

Bottoms Up: Thursday, 6 pm, Home First (former EHC): 2011 Little Orchard St., Vet Center, San Jose.

CHANGED

Beginners: Wednesday, **Now meets at 7 pm.** Gilroy Groups: 7511 Gourmet Alley, Gilroy.

New People's Group Sunday, 8 pm , **Now meets at:** First United Methodist Church: 1675 S. Winchester, @ Hamilton, Campbell.

WOW (Women of Wellness) with a new start time: 4:30 pm. Toddlers are welcome.

Invaders Group: Sunday, 8 pm, Christ Community Church: 1000 S. Park Victoria, Milpitas. **Now meets in Room N-203, North Building upstairs.**

Saturday Morning Los Gatos: Saturday, 9 am **Has Babysitting.**

NO LONGER MEETING

Winners Group: Saturday, 10 am, St. Philips Episcopal Church: 5038 Hyland Ave., San Jose.

Wednesday 6pm Speaker Discussion: Wednesday, 6 pm, Gilroy Groups: 7511 Gourmet Alley, Gilroy.

Birthday Contributions



Birthday Celebrant	Years	Contributions	Birthday
Bill C.	26	Anonymous	04/1990
Evelyn M.	15	Anonymous	04/01/2001
Angela R.	8	Anonymous	04/01/2008
Tony G.	1	Dominic B.	04/10/2015
Ross J.	27	Anonymous	04/16/1989
Hurui T.	3	Hurui T.	04/20/2013
Bruce K.	33	Bruce K., Joel F.	04/27/1983
Dave J.	47	Anonymous	04/30/1969
Katie W.	8	Julie N.	04/30/2008
Kate D.	10	Carol B.	05/01/2006

178 YEARS OF SOBRIETY!!

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

In Memoriam

Gina W. passed away on April 25, 2016 with 15 years of sobriety.

INTERGROUP MINUTES

April 6, 2016

- Carol B., Intergroup Chairperson, opened the meeting at 7:30pm followed by a Moment of Silence and the Serenity Prayer.
- Hugo read the definition of Intergroup.
- George read the Twelve Traditions.
- New Intergroup Reps:
 - George, Very Early Spiritual Progress (Los Gatos), 7:30am Sunday
 - Hugo, Early Spiritual Progress (Los Gatos), 9:15am Sunday
 - Tanya, Los Altos Group, 8:00pm
 - Tree, Los Altos Group, 8:00pm (alternate IGR)
 - Raymond, Gathered Together for Sobriety (Alano Club West, San Jose), 8:00pm Sunday
- Visitors:
 - Jane, Bridging the Gap
 - Steve
 - Gary, PI/CPC
 - Jorge
- Birthdays
 - Jon H., 9 years
 - Omar, 3 years
- 7th Tradition
- Corrections or additions to the agenda (none)
- Corrections or additions to the previous month's minutes (minutes approved as submitted)
- Treasurer's Report, Joe: Our 7th Tradition collection was \$289. Rent was \$150 (\$50/month), and refreshments were \$15; with our balance carried forward from 2015 our current balance is \$188 plus our prudent reserve of \$290.
- 45 voting Intergroup reps in attendance

Reports

Intergroup Chair, Carol B.

- Thank you Bradley for making our coffee tonight. Congratulations to Linda for an outstanding Chili Cook-off, which was a big success! And thanks to all the volunteers who helped. We'll hear more about the Chili Cook-off from Linda in her report. Ross was not able to come tonight, but our PA system is here. We need an Intergroup Sound Engineer who can store the system at home, bring it to the meeting, and set it up. Ross will train you on the system. Is there anyone who can take the system home and store it? Heather agreed to take the sound system home. Rick took on our clean-up position as Ryan had to step down due to work conflicts.

Central Service Board, Laura

- We have had a group increase in contributions so far this year. The CSB Group Inventory will be conducted next month with Doug G. as the moderator. Our 2015 taxes are due May 15th; the accountant has brought them in, and they are being reviewed. We reviewed the administrative manual and will do updates as needed as well as adding page numbers.

Central Office, Bruce

- Central Office is doing well and running out of space. Our current storage area is floor to ceiling. Bruce will be talking to the board about increasing our off-site storage space.
- The color printer is now working well.
- Website changes will occur when Josh returns.
- Be sure to attend the play "Faith and Fellowship," which will be held on six dates in June.

- Bruce attended the Northern California Managers' gathering, meeting with Area Delegates and the past General Manager of the General Service Office in New York.
- The prudent reserve is \$24,000 short based on the second half of last year's expenses. We are holding our own but not gaining ground. And Central Office fares well.

PI/CPC, Gary

- We gave a panel presentation to SJSU nurses April 28th and will also be giving a presentation to nursing students at Luther Merritt Hospital. We are currently working with University of Santa Clara on a panel presentation and hope to work with grade schools and high schools.

I2-Step Committee (no report)

Daytime Office, Joe

- We had 359 daytime calls last month. There is one shift available on Tuesday afternoon, 2-4:30pm; there is a two-year sobriety requirement.

Nights and Weekends Diverter Coordinator (no report)

Outreach Committee, Susan P.

We would like all Intergroup Reps to complete an Outreach Update Form. Please fill them out and give them to Omar at the next Intergroup meeting. Outreach is making sure that all groups know what services Intergroup offers. We want to expand our reach to meetings.

The COIN, Stephanie L.

- Jessica B. is our new Assistant Editor for the COIN, and we now have an illustrator for the COIN. Please get the COIN to meetings. People can subscribe and get it in their mail box and email. A full-color version is available on our website.
- The deadline for the May issue is April 20. The topics are Step 5, Tradition 5, and the 5th Concept. The COIN accepts art, poetry, etc.

Website, Josh (no report)

Activities Committee, Linda

- We had a great turnout for the Chili Cook-Off. So far our profit is \$1,986, and there are a few checks that just came in. Thanks for your support.

Old/Ongoing Business

- Website: Last month Carol asked Intergroup Reps to ask their meeting members how many members are accessing the website (www.aasanjose.org), what they would like to see on the website, and to bring that information back to Intergroup. One rep brought printed tallies of her members' usage, and quite a few reps had usage numbers. One person expressed gratitude for the online meeting app, while another asked for links to passages in the Big Book. Continue asking your members for feedback; we will report this information to Josh upon his return.
- PI/CPC: Last month, Brian talked about moving PI/CPC from Intergroup to General Service. He could not make it tonight. When he is able to attend Intergroup, he will make a motion and a vote will occur.

New Business

- Bruce proposed changing the name of the COIN to something that reflects fun and has a bit of pizzazz. He suggested calling it "The Glum Lot Gazette." IGRs were asked to query their

meeting members re whether they want to change the name of the COIN. If so, do they have any name suggestions? We will vote on suggested name possibilities.

Other Service Committee Reports

Unity Day 2016, Greg C.

- Unity Day will be August 21st at the Milpitas Community Center. The next planning meeting is May 5.
- Nicholas G. is the Unity Day Committee Chair. Service positions are available. For information, contact Nicholas. Mary D. will be covering for Greg for the next two months.

NCCAA (no report)

Hospitals & Institutions (no report)

Bridging the Gap, Jane

- BTG is the AA committee that helps people transition from treatment facilities and institutions back to the community. We contact volunteers who meet people and take them to meetings within 24 hours of their discharge, helping them get integrated into and situated in AA. We're currently working with seven presentations monthly at six facilities.
- A Bridging the Gap Forum will be in San Jose October 15th at the Historic Hoover Theater in the Rose Garden.
- Our business meetings are the third Monday of every month at 7pm at 1980 Hamilton at Leigh.

North County General Service, Marianne G.

- The General Service Pre-Conference Assembly will be held in Marin April 9-10.
- She will discuss findings of the conference after the May Post-Conference Assembly.
- GSRs should be talking about agenda topics to get their group conscience.
- The agenda topic of creating a plain English version of the Big Book is not to replace the current Big Book but to make a version that is easier to translate into any language. It is about linguistics, translation, and simple language to make it easier to get our message all over the world.
- Our districts will host the Post-Conference Assembly May 14 at the Machinist Hall in Burlingame, at which GSRs will find out what happened at the General Service Conference in New York.

South County General Service, Corey (no report)

SCCYPAA (no report)

Sober & Free Conference, Robby

- The LGBT Sober & Free Conference is in its 31st year. This year's conference is April 22-24 at the
- Hyatt Place in San Jose. Sober & Free is a fun-filled weekend of sobriety sponsored by the LGBT committee. It provides meetings, workshops, and entertainment. Our website is www.soberandfree.org. Please get the word out, even if your group is not LGBT. LGBTs go to all meetings, not just meetings that are exclusively LGBT. Registration is \$35 until April 13.

Open Forum

- The 7th Tradition collection this evening was \$114.
- The meeting closed with the Responsibility Statement at 8:22pm.

LOCAL EVENTS

- May 7 Saturday Nite Live 35th Anniversary Celebration, Masonic Hall, 2500 Masonic Hall Drive, San Jose, CA (all day event)
- May 21 Early Bird Group 6th Annual Picnic, Kelley Park, 1300 Senter Road, San Jose, 10am-4pm (Tickets: \$5 pre-sale, \$7 day of picnic)
- June 3-5, 10-12 "Faith & Fellowship: A Journey to Recovery," Willow Glen United Methodist Church, 1420 Newport Avenue, San Jose (see flyer on page 30 for show times)

CALIFORNIA EVENTS

- June 9-12 AA Desert Pow-Wow, Renaissance Indian Wells Resort & Spa, Indian Wells, CA 92210
- June 10, 11, 12 NCCAA 69th Summer Conference, Veterans Memorial Building, 1351 Maple Avenue, Santa Rosa, CA (norcalaa.org)
- June 10-12 32nd Annual High Desert Convention, "Sunshine of the Spirit", Courtyard Marriot, Hesperia, CA
- June 12 13th Annual Language of the Heart Women's AA Brunch, Holiday Inn, 6680 Regional Street, Dublin, 11am-2:30pm

AROUND THE COUNTRY AND THE WORLD

- May 6-8 28th Annual Big Island Bash, Sheraton Kona Resort at Keauhou Bay, Kailua-Kona, Hawaii

Save the Dates!

Take Your Sponsor To Brunch
September 24, 2016 11:30-3:00



Old Timers Meeting
October 29, 2016 1:30-3:00



Service positions are available.
Please contact Linda



INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Profit & Loss

April 2016

	Apr 16	Apr 15	Jan - Apr 16
Ordinary Income/Expense			
Income			
3030 · Contributions-General	16,800.89	15,146.75	67,473.60
3050 · Group Insurance (Group premium payments)	700.00	55.00	882.50
8010 · Literature Sales	4,931.42	3,765.81	18,574.71
8020 · Meeting Guide Sales	417.50	594.26	2,107.50
8050 · Activities Committee	153.74	80.00	4,210.24
8055 · Central Office Events	30.00	810.00	30.00
8060 · Newsletter	0.00	5.00	25.00
Total Income	23,033.55	20,456.82	93,303.55
Cost of Goods Sold			
5000 · Cost of Goods Sold			
5100 · Cost of Inventory Sold	4,125.25	2,953.95	14,953.48
5150 · Cost of Meeting Directories	189.54	274.33	1,498.31
Total 5000 · Cost of Goods Sold	4,314.79	3,228.28	16,451.79
Total COGS	4,314.79	3,228.28	16,451.79
Gross Profit	18,718.76	17,228.54	76,851.76
Expense			
6010 · Alarm Service	0.00	207.00	207.00
6015 · Activities Committee Expense	-75.00	0.00	1,975.00
6025 · Central Office Events Expense	555.18	0.00	1,555.18
6030 · Accounting and Legal Fee	0.00	0.00	175.00
6070 · Bank Credit card charges (Credit card costs and fees)	48.89	73.35	269.35
6160 · Copier Expense	294.82	200.04	574.73
6190 · Depreciation Expense	0.00	0.00	1,003.00
6220 · Insurance - Worker Compensation	0.00	0.00	211.00
6225 · Insurance - Emp. Health Plan	483.95	0.00	1,935.80
6240 · Employee HRA Plan	764.60	532.91	3,142.64
6245 · Internet Access Charges	25.00	0.00	50.00
6320 · Newsletter Expense	156.04	123.44	369.04
6330 · Office Expense	336.45	256.36	950.38
6350 · Office Furnishings - Expense	0.00	225.00	0.00
6370 · Office Paper Supply	259.12	0.00	259.12
6380 · Payroll Taxes	356.31	1,457.06	2,944.70
6410 · Postage	30.00	530.92	684.54
6480 · Rent	2,431.60	2,453.45	9,663.05
6510 · Repairs & Maintenance	0.00	0.00	137.29
6540 · Salaries - Office	3,978.75	11,769.30	28,693.75
6560 · Payroll Expenses	0.00	18.60	52.75
6600 · Signing Services	200.00	200.00	800.00
7050 · Telephone	169.45	161.86	677.88
7060 · Travel	73.42	0.00	73.42
9080 · Sales Tax (Sales tax paid on purchases)	-0.17	-0.15	-0.92
Total Expense	10,088.41	18,209.14	56,403.70
Net Ordinary Income	8,630.35	-980.60	20,448.06
Other Income/Expense			
Other Income			
8030 · Interest Income	0.64	7.40	57.64
Total Other Income	0.64	7.40	57.64
Net Other Income	0.64	7.40	57.64
Net Income	8,630.99	-973.20	20,505.70

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

			Apr 30, 16
ASSETS			
Current Assets			
Checking/Savings			
	1010 · Petty Cash		227.89
	1020 · First Republic Bank (Checking account)		22,423.68
	1021 · (PR) First Rep. Bank CD 0429 (12 Mo. CD @ .5%, 08/12/16)		17,708.50
	1023 · (PR) First Rep. Bank CD 3228 (12 Mo. CD @ .35%, 02/05/16)		16,559.93
	1027 · (PR) First Rep. Bank CD 7681 (12 Mo. CD @ .3%, 4/29/17)		15,089.20
	1028 · (PR) First Rep. Bank CD 6955 (8 Mo. CD @ .35%, 04/30/16)		20,111.71
	Total Checking/Savings		92,120.91
Accounts Receivable			
	1110 · Accounts Rec - Group Deposits		-1,995.91
	Total Accounts Receivable		-1,995.91
Other Current Assets			
	1250 · Literature Inventory		21,153.70
	1310 · Prepaid Insurance		2,994.47
	13700 · Payroll Service Customer Asset (Payroll Service Customer Asset)		-0.01
	1499 · Undeposited Funds		3,700.86
	Total Other Current Assets		27,849.02
	Total Current Assets		117,974.02
Fixed Assets			
	1630 · Office Equipment		29,106.42
	1640 · Office Furnishings - Asset		7,757.80
	1641 · Less Accumulated Depreciation		-19,255.97
	1680 · Leasehold Improvements		300.00
	1681 · Less Accumulated Amortization		-300.00
	Total Fixed Assets		17,608.25
Other Assets			
	1860 · Deposits		1,993.85
	Total Other Assets		1,993.85
	TOTAL ASSETS		137,576.12
LIABILITIES & EQUITY			
Liabilities			
Current Liabilities			
Other Current Liabilities			
	2100 · Payroll Liabilities (Payroll Liabilities)		-1,637.25
	2111 · Direct Deposit Liabilities		-2,785.95
	2240 · Sales Tax Payable (due quarterly)		431.94
	2500 · Group Deposits for Literature (Group Literature Accounts)		18.53
	2600 · Unity Day		1,212.31
	Total Other Current Liabilities		-2,760.42
	Total Current Liabilities		-2,760.42
	Total Liabilities		-2,760.42
Equity			
	3900 · Unrestricted Funds		119,830.84
	Net Income		20,505.70
	Total Equity		140,336.54
	TOTAL LIABILITIES & EQUITY		137,576.12

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

April 2016

	Apr 16	Jan - Apr 16		Apr 16	Jan - Apr 16
1 INV Early Bird Group 70968	280.00	280.00	G Sunrisers Group/Dennys	570.72	1,947.66
1 Inv Freedom Fellowship 70940	324.79	324.79	G Third Tradition Women's C	182.76	676.21
1 INV Fremont & Manet Group 70	525.00	1,015.00	G We Care Group 70934	0.00	560.00
1 INV Gilroy Groups 70906	0.00	1,110.00	Gay & Lesbian AA Big Book I	0.00	91.00
1 INV One Day at a Time 70903	1,226.74	5,182.65	Gay & Lesbian Step & Trad C	0.00	70.00
1 INV Serenity Discussion 210 (185.75	400.65	Get Up and Go (Wom en) 18	0.00	798.66
1 INV Serenity First Fellowship 7	200.00	655.00	Get Well Group 17 (Sun.)	0.00	261.38
1 INV South County Fellowship 7	300.00	4,800.00	Grace Group of AA 352 (S	0.00	700.00
1 INV Spiritual Progress Group 7	0.00	2,200.00	Grateful Live Group 535	0.00	266.00
1 INV Sufficient Substitute 313	0.00	560.00	Happy Destiny (Wom en) 109	748.00	1,366.10
1010 Tuesday / Thursday	0.00	148.40	Higher Power Hour (Men) 1	0.00	1,365.00
3rd Steppers Book Study (Wom)	235.90	325.90	HOW Group 71 (Mon.)	0.00	1,449.70
A Vision for You Women's 802 (0.00	160.00	Inspiration Big Book 195 (V	100.00	100.00
Almaden Valley Discussion 30 (0.00	438.20	Intergroup Council 80909	0.00	300.00
Back to Basics Saratoga Noon 151	0.00	404.00	Invaders Group 44 (Sun.)	100.00	100.00
Basic Big Book 710 (Thur.)	0.00	14.00	Joy of Living Group 92 (M	865.00	865.00
Berryessa Group 527 (Wed.)	0.00	149.30	Joy of Living PA 464 (Wed	0.00	266.00
Big Book 103 (Sat.) 455	35.00	35.00	Just For Today 238 PA (Thu	0.00	266.00
Big Book Men's Group (Men) 106	0.00	140.00	Ladies Amethyst AA Study C	287.66	287.66
Big Book Speakers Group 289 (180.27	381.17	Lesbians Living the Promise	0.00	156.53
Big Book Study Mlpts 347 (Sat.	0.00	98.00	LGBT Happy Destiny Group	224.02	224.02
Birthday Contribution 00951	458.00	1,558.00	Live and Let Live 85 (Mo	0.00	87.60
Boiled Owls (Men's) 816 (Wed	0.00	995.00	Living Solutions 728 (Fri.)	0.00	578.73
Bowers Fellowship 46 (Sun.)	0.00	1,993.67	Los Altos Big Book 860 (440.65	440.65
Cambrian Saturday Night (Chips)	490.00	910.00	Los Altos Group 225 (Thur	0.00	240.25
Character Defect Freedom 201 (0.00	422.80	Los Altos Men's Group 59	100.00	200.00
Chip Winners (Chips) 168 (Wed.)	415.10	415.10	Los Gatos Big Book 664	0.00	40.32
Chips and Dyps (Chips) 559 (T	0.00	266.00	Meditation Meeting LA 39	100.80	100.80
Conscious Contact Mediation Grp	0.00	276.96	Men's 4th Step Group 320	0.00	125.00
Desi's In Recovery (723)	111.00	239.87	Men's Big Book (Cavem an G	0.00	362.00
Downtown Steppers (Men) 392	0.00	144.63	Men's Honesty Group 26	560.00	560.00
Early Monday Night 68 (Mon.)	0.00	166.88	Men's Single Problem Study	0.00	580.96
Early Tuesday Group 119 (Tues	464.26	691.71	Midday Women's Group 91	335.35	335.35
Easier Way Group 290 (Fri.)	0.00	1,149.32	Monday at a Time 208 (Mo	210.00	210.00
East Enders Group 720 (Thur.)	0.00	170.00	Monday Midday Meeting 7	103.30	103.30
Evergreen Group 884 (Thur.)	0.00	70.00	Mountain Miracles 882 (Th	163.80	163.80
Firing Line (The) 404 (Mon.)	0.00	842.15	Mountain View Group 350	220.12	281.96
Free to Be Me SJ (Women) 736 (210.00	210.00	New Life Recovery Centers	0.00	1,000.00
Friday Big Book Study 702 (Fri)	0.00	253.19	New Nooners 808 (Mon.)	0.00	55.00
Friday Friends 568 (Fri.)	0.00	50.00	No Bull Big Book 655 (Fri.)	315.00	315.00
G Cornerstone Fellowship Group	50.00	200.00	Off the Top 371 (Thur.)	0.00	58.00
G Fair Avenue Fellowship 70901	307.37	1,436.44	Old West Meeting 697 (Fri)	0.00	116.00
G Higher Power Hour 70952	578.00	578.00	Other Wednesday Nite, The (400.00	890.00
G Remember We Deal With Alcoh	0.00	562.37	Personal 00911	1,000.00	1,112.50

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.
Group Contributions (continued)

April 2016

	Apr 16	Jan - Apr 16
Plaza Del Rey Group 52 (Sun.)	316.00	316.00
Primary Purpose Beginners Big E	0.00	57.43
Queer and Sober 671 (Sat.)	0.00	300.00
San Martin Candlelighters 378	0.00	200.00
Saturday Morning Los Gatos 777	0.00	3,010.00
Saturday Night Young People (142	0.00	231.72
Second Tradition Group Spkr 721	0.00	1,172.50
Serenity Speaker Meeting 533	0.00	221.00
Shared Gift, The (Women) 61 (521.01	521.01
Single Problem Study (Men) 212	0.00	562.38
Single Problem Topic (Men's) 58:	0.00	690.90
Sisters Seeking Serenity 858 (W	0.00	334.00
Sober Mafia 204 (Sun.)	173.25	173.25
Society of the Second Chance 306	0.00	370.00
South Valley Men's 845 (Thur.)	238.00	471.80
South Valley Women's Surrender	0.00	119.00
Spiritual Awakening 813 (Tues.)	0.00	208.60
Spiritual Step Study 233 (Sun.)	551.87	1,273.97
Step Study (Women) LG 820 (W	185.50	391.30
Sunshine Group noon 243 (Thur.	0.00	60.00
T.G.I.F. Speaker/Discussion 298	0.00	266.00
Ten O'Clock High 890 (Tues.)	0.00	280.00
Think Tank (Men's) 361 (Sat.)	0.00	702.00
Tuesday Night Men's Mtg 525	359.00	860.00
Tuesday Noon Step Study 556 (T	0.00	280.00
Unknown	0.00	121.00
Veterans of Alcohol North 338 (0.00	100.00
Villages Group of AA, The 406	0.00	244.00
Wisdom to Know 651 (Mon.)	851.90	851.90
Women's Brunch 640 (Sat.)	0.00	462.35
Women Sharing the Solution 519	0.00	123.20
TOTAL	16,800.89	67,473.60



35th Anniversary

May 7th
Masonic Hall San Jose



SOBRIETY

NEEDS

LAUGHTER

Main Speaker: Mike P

Comedian: James S.

Hospitality starts at **9am** with activities all day, speaker meeting at **7:30pm**
Lunch and dinner, photo booth, raffle sobriety countdown and much, much more!
Meetings throughout the day including awesome panel meetings and speakers

Don't Miss it!

Hurry!

Pre-registration \$20.00



Make your checks out to SNL

\$25.00 at the door

Laura D./SNL

4903 Tony Ave.

San Jose, CA 95124

Masonic Hall 2500 Masonic Hall Dr. San Jose,

CA 95125

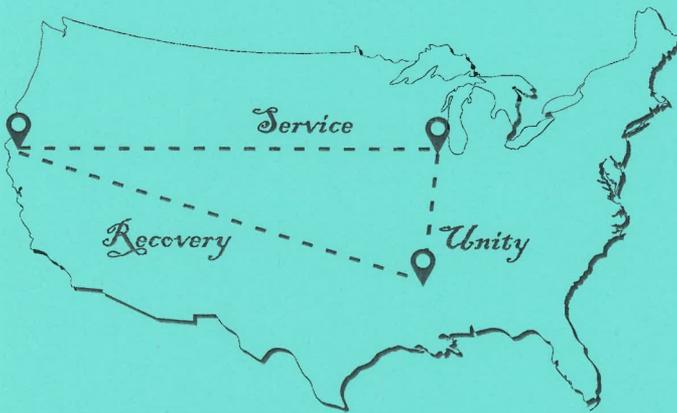


The COIN is always looking for new writers, artists, cartoonists, photographers... Any and all mediums to communicate the message of recovery! Please email submissions to coin@aasanjose.org. The deadline for the June issue is Wednesday, May 18. Happy Spring!

*A Play in Honor of Founder's Day Proudly Presented by
Intergroup Central Office of Santa Clara County*

Faith and Fellowship

"a journey to recovery"



~ Written by Joel F. ~

2016 Show Dates

6/03 - 7pm | 6/04 - 7pm | 6/05 - 2pm | 6/10 - 7pm | 6/11 - 7pm | 6/12 - 2pm

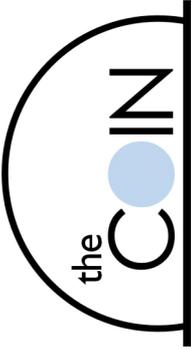
Willow Glen United Methodist Church
1420 Newport Ave, San Jose, CA 95125

Tickets: \$10.00 per person in advance or \$15.00 at the door
Ticket Sales: Central Office - 274 Hamilton Ave, Ste. D, Campbell, CA

Trivia question: When was the COIN named the COIN, and what was it called before?

Stay tuned to next month's issue for the answer!

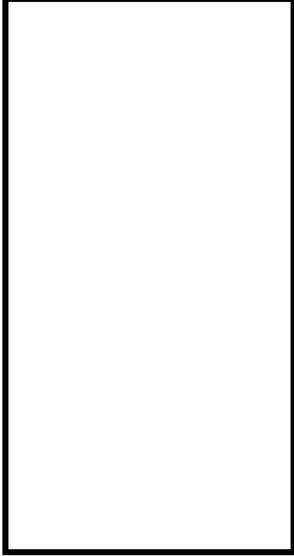




Intergroup Central Office

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274 E. Hamilton Avenue, Suite D
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