

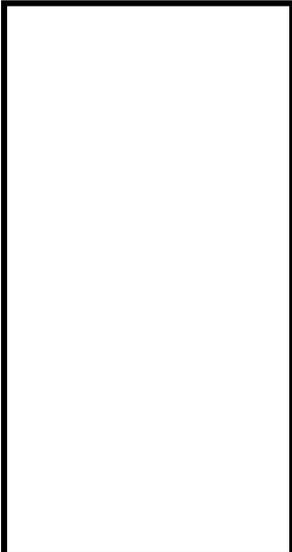


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Letter from the Editor

Dear Fellows,

I haven't written anything to you directly in some time now. Truth be told, I as much as any of us alcoholics like to hear myself talk. (Or rather, to see my words in print.) But in the spirit of service and the pursuit of humility, I'd rather dedicate the space in these pages to your words.

That being said, as we approach the season of giving thanks, I want to thank all of our contributors for taking the time out of your full and busy lives to share your experience, strength, and hope with our readership. It is your words and thoughts — be they verbally or graphically conveyed — that make our little publication what it is. I'd also like to thank everyone who's expressed appreciation for our new format, which allows us greater creativity and flexibility in putting out *The COIN*.

Along those lines, I'd like to invite anyone and everyone to consider submitting a story (or a poem, a piece of art, a photograph that inspires you...) to us for publication. I hear all the time, "Oh, I'm not a writer, I can't write." To these self-doubters, I always say, "Well, do you journal? Do you write out your stepwork? Could you write a letter to a friend or a loved one?" The answer, universally (if not always out loud to my face) is invariably "Yes." Every single one of us, who has managed to cobble together any length of time in sobriety, has something to share with our readership — an experience with a given Step or Tradition, an experience with a sponsee, with H&I or with Bridging the Gap, with the concepts even, in the management of a meeting situation. We want to hear about it. The newcomer needs to hear about it! Just give it a thought, as you read these pages, what might you be able to share that one of our fellows needs to hear? We get to keep this sacred gift because we give it back.

We'd also really like to have a monthly Letters to the Editor section starting in January of 2017. Surely people have opinions on our content, being the highly intelligent lot that we know that we are. ... While we always love to hear positive feedback, we'd also like to know how you think we could improve *The COIN*, maybe even what stirs your pot. Please consider sending letters for publication; just be sure to include "Letter to the Editor" in the subject line.

Finally, I want to personally thank the "staff" of *The COIN*, Assistant Editor Jessica B. and Illustrator Sal G., along with our loyal crew of regular writers, and the dedicated folks at Central Office who make the whole thing possible, in particular Julie, Michael, and Bruce.

Thank you very much for allowing me to be of service.
Stephanie L.

Upcoming COIN Deadlines

December 2016 Issue: November 23rd

Topics: Step Twelve, Tradition Twelve, Twelfth Step Principle (Service)

January 2017 Issue: December 14th

Topics: Step One, Tradition One, First Step Principle (Acceptance)

Please email all submissions to coin@asaanjose.org.

The COIN Team

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The Unselfish Spirit

Let there be no misunderstanding that our primary purpose is to stay sober and to help other alcoholics to achieve sobriety. The degree that the individual carries out these two goals is not mandated by the AA body, and the only requirement for membership is a desire to stop drinking. The AA program offers suggestions on how to overcome the difficulties brought about by the disease of alcoholism and not simply the act of drinking. These difficulties come in the form of *spiritual damage* and *material wreckage*. It seems that our spiritual damage lies in the unseen part of our makeup, such as our thinking, our motive, our fears, our conscience, our ego, guilt, shame, self esteem, and like. *Our material wreckage often comes as the result of our spiritual damage, and is the residue of our spiritual condition.*

The outside world cannot see the spiritual part of our makeup, and can only judge us on the actions that we take and the positive results as well as the wreckage brought about by those actions, thus rendering the consequences of that judgment, such as loss of jobs, jail, divorce, loss of family, etc. The solution to these spiritual and material maladies starts with *understanding the cause and effect of our thoughts and actions. Our defects of character lie within our thoughts and our motives. Our shortcomings are the behavior and the actions that stem from those motives and thoughts.*

Selfishness—Self-centeredness! That, we think is the root of our trouble (p. 62, Big Book). That being said, isn't it apparent that selflessness – unselfishness – would be the solution to our trouble? That seems to over simplify the solution, but in my experience, it is so simple that it is usually overlooked or dismissed. Most alcoholics have spent their whole lives taking advantage of everything and everyone around them, and as the result, have been plagued by the guilt

and shame that only a drink could mask. The program of Alcoholics Anonymous suggests that *we live by principles*, and I cannot find one selfish principle in the Big Book or the Twelve and Twelve.

I believe that most of the people who truly have a desire to stop drinking and embrace the program of Alcoholics Anonymous start to change much of the behaviors that they recognize as counterproductive simply because they can hear these things that we all share at meetings and they change the most obvious shortcomings in their day to day activities. This is a good start, and with time it starts to erode much of the shameful habits of past that had become commonplace. Talk of inventories and amends cause us to think at a different level about those material matters. That is usually the only thing that we are aware of in the beginning.

When we talk about spiritual matters, it seems that we all have different perceptions of exactly what we mean by "spiritual." For the sake of simplicity, we can think of it as our innermost self, such as *our ego, conscience, our mind, our heart or soul, if you like, and realize that this is where our spirit resides and where our emotions live, and that is also where the pain of our past thrives.* If we want to achieve the peace of mind that is promised in Step Nine, we will have to come to terms with the process of acceptance of the world as it is and of the people in that world. If we want to be accepted and forgiven for our past mistakes, we must be willing to accept all of the people that we find fault with and give them the same latitude that we are seeking.

To accomplish this, we can *stop being judgmental and replace that with an understanding spirit.* We will have to *replace gossip and character assignation with compassion and empathy.* If we can't do that, then how can

we expect the world around us to accept us and forgive us for our past mistakes? This is no time to rest on our laurels, so to speak. It's time to begin cleaning out the attic. This is where we begin to free up that space in our minds that has been keeping

us awake at night. This is truly the path to developing the *unselfish spirit*, and with it come a peace of mind that was hard to imagine while we were still playing God ourselves. It costs me nothing to be kind.

– Rick R.

OK God, Let's Pray

When I read the last edition of *The COIN*, the idea of contributing an article struck me as perhaps being from my Higher Power. The intervening days have been filled with ennui, lethargy... anything but a passion to sit down and put ideas on paper in a way that they might make sense to another alcoholic. The Big Book mentions being revolted by the idea of prayer and needing to return to it when one can. I hope that time of return to prayer is now.

Honestly, it feels as if I haven't prayed in months – at least not the way I used to.

I live with a partner who likes to have breakfast together. (Doesn't he realize that morning is the time to meditate quietly, to pray in solitary splendor?) However, in my understanding, communion with another human is a sacred moment of intimacy and relationship, with God, with the Higher Power, with the other, and perhaps with myself. My understanding today is that, for some of us, the Higher Power lives in relationships, rather than in dogma and ritual. Maybe Bill W. knew that when he talked about fellowship, tolerance, and acceptance. No wonder so many recovering people find themselves in the loving embrace of Twelve Step meetings, rather than in the pews of more traditional communities.

Why am I surprised that older solutions do not solve current-day issues? I cannot meditate for 40 minutes in the morning every day, as I hear some people can and do. My lifestyle needs new, "fresh wine skins." So much spiritual writing today

urges us to find the Higher Power in nature, the sound of running water, the singing of birds, the laughter of children. So many folks have ear buds in their ears these days.... We don't even acknowledge each other passing on the street, and surely in all the music, we do find our Higher power and relate to it in a loving and kind way that makes sense to our 2016 sensibilities. Lyrics tell us to "Let go, Move On, Be Happy!"

Meetings help me to sit still and be mind-ful; surely listening for and to the Higher Power comprises a big part of prayer and meditation for me. Recently, I re-watched "The Help." Just last week, a friend at a meeting quoted Abilene as she greeted the small, neglected white child she was nannying: "...You is smart, you is courageous, you is beautiful." My heart was touched. I decided that would be a fine prayer for me to say to myself, every day, directly from my Higher Power to me! Further, I believe it would be OK to turn that prayer around and aim it at my Higher Power: "...You are kind, you are loving, you are patient, you are merciful, you are forgetful of my past, you are rest, you are peace."

Time moves on and changes everything! I wouldn't have written this article this way two years ago. I've prayed, meditated, walked, listened, read, gone to classes.... I'm moving on. The Higher Power always goes before me, if I can only follow and trust and allow myself to share about scary topics.

– CC

When Step Eleven Goes from Head to Heart

I remember when my sponsor gave me an assignment for Step Eleven. After we reviewed the Step in the 12&12, he told me to read the Eleventh Step prayer for the next 30 days and develop a routine for daily prayer and meditation. I had been sober for approximately nine months. I was going through a divorce; I was assistant manager of a sober living environment (SLE) and was unemployed. I had visitation with my boys every Sunday for a few hours.

Just about every week, my soon-to-be ex-wife and I would engage in a heated argument just prior to my visit with my boys, which created a cloud dampening my visit. Experience taught me to call to make sure the visit was taking place as scheduled. To be clear, the cloud quickly disappeared once my boys and I got busy, but they could feel the tension when I picked them up and dropped them off.

One time, when I made the usual call and the argument started, something really strange happened. Without any forethought or plan on my part, I asked her what she meant by what she said – I really wanted to understand what she meant! She could tell I meant it but was a little skeptical, so she was cautious with her response. I restated what she said and asked if that was what she meant. She said “yes.” I told her that we agreed. We did not argue. In fact, I found that this worked with most people most of the time.

As I said earlier, I was going through a divorce. I was very lonely, but attending meetings helped. I eventually took a service commitment as a greeter, which required that I arrive at the meeting early to greet those attending. I

made another discovery – I was not lonely anymore after the second or third handshake.

Then it hit me: The Eleventh Step prayer was taking hold of me. It says, “Lord, grant that I may seek rather to comfort, than to be comforted. To understand, than to be understood...” The lesson here is that prayers must be followed by action. This prayer taught me to give others what I want for myself, and then I will receive. This is consistent with most things in Alcoholics Anonymous – we have to give it away to keep it; we pray for the people we resent to have everything we want for ourselves, and we sponsor others so we can stay sober.

My conscious contact with God is the biggest thing in my life today. I am never alone; I have a friend that absolutely loves me as I am but has the power and cares enough take me to better things, if I let Him. My only dilemma is whom to thank. Do I thank God for bringing me to AA or AA for showing me how to develop a better relationship with God?

I told a very dear friend of mine in the program that God had been doing his best to help me, but I could not see it. So He removed everything that was distracting me (job, family, etc.) so I could focus. Left with nothing, I was desperate and had nowhere to go. So He put a few others in my life that showed me to AA. And it was there that I learned how to communicate with him.

“Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry it out.”

– Michael J.

My Understanding of Step Eleven

I have a little over 18 months of AA sobriety. AA has impacted and benefitted my life in ways I could not have imagined 19 months ago. However, since day one, I have not been able come to grips with the notion of “God as I understand Him.” I got through the first ten Steps by paying lip service to the concept of God. I paid that lip service simply so I could get by my sponsor. When I got to Step Eleven, I knew that if I was to be honest with myself, I must resolve my concept of God, and to do that, I must find words to describe “God as I understand Him.”

I am not a religious person, let alone an Episcopalian, but my description of “God as I understand Him” was written by Episcopalian Bishop John Shelby Spong, which I paraphrase as follows:

God is not apart from us but is the very core and ground of all that is. God is not a power beyond this world or a being we could debate. God is neither a divine worker of miracles nor a dispenser of rewards and punishments. God is not a capricious heavenly super parent who comforts us, hears our cries and becomes the Mr. Fix-it for some while allowing others to endure their pain to the bitter end in a radically unfair world.

God is the infinite center of life. God is not a person but rather a spiritual presence in which all personhood flourishes. God is not a being, but rather the power called forth in all creatures. God is not an external personal force that could be invoked, but rather an internal reality that, when confronted, opens us to the meaning of life itself.

Step Eleven requires prayer. My lifelong understanding of prayer was as a petition to or act of worship of a supreme being that exists somewhere outside of our world. It is a dilemma for me that my lifelong understanding of prayer has no place or purpose in my concept of God. Spong

resolves my dilemma by providing a definition of prayer, which I quote below:

Prayer is the offering of our life and our love through the simple action of sharing our friendship and our acceptance. Prayer is my being calling to the being of another and thus giving that other the courage to dare, to risk, and to be in a whole new way, perhaps inside a whole new dimension of life.... Prayer is the active recognition that there is a sacred core in every person that must not be violated. Prayer is the facing of life's exigencies, which involves us all in the realization that we live subject to a wide array of circumstances over which we have no control. Prayer is not cowering before these circumstances, but rather being willing to meet them with courage. Prayer is the ability to embrace the fragility of life and to transform it even as we are victimized or killed by it. Prayer involves shedding the delusion that we are the center of the universe or that our lives are so important to some external deity that this deity will intervene to protect us. Prayer is a call out of childish dependency into spiritual maturity.

In the 12x12, there is a prayer (the prayer of St. Francis – the Eleventh Step prayer) that contains the words, “...It is better to comfort than to be comforted, to understand than to be understood, to love than to be loved.” The 12x12 goes on to say that by remembering these words, “...we will be following the intent of Step Eleven.”

I believe that in taking the actions prescribed by Spong's definition of prayer, I cannot help but to increase my conscious contact with God. I believe that in taking the actions prescribed by Spong's definition of prayer, I cannot help but seek to comfort rather than to be comforted, to understand rather than to be understood, to love rather than to be loved. I believe that by taking the actions prescribed by Spong's definition of prayer, I cannot help but to follow the intent of Step Eleven.

– Dan C.

The Saint Francis Prayer: An All-Encompassing Prayer

As I have navigated my way through the program of Alcoholics Anonymous, having only a limited education but a desire to learn all I can about life as it unfolds, it occurs to me that most of the things that the program teaches me are things I've have been taught before. I learned the Ten Commandments in church. In the Boy Scouts, I learned that a scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, brave, clean, and, reverent. In sports, I learned of teamwork and of disappointment. In kindergarten, I learned to play fair in the sand box, and about the "Golden Rule." These things have been around long before me and even before A.A.; so where did I go wrong?

I, like most of us that come into the program, had a myriad of personal problems, and at first, I believed that those life issues – including marital, legal, economic, physical, etc. – were the cause of my drinking the way I did. At that time, I wasn't sophisticated enough to understand the ins and outs of these things. I'm not sure that anyone can just drop what they have been conditioned to do just because they quit drinking. There has to be more to it than that.

If at first we are fortunate enough to envision the wonderful life we can experience as the result of embracing this program to the fullest degree, we will, first, want to clear up the wreckage of the past. This we can do by thoroughly going through the Steps in the spirit that they were intended, being careful not to hold back anything. As we approach the Twelfth Step, we are introduced to the Saint Francis prayer in the 12x12. Francis was not yet a saint when he wrote this prayer, but he expressed that these virtues

were the answer to all of the misguided thinking of the past. Note that not one of his requests is for help with things that are of a selfish or material nature. I myself am not affiliated with any religious organization, but I am not threatened by religious doctrines, and I agree with the statement on p. 87 of the Big Book: "Be quick to see where religious people are right. Make use of what they offer."

I am sometimes honored when a newer member of the program asks for some guidance, and I will usually suggest that he/she write out this prayer in long hand, paste it on his or her mirror, and read it every day for a minimum of 30 days; I guarantee that it will influence a person's thinking for the rest of their life; it did for me. I don't know of a more practical thing to set the tone for a person's interactions with others. Thinking back on it, I always knew the right thing to do, but wasn't always strong enough to do it. I dismissed these things, not realizing the pain that would result as I lost my direction in life.

The Saint Francis prayer is one of the ways in which the program suggests we revisit our early value system. It gives us some spiritual direction that deals with the change in our inner self, which, if we heal in that area, the material world will take care of itself. When faced with a sticky situation, I have a choice whether to escalate it or to back off and withdraw with love and understanding. After years of trying my best to live in the spirit of this prayer, it occurred to me that, as the result, I qualify in all of those things I learned as a child – in church, in the Boy Scouts, in kindergarten, the Golden Rule, and in childhood sports. To me, it is an all-encompassing spiritual roadmap.

– Rick R.

Prayer of Saint Francis of Assisi

Lord, make me an instrument of thy peace!

That where there is hatred, I may bring love.

That where there is wrong, I may bring the spirit of forgiveness.

That where there is discord, I may bring harmony.

That where there is error, I may bring truth.

That where there is doubt, I may bring faith.

That where there is despair, I may bring hope.

That where there are shadows, I may bring light.

That where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort, than to be comforted.

To understand, than to be understood.

To love, than to be loved.

For it is by self-forgetting that one finds.

It is by forgiving that one is forgiven.

It is by dying that one awakens to Eternal Life.

~ Saint Francis of Assisi ~

Step Eleven: Suggestions for Folks Not Inclined toward Prayer

Let me begin with a question. If you are either not inclined toward organized religion or outright rebuff the “God thing,” then how are you to feel about a Step that is dedicated to prayer? This article is for you if you cringe at the thought of having to take a Step that implores you to seek *“through prayer and meditation to improve [y]our conscious contact with God, as [you] understood Him, praying only for knowledge for His will for [you] and the power to carry that out.”*

I was able to overcome any trepidation I had at the concept of prayer two ways. First of all, I recommend reading Page 86 of the Big Book. Those pages state that you ought to conduct a personal recap at the end of each day and determine what you should do differently going forward. It goes on to implore you to consciously contemplate the coming day when you wake up, thinking hard about how you can do the right thing versus follow your own selfish will. If you are so inclined, consult with your God in the process. However, even if you do not, those are moments of self-examination that will definitely bear fruit in your daily life.

The second way I overcame my apprehension about prayer was to practice a meditation technique I learned in my out-patient program. It is called the “three-by-three.” After reading this paragraph, give it a try. I will literally describe the three Steps and conduct them as I type the words below in my home office.

1) Focus your vision intently on three different sights, one at a time. See the blend of colors, tones, and textures of each in succession. I am looking first at the glare of my desk lamp on the white paint of my closet door, noting the paint strokes. From there, I move to the deep orange of my varsity letter from high school that I have framed on the wall. Finally, I observe the

binding of my 12x12 on my desk; it is falling apart.

2) Then focus your hearing just as intently on three different sounds, one at a time. Listen for pitch and immerse yourself in pure background noise. I can hear a distant plane overhead, fading. From there, I hear my five-year-old talking to her dolls – just a murmur that ebbs and flows. Finally, my office wall clock has a loud tick-tock and I’ve never noticed that it has two distinct sounds as it ticks (or tocks).

3) Finally, make your body and skin hyper-sensitive to feeling. My right arm is off the edge of the desk and the desk cuts ever-so-slightly into my elbow. My left foot is half on the warm carpet and half the chilly wood floor. My face is slightly flushed after a day outside in the sun and the wind.

Give it a try: sights times three; sounds times three; touch times three.

This simple exercise has quite literally changed my life. I use it at work, in traffic, and at home. Returning to the Big Book, the authors state at the bottom of page 87 that “as we go through the day we pause when agitated or doubtful, and ask for the right thought or action.” It is precisely at that time that I break out the 3x3.

Let me return to the question from the beginning of this article: How can you take Step Eleven if you are skeptical and hesitant about organized religion? It is quite easy. Reviewing your day and preparing for the next day are logical and rational actions. Pushing a thorny issue out of the way while you focus intently on sights, sounds, and touch is bound to help you relax in the face of stressful situations. Worst case? There is exactly zero downside. Best case, you will have a more rewarding and fruitful life – one day at a time.

– JD D.

Finding the Sunlight of the Spirit through Step Eleven

In the beginning, my first thought was, “this Step is a lot of words to memorize,” and to be honest, at first, I did not get the full meaning of it at all, inasmuch as I had a different concept in my mind about prayer and meditation.

My concept of God was just to ask for what I wanted and I either got it or I didn't. Simple. And meditation was what people did in yoga classes. But I finally figured out that Step Eleven was a way for me to develop a dialog with “my” God – a whole new way to communicate, so to speak. Not through just self-centered prayer, but a new kind of prayer and meditation. I came to realize that my “Higher Power” is within me and working for me all the time. As soon as I removed my barriers, a two-way communication resulted. I learned to trust that I was not just talking into thin air.

AA taught me that prayer is asking for guidance, and meditation is listening for the answer. All I had to do to receive that direction and guidance was just be quiet and listen for God's will for me, and “be willing” to accept the power to carry it out.

God speaks to me through thoughts, ideas, people, places, memories, music, reading... He speaks to me through what people share at meetings, through my dialogue with my sponsees. He is here for me *always, as is His grace, wisdom, and love.*

“Was I praying the wrong way before?” I now have to say yes. Was I even listening at all for God's word/will for me? Not much, not according to the Eleventh Step. Because I did not know that concept before.

Prior to the Fifth Step, and having a lot of guilt, I just figured that God didn't care about me anyway and probably never would. However, I came to realize that my life was all God's work, and it was His will for me that got me into AA. He set me up!

He did have a plan for my life, and living sober was His will for me – one day at a time, by His grace. I was to use my “life lessons” to help those who had been through what I had been through and who wanted help not to drink anymore. I would “not regret the past nor wish to shut the door on it.”

I went to my first 12x12, to “consult” my many, many notes written in the margins and squeezed in all over the pages, along with the highlighting and underlining in the Eleventh Step. It has taught me so much, and has been a beautiful reinforcer over the years. It helped me understand the Prayer of St. Francis of Assisi, which we see on the walls of many meetings; it is a joy to sit and read it before the meeting starts.

Just to mention a few things.... The 12x12 says that studying the Eleventh Step will often enable us to clear a channel choked up with anger, fear, frustration, or misunderstanding. Meditation is our Step out into the sun – the sunlight of the spirit. As we have seen, self-searching is the means by which we bring new vision, action, and grace to bear upon the dark and negative side of our natures. We have found peace of mind. We have found strength not ordinarily our own, wisdom beyond our usual capacity. We have increasingly found peace of mind that can stand firm in the face of difficult circumstances; when we turn to *Him*, all will be well with us, here and hereafter.

So in ending, I love what the Eleventh Step has done for me, and through the Eleventh Step, as I work with “my ladies,” I keep getting a refresher course. The program is priceless!

“It is well with my soul” and shall remain so, if I stay in God's will. I was blind, but now I see. Amazing!

– Danette G.

Tradition Eleven: Personal Anonymity

The whole concept of anonymity is subject to much interpretation. Frankly, debate is a healthy thing; it serves to make any organization stronger. However, it is reasonably clear that the fellowship is mostly of one mind when it comes to Tradition Eleven.

In order to drive home the message of personal anonymity, consider Dr. Bob's gravestone (a picture of which I will not include for the sake of – you guessed it – anonymity). This man was one of our founding fathers. His legacy has touched literally millions of people. In spite (or perhaps because) of this, his grave bears not a word of his part in the amazing fellowship that so many of us call home. When it comes to his final resting place, his role in AA remains, well, anonymous.

I have heard it said that we keep our personal anonymity at the level of press, radio, and films to guard against tarnishing AA as a whole if we slip. It is indeed logical that the group welfare is so

important that none of us ought to put said welfare in jeopardy. I actually believe that to be true, albeit an incomplete explanation of Tradition Eleven. Indeed, that does not explain why Dr. Bob remained anonymous, even in death.

My personal belief is that a huge number of us (myself very much included) are prone to “big-shot-ism.” Ego runs rampant in the rooms of AA. In fact, breaking anonymity in a public setting could lead to the adulation that so many of us crave. That ego feeding, ironically, could contribute to a relapse.

A cherished member of my home group taught me that there is no chapter called “*Why It Works*” in the Big Book of Alcoholics Anonymous. There is also no section in the 12x12 that documents *why* we ought to remain anonymous at the level of press, radio, and films. Whatever the reason, Tradition Eleven is grounded in common sense. In addition, even in death, Dr. Bob was setting an example for



each and every one of us. Hence, I can think of no better way to close than with his words.

On his deathbed, Dr. Bob told his dear friend, “Remember Bill, let’s not louse this thing up. Let’s keep it simple” (*Dr. Bob and the Good Oldtimers*, p. 343). This final

statement says it all. If that man can end his life with such a message and insist that his personal anonymity remain intact in this, his final resting place, who among us should be so bold as to break our anonymity in the public medium?

– JD D.

The Principle of Anonymity and Recovery Advocacy

When I was very newly sober, my understanding of Tradition Eleven and the principle of anonymity was cursory at best. I knew not to publically announce myself outside of the rooms as a member of the fellowship, or to take pictures in the rooms. I knew not to greet people on the street as fellow members of AA, or to say “Oh, we met at an AA meeting,” when asked how I knew such-and-such. (This happened on more than one socially harrowing occasion, and I’ve thankfully gotten more adept at maintaining my and their anonymity – my go-to answer is “friends of friends.”) That was about it.

In those early days, I had a chance to watch a documentary on the recovery movement. (In the interest of honoring Tradition Six, I won’t name it here.) The film delves into the history and current state of the recovery movement and its various elements (including but not limited to our own sacred fellowship), and seeks to create a dialogue on addiction awareness, and to foster a grassroots recovery advocacy movement in this country.

I was stirred watching this film. It talked about how the principle of anonymity is often misconstrued (and possibly even miscommunicated), even within AA. Whereas for good reason we aren’t meant to acknowledge in any kind of public forum that we are members of Alcoholics

Anonymous (as my friend JD talked a bit about above), we – the film maintains – are perhaps doing potential future former addicts and alcoholics a *disservice* by “hiding in the shadows” (in the filmmakers’ words).

I was curious from the beginning of my sobriety journey about how some people are very public about their recovery on Facebook, for example, whereas others play it close to the chest. Neither approach is wrong, in my opinion, so long as no one mentions the fellowship specifically. But with social media in particular, there is naturally a slightly slippery gray area.

In the film, the people interviewed identified themselves as “people in long-term recovery.” I asked my sponsor at the time if I could do that, and she told me with a smile that I should stick around for a few 24 hours before doing so. Point taken.

But it got me thinking. I like the idea of being forthcoming about my recovery. I am *proud* of my recovery, and beyond grateful for it. If someone who knew me when I was getting loaded, in all the “glory” that entailed, could see that I was able to turn my life around, maybe that, right there, is attraction. Tradition Eleven is sacrosanct, to be sure, as are all of them; the founders were wise and prescient in writing them. But who will advocate for recovery if not us, those who’ve been graced with it?

– Stephanie L.

Disruptive Members at AA Meetings

There is always a lot of confusion and indecision when a meeting is visited by a troublesome individual who can create a problem for a meeting. AA has provided an answer and solution for this problem in AA General Service Office (GSO) New York, Box 459, Fall 2010 issue, pages 4–5.

Other local AA Intergroup newsletters have reprinted this article for the use by their members. We do so here to provide a guide for any groups experiencing similar issues.

In the Big Book, the chapter “Working with Others,” lists some possibilities that may occur when an AA adopts the attitude that “helping others is the foundation stone of your recovery.” Helping a drunk may mean “...innumerable trips to police courts, sanitariums, hospitals, jails and asylums.... Another time you may have to send for the police or an ambulance. Occasionally you will have to meet such conditions” (*Alcoholics Anonymous*, p. 97). In short, during the course of laying the foundation stone of recovery and helping others, an AA may find him or herself with a troublesome member. In meetings, where AAs find other drunks to work with, the possibilities described in helping drunks are also present, and occasionally, members disrupt meetings.

Although AAs strive to adopt certain attitudes and behaviors, such as “love and tolerance of others is our code” (*ibid*, p. 84), members sometimes find that a troublesome individual’s behavior is so violent or threatening that it becomes difficult or impossible for the group to fulfill its primary purpose of carrying the AA message. Furthermore, as Tradition One reminds us, “Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Hence our

common welfare comes first” (*Twelve Steps and Twelve Traditions*, p. 189).

How a group handles disruptive and/or threatening members can cause conflict and controversy, so many group members rely upon the shared experience of others who have successfully dealt with a similar situation. Often, groups or group members contact the General Service Office regarding disruptive members at AA meetings. GSO, in addition to upholding the actions of our Conference and board, also functions as a repository for the shared experience of AA groups.

Some groups have shared suggestions on how to handle disruptive behavior. One group recommends that a member first approach the individual, informally and one-on-one, in order to discuss the problem and look for solutions. This group reminds one another to let the Twelve Steps and Twelve Traditions guide all communication, striving always to place principles before personalities and to treat all with kindness, patience, compassion, tolerance, and love.

In another example, one group shared how they dealt with disruptive and/or threatening members who did not respond to polite requests or one-on-one approaches: The group set up a group conscience/business meeting and, prior to all discussion, agreed to the following format: 1) Each member can speak only twice on each topic, and 2) Each member can share for only two minutes at a time. Further, the group also found it helpful to define a disruptive/threatening member as anyone who interrupts the good orderly direction of the meeting so that the message of Alcoholics Anonymous cannot be carried. A disruptive and/or threatening member was also defined as

one whose actions intimidate or frighten newcomers so that they cannot hear the AA message. Under these circumstances, the disruptive AA member is asked to attend the group conscience/business meeting. Whether or not he or she attends, the group discusses the problem. If present, the procedure is explained to the disruptive member. The disruptive member may be asked to stop attending the meeting for a specific period of time.

In the above instance, the member is not being “thrown out” of AA, just asked not to attend the meeting. The First Tradition assures AAs that no member “can compel another to do anything; nobody can be punished or expelled” (*Twelve Steps and Twelve Traditions*, p. 129). It is always hoped that the individual member will see the difficulty as an opportunity for personal growth and will attend other meetings in the area in order to maintain his or her sobriety. Usually, this sort of action is taken as a last resort – after an individual has been asked

to change his or her behavior.

Bill W., who always emphasized the loving, helpful, and tolerant attitude AA members should show each other, wrote in a letter in 1969: “This amount of charity does not mean that we cannot exclude those who disturb meetings or seriously interfere with the functioning of the group. Such people can be asked to quiet down or go elsewhere, or, to come back when they are better able to participate.”

Indeed, Bill W. was no stranger to tumult, controversy, or disturbances at AA meetings. He also had faith that growth and good could come out of trouble. In *Alcoholics Anonymous Comes of Age*, he writes, “Within AA, I suppose, we shall always quarrel a good bit. Mostly, I think, about how to do the greatest good for the greatest number of drunks.... Surmounting such problems, in AA’s rather rugged school of life, is a healthy exercise” (p. 233).

– Reprinted from *Box 459*, Fall 2010



Concept Eleven is Alive and Well – More or Less

Remember when Tradition 9 said that AA needs the least possible organization? Well, Concept 11 says that in our corporate operations, we need the best possible organization. Specifically, it says that AA's board of trustees in New York, responsible for our two non-profit service corporations, should always have the best possible committees, corporate directors, and executives. This may seem obvious, but you might find parts of it surprising, especially in light of events at the Conference level over the last few years. Here are some highlights of Bill's writing on Concept 11, printed in the back of the AA Service Manual (available from Central Office or your GSR).

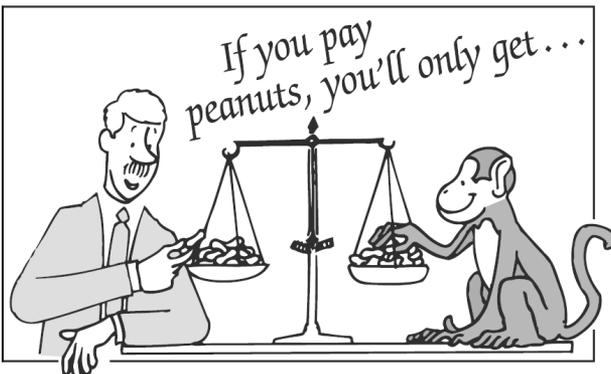
Committees... Most of the Trustees' work is done by committees, which then report their progress or make recommendations that the trustees vote on. There are "standing" committees for ongoing things like finance, literature, and public information (see page S-18 in your Service Manual for a list), and "ad hoc" committees for temporary special issues that come up, such as the recent concern about predators in AA. Committees create literature and videos, explore tough issues, and suggest policies on everything from budgets to how we carry the message in

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C o m m i t t e e
m e m b e r s
i n c l u d e
T r u s t e e s ,
D i r e c t o r s (see
below), and
s o m e t i m e s
A A s t a f f o r
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abilities. For instance, a local past delegate served as an "appointed committee member" on the Trustees' Literature Committee to manage the writing of the pamphlet "It Sure Beats Sitting In A Cell." And a few years ago, a teenage AA member served as an ACM to represent the views of younger members on a Trustees' committee.

Boards of Directors... Separate boards oversee AA World Services, Inc. (AAWS) and The AA Grapevine, Inc. Like any other corporate board, they set direction and policy, and hire an executive to do the work. The Trustees fill some director slots themselves, and for others, they select Directors who know business, finance, law, or just AA. Each year, the selected board is



approved by a vote at the General Service Conference. As with the trustees, the director role is unpaid but quite demanding, involving many hours of

reading, emailing, and conference calls, plus eight trips to New York every year.

Executives... GSO's General Manager and Grapevine's Publisher implement the policies of the boards of directors, managing our active non-profit companies for our sometimes-difficult membership on tight budgets. The Concepts say that one person should always be clearly responsible for a thing (never two or more), and given a clearly defined authority – not micromanaged. Bill discusses four principles that relate to executives: (1) Executives must discern between executing an existing policy and forming a new one, and often seek guidance when forming a new one, as in Concept Three. (2) We must give our paid workers should be paid a competitive salary. Members who contribute a few hundred dollars per year in the basket shouldn't ask other members to contribute tens of thousands by working below the market rate. Lives depend on their hard work, so we should hire the best and pay them reasonably well. (3) Staff members should

rotate regularly, like service workers. This refers mainly to about a dozen alcoholic staffers who each work a specific "desk" (PI, CPC, Corrections, etc.) and

respond to information requests from AA members and from the general public; they rotate to a different "desk" every two years. (4) Workers should have a voice and be consulted in matters that affect them (as in Concept 4. For this reason, about 16 executives and staff members get a voice and a vote at the annual General Service Conference, where our largest decisions are made.

Oddly enough... Near the end of the chapter, as he does in Concept Four, Bill offers some dated advice on the role of female employees. (The Concepts were first published in 1962.) But he does insist that roughly half of the rotating staff members should be women.

Finally, and perhaps most interestingly... While he discusses our corporate structures in Concept Eleven, Bill predicts that from time to time, people will suggest merging the two service corporations or otherwise changing our current corporate structure. He lists some of the reasons they'll suggest this, and provides two pages of reasons why he thinks it's a bad idea. This is shocking to some, because over the last few years that very issue was repeatedly raised (for exactly the reasons Bill predicted) and

passionately debated among the Trustees and Directors. It was decided to keep them separate for now. But for those who wonder why they should bother to learn about the Concepts or AA's non-profit companies, this recent debate may provide a compelling answer.

– Jim F.

Reprinted from the November 2015 issue of The COIN

It's like musical hats!



ARCHIVES Trinity Group Celebrates 70th Anniversary

The Trinity Group held its first meeting on Saturday night, November 9, 1946, at Trinity Episcopal Church on the corner of 2nd and St. John Streets in San Jose. Originally called the Saturday Night Group, it was an open meeting at which family and friends of the alcoholic were allowed to attend and participate. At the time, there were three other groups in the San Jose area – the Monday Night Group, the first group in the county; the Wednesday Closed Mens Group; and the

Thursday Night Group, a small group that met in members' homes. Non-alcoholic family members had been allowed to attend the

Monday Night Group until some time in 1946, when AAs decided they shouldn't attend. This was in part why the Saturday Night Group was formed.

It soon became a popular meeting, and shortly after its formation included regular potluck dinners and other social functions following the regular AA meeting. When it first appeared in the AA World Directory in August 1948, the membership totaled 35. At that time, it was affiliated with the San Francisco Fellowship, as San Jose had not formed a Central Committee as yet. In 1949, a Central Committee was formed in Santa

Clara County, and the Saturday Night Group became affiliated with it.

In March 1950, the first Alano Club was located above the Padre Theater at 141 South First Street. Initially intended as a social club only, the members had agreed not to hold meetings. Within a short time, however, they decided otherwise. When they decided to begin holding meetings there, they agreed on Saturday nights, and by about May of 1950, the Saturday Night Group moved

from the church to the Padre Theater. Meetings continued at the club and grew in popularity and membership until it reached a total of 60, when it was



registered in the Spring 1951 directory.

When the club moved to Almaden Street, some of the group decided to return to Trinity Church. When they approached church officials and asked to return, they were told it was all right, but that if they decided to move again, they would not be welcomed back. They returned to Trinity with total 12 members. The name was changed to the Trinity Group.

By 1955, membership had reached a total of 20, and in 1956, the name was changed to the Trinity Family Group. Secretaries typically served more than one

term, and membership remained at around 20, going to 25 from 1960 to 1962, back to 20 through 1968, reaching 30 in 1969. In 1971, the church was being remodeled, so the group met temporarily

at the First Christian Church at 80 South 5th Street during the remodeling. In 1972, the name was shortened again to the Trinity Group.

– Rose W.

AA Trinity Group "70th Anniversary"



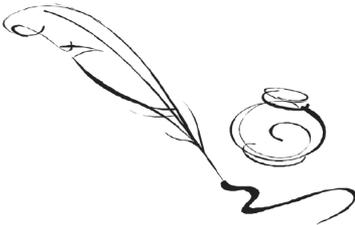
8 p.m. Saturday - November 12th, 2016
Trinity Episcopal Cathedral - Social Hall

*Upstairs **Anniversary Cake**

**81 N 2nd St @ W St. John St
San Jose, Ca**

Church Parking lot for "Disabled Only"

Free Parking at City Garage on 4th Street,
between St. John St. & Santa Clara St. -
2 blocks East.



Poet's Corner: Unseen Beauty

Unseen beauty is like a rose behind a glass case. We see only from a distant its beauty, but never have the opportunity to smell the breathtaking aroma.

Unseen beauty is like a sunset hidden behind the clouds. We see some rays and get a glimpse, but are never honored with the full array.

Unseen beauty is like a gorgeous wave that never gets ridden.

Unseen beauty is like a hummingbird majestically pulling nectar from a flower, and we only feel the wind from its wings.

It is truly a shame to go through life and not experience the true, full, and complete beauty in all things. . . .

Your heart and soul are profound and unseen, nothing on earth is as beautiful as the human soul and yours is truly beautiful.

Let yours come out and let the world see it, even if it's a bit at a time.

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 SOUTH COUNTY GENERAL SERVICE WORKSHOP: 7pm, 1st Congregational Church, 1980 Hamilton Ave., SJ	2 OUTREACH MEETING: 6:45pm INTERGROUP MEETING: 7:30pm Trinity Church, 3151 Union Ave., SJ	3	4	5 SECRETARY WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell
6 P/CPC WORKSHOP: 5:30pm, P/CPC MEETING: 6pm, Our Savior's Lutheran Church, 1224 N. Winchester Blvd. at Tulp, SC	7	8	9 NORTH COUNTY GENERAL SERVICE MTG: 7:30pm St. John's Lutheran Church, 581 E. Fremont Ave., Sunnyvale	10	11 <i>Central Office closed</i>	12
13	14	15 SOUTH COUNTY GENERAL SERVICE MEETING: 7pm 1st Congregational Church, 1980 Hamilton Ave., SJ	16	17	18	19 DIVERTE/12 th STEPPERS WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell
20	21 BRIDGING THE GAP MTG: 7pm, 1st Congregational Church, 1980 Hamilton Ave. at Leigh, SJ	22 HR&I COMMITTEE MEETING: 7pm, 1980 E. Hamilton Ave., SJ	23	24 THANKSGIVING DAY <i>Central Office closed</i>	25 <i>Central Office closed</i>	26 <i>Central Office closed</i>
27	28	29	30			

December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 SECRETARY WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell
4 PI/CPC WORKSHOP: 5:30pm, PI/CPC MEETING: 6pm, Our Savior's Lutheran Church, 1224 N. Winchester Blvd. at Tulip, SC	5	6 SOUTH COUNTY GENERAL SERVICE WORKSHOP: 7pm, 1st Congregational Church, 1980 Hamilton Ave., SJ	7 OUTREACH MEETING: 6:45pm INTERGROUP MEETING: 7:30pm Trinity Church, 3151 Union Ave., SJ	8	9	10
11	12	13	14 NORTH COUNTY GENERAL SERVICE MTG: 7:30pm St. John's Lutheran Church, 581 E. Fremont Ave., Sunnyvale	15	16	17 DIVERTEK/12 th STEEPERS WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell
18	19 BRIDGING THE GAP MTG: 7pm, 1st Congregational Church, 1980 Hamilton Ave. at Leigh, SJ	20 SOUTH COUNTY GENERAL SERVICE MEETING: 7pm 1st Congregational Church, 1980 Hamilton Ave., SJ	21	22	23	24 CHRISTMAS EVE Central Office Closed
25 CHRISTMAS DAY	26 Central Office Closed	27 H&I COMMITTEE MEETING: 7pm, 1980 E. Hamilton Ave., SJ	28	29	30	31 NEW YEARS DAY



October 2016 Statistics

Daytime Phone Calls to Central Office.....259

Daytime 12-Step Calls.....3

(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

No new meetings this Month

CHANGED

New Day and/or Time

3rd Steppers Book Study (women):
Thursday, **Now meets at 6:30pm** Congregational Community Church, 1112 S. Bernardo @ Remington, Sunnyvale.

Big Book 103: 1555 S. 7th Street, Bldg K., San Jose. No longer meets on Saturday at 2pm, **Now meets on Thursday at 7pm.**

NO LONGER MEETING

.WOW (Women of Wellness): Sunday, 4:30 pm, Serenity First Fellowship, 304 N. 6th St., @ Julian, San Jose.

Just Plain AA Speaker Meeting: Saturday, 8 pm, St. Mark's Church, 1957 Pruneridge, Santa Clara.

Book Worm aka (NexGen): Friday, 4:30 p.m., Alano Club West: 1555 S. 7th Street, Bldg K., San Jose.

Let Us Love You:: Saturday, 8 pm, Freedom Fellowship, Foothill Covenant Church, 1555 Oak Ave., Los Altos.

Please be responsible:

If there are any changes to your meeting, location, format, or your meeting is discontinued, please contact Central Office ASAP and update your information. Don't send a newcomer to an empty room!

Thank You

Birthday Contributions

Birthday Celebrant	Years	Contributions	Birthday
Kathy M.	35	Robbie R.	09/05/1981
Greg C.	6	Greg C.	09/12/2010
Eva Z.	5	Eva Z.	09/19/2011
Abe G.	2	Runnamuck	10/01/2014
Scott F.	1	M.S.G.	10/01/2015
Barbara W.	27	Barbara W.	10/03/1989
Diane O.	6	Julie K.	10/08/2010
Jerry C.	36	Sheila T-C	10/10/1980
Joe B.	21	Joe B.	10-16-1995
Shayla C.	4	Julie K.	10/17/2012
Mel R.	31	Lub Daffy	10/26/1985
Rose W.	40	Rose W.	10/31/1976



214 Years of Sobriety!

If you would like to participate or to 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.

INTERGROUP MEETING MINUTES

October 5, 2016

- Carol B., Intergroup chairperson, opened the meeting at 7:30pm followed by a moment of silence and the Serenity Prayer. Abe read the definition of Intergroup. Louie read the Twelve Traditions.
- New Intergroup Reps
 - Jen – Women’s Brunch, Palo Alto (Saturday 10:30am)
 - Dominic – Milpitas We Care Group
 - Abe – Think Tank at Alano East (Saturday 10am)
- Visitors (none)
- Birthdays

Coree, 4 years	Joel, 8 years	Tamlyn, 5 years
Scott, 6 years	Pam, 10 years	Stephanie, 2 years
Carol, 12 years		
- 7th Tradition
- Corrections or Additions to the Agenda (none)
- Corrections or Additions to the Previous Month’s Minutes (none, minutes approved as submitted)
- Treasurer’s Report, Joe B.
- Third quarter totals are \$922 collected for the 7th Tradition, \$450 paid for rent, and \$15 for refreshments, leaving a balance of \$521 plus our prudent reserve of \$300. Joe has been the Intergroup treasurer for three years and asked for a volunteer to take this service position. Mike H. volunteered.
- 50 voting members present

Reports

Intergroup Chair, Carol B.

- Thank you Bradley for making coffee tonight. Thanks to Larry M. for setting up and taking down our PA system and to Larry P. for bringing the PA system from storage to Intergroup and then returning it. Take Your Sponsor to Brunch was terrific. Tonight we’re conducting elections for open service positions that will serve Intergroup for the next 1–2 years. Use your note-taking guide for reporting back to your meeting. The Oldtimers’ meeting will be October 29; please encourage your group members to attend.

Housekeeping Motion, Bruce K.

- Bruce asked for Intergroup’s approval to send our webmaster Josh to the National AA Technology Workshop at a cost not to exceed \$1,000 to cover registration and expenses. Intergroup supported Josh’s participation last year. A motion was made, seconded, and approved.

Nominating Committee (Joe B., chair, Gloria V., Debra M., and Gary M.)

- Gary M. introduced the candidates, who made presentations in September, and introduced Frances R. for alternate chair and Mary S for alternate recording secretary. Gary explained the vetting process, which began in July, and asked for additional nominations from the floor; there were none. Frances R. and Mary S. made presentations.
- The following members were elected by acclamation:

Intergroup chair, Robby W.	Recording Secretary, Val C.
Alternate Chair, Frances R.	Alternate Secretary, Mary S.
- Central Service Board has three open positions; nominees were Carol B., Stu C., Bill H., and Larry M. Gary M. explained the process (one person elected at a time, minimum of three rounds needed to elect all three positions). Carol B., Bill H., and Stu C. were elected to the Central Service Board
- Gary thanked all the nominees for their time and availability to be of service to Intergroup.

Reports (resumed)

Central Service Board, Laura T. (elections conducted; no report)

Central Office, Bruce K.

- Terrific, new, ergonomically correct chairs were donated to the office this month by a member. They not only feel great, they also look great
- A reminder: The annual Holiday Tamale Party is set for December 3rd at Central Office.
- Bruce is off to Kansas City for the annual managers' gathering and will probably miss the meeting next month. Julie N. will be present.

I2th Step Committee, Alex S. (no report)

Daytime Office (no report)

Nights and Weekends Diverter Coordinator, Dominic B.

- Encourage potential volunteers to attend the diverter workshop, where they can learn about open shifts.
- There are five open shifts: the fifth Sunday, 6–9am; the third Tuesday, 10:30pm–6am; the fifth Tuesday, 7–10:30pm; the third Wednesday, 4:30–7pm, and the third Saturday, 3–7 pm.

Outreach Committee, Susan P.

- We would like to get meetings without an Intergroup Rep. some representation at Intergroup.

The COIN, Stephanie L.

- Submit content by 10/19. Please bring *The COIN* to your meetings!

Website, Josh R. (no report)

Activities Committee (report given by Stephanie L. for Ken M.)

- The Oldtimers' meeting is October 29; we need to get the word out. Volunteers and homemade cookies are needed.

Old/Ongoing Business (none)

New Business (none)

Other Service Committee Reports

Unity Day 2016, Greg C.

- Unity Day was a success, \$3,357.42 was brought in; we paid a \$1,350 deposit for 2017, leaving a \$2,000 balance in the prudent reserve – about \$500 more than normal.
- 2017 Unity Day will be on August 20th in the same location, the Milpitas Community Center.

NCCAA (no report)

PI/CPC (no report)

Hospitals & Institutions, Tommy O. (no report)

Bridging the Gap, Jane and George

- The Annual Bridging the Gap Forum will be held at Historic Hoover Theater Saturday, October
-

15, 8:30am–4pm; all are invited. The Forum will include presentations by past trustees, Judge F., an H&I Panel, and our delegate.

North County General Service, Marianne (no report)

South County General Service, Coree H. (no report)

SCCYPAA, Dana (no report)

Sober and Free, Linda

- Our Halloween Extravaganza is October 22 at the Billy de Frank Center on The Alameda in San Jose. There will be a costume contest, lip syncing, a speaker, and a dance. Tickets are \$15 at the door. Info is available at soberandfree.org.

Open Forum

- Bradley advised that we leave the meeting cautiously; it's dark, and the parking lot can be dangerous.
- Julie is looking for people to fill a temporary service position (setup and cleanup) for five hours on October 22, 10am–3pm at Central Office.
- Darcie thanked the outgoing Central Service Board members.
- The 7th Tradition collection this evening was \$95.
- The meeting closed with the Responsibility Statement at 8:30pm.

LOCAL EVENTS

- | | |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| November 12 | AA Trinity Group 70th Anniversary Celebration, Trinity Episcopal Cathedral (Social Hall – upstairs), 81 N. 2nd Street at W. St. John St., San Jose, 8 p.m. |
| November 24 | Serenity First Fellowship Thanksgiving Day Thank-a-thon, 6th and Julian, San Jose, meetings every hour and a half 9am to 9pm |
| November 24–25 | Cornerstone Fellowship Group Thanksgiving Alcañon, 1600 Dell Avenue, Campbell, 6am Thursday to midnight Thursday, 6am Friday to midnight Friday; potluck at 1pm Thursday |
| December 3 | 5th Annual Holiday Tamale Party, 11 a.m. to 2 p.m., Intergroup Central Office, 274 E. Hamilton Ave., Campbell |

CALIFORNIA EVENTS

- | | |
|----------------|-------------------------------------------------------------|
| November 18-20 | National AA Technology Workshop, Winston-Salem, N. Carolina |
|----------------|-------------------------------------------------------------|

AROUND THE COUNTRY AND THE WORLD

- | | |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| November 24-27 | Las Vegas Roundup 50th Annual Celebration, Westgate Las Vegas Resort & Casino, 3000 Paradise Rd., Las Vegas, NV www.lasvegasroundup.org |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



Sal G.

Calling All Service Committee Reps!

The COIN would like to start featuring some more news about AA in Santa Clara County. If you are involved in any capacity, consider contributing a story about your group or event to help keep our membership informed. It's free publicity and a great way to recruit! Please contact coin@aasanjose.org.

To include your upcoming event in the next issue of the COIN, send your event information to us at coin@aasanjose.org by Wednesday, November 23!!

The COIN is always looking for new writers, artists, cartoonists, photographers... Any and all mediums to communicate the message of recovery are welcome! Please email submissions to coin@aasanjose.org. The deadline for the November issue is Wednesday, November 23rd.

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Profit & Loss

October 2016

	Oct 16	Oct 15	Jan - Oct 16
Ordinary Income/Expense			
Income			
3030 · Contributions-General	17,615.58	10,804.49	158,553.04
3050 · Group Insurance (Group premium payments)	0.00	0.00	5,725.00
8010 · Literature Sales	3,064.35	3,732.29	42,841.99
8020 · Meeting Guide Sales	301.50	584.50	4,912.95
8050 · Activities Committee	2,122.31	4,028.66	7,162.55
8055 · Central Office Events	0.00	0.00	10,762.50
8060 · Newsletter	0.00	5.00	35.00
Total Income	23,103.74	19,154.94	229,993.03
Cost of Goods Sold			
5000 · Cost of Goods Sold			
5100 · Cost of Inventory Sold	2,560.76	3,261.22	34,673.18
5150 · Cost of Meeting Directories	232.49	496.54	3,736.07
5000 · Cost of Goods Sold - Other	8.40	0.00	8.40
Total 5000 · Cost of Goods Sold	2,801.65	3,757.76	38,417.65
9040 · Literature Inv Adjustment	0.00	-11.40	0.00
Total COGS	2,801.65	3,746.36	38,417.65
Gross Profit	20,302.09	15,408.58	191,575.38
Expense			
6010 · Alarm Service	207.00	207.00	828.00
6015 · Activities Committee Expense	0.00	0.00	4,598.98
6025 · Central Office Events Expense	716.84	0.00	6,235.16
6030 · Accounting and Legal Fee	0.00	0.00	175.00
6070 · Bank Credit card charges (Credit card costs and fees)	78.28	37.64	828.20
6120 · Computer Expenses	40.00	0.00	319.00
6140 · Conferences - Exec. Dir.	0.00	790.74	744.95
6150 · Unity Day Expense	0.00	0.00	1,500.00
6160 · Copier Expense	25.98	192.33	909.55
6190 · Depreciation Expense	0.00	0.00	3,431.25
6220 · Insurance - Worker Compensation	0.00	0.00	766.60
6225 · Insurance - Emp. Health Plan	528.28	1,451.85	5,105.48
6230 · Insurance - General Liability	0.00	0.00	1,302.67
6240 · Employee HRA Plan	257.60	1,136.24	7,530.74
6245 · Internet Access Charges	12.50	25.00	125.00
6320 · Newsletter Expense	99.22	832.21	1,582.79
6330 · Office Expense	62.26	268.59	3,299.86
6360 · Archives	0.00	0.00	59.00
6370 · Office Paper Supply	0.00	0.00	331.22
6380 · Payroll Taxes	693.93	701.38	7,304.20
6410 · Postage	0.00	50.46	1,859.11
6480 · Rent	2,457.60	2,368.25	24,304.65
6510 · Repairs & Maintenance	0.00	0.00	137.29
6540 · Salaries - Office			
6541 · Vacation Pay	-1,129.89	0.00	1,503.89
6540 · Salaries - Office - Other	8,595.10	8,470.75	82,969.12
Total 6540 · Salaries - Office	7,465.21	8,470.75	84,473.01
6560 · Payroll Expenses	0.02	0.00	52.76
6600 · Signing Services	200.00	200.00	1,600.00
66900 · Reconciliation Discrepancies (Discrepancies between	0.00	0.00	0.00
7010 · Taxes and Licenses	0.00	0.00	60.00
7050 · Telephone	246.88	326.54	2,034.50
7060 · Travel	0.00	131.46	299.29
9080 · Sales Tax (Sales tax paid on purchases)	0.00	4.66	-1.05
Total Expense	13,091.60	17,195.10	161,797.21
Net Ordinary Income	7,210.49	-1,786.52	29,778.17
Other Income/Expense			
Other Income			
8025 · Rebate	0.00	0.00	390.12
8030 · Interest Income	4.14	6.69	183.11
Total Other Income	4.14	6.69	573.23
Net Other Income	4.14	6.69	573.23
Net Income	7,214.63	-1,779.83	30,351.40

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Balance Sheet

As of October 31, 2016

		Oct 31, 16
ASSETS		
Current Assets		
Checking/Savings		
1010 · Petty Cash		213.06
1020 · First Republic Bank (Checking account)		41,267.52
1021 · (PR) First Rep. Bank CD 0429 (12 Mo. CD @ .5%, 08/12/16)		17,752.71
1023 · (PR) First Rep. Bank CD 3228 (12 Mo. CD @ .35%, 02/05/16)		16,592.99
1027 · (PR) First Rep. Bank CD 7681 (12 Mo. CD @ .3%, 4/29/17)		15,108.19
1028 · (PR) First Rep. Bank CD 6955 (8 Mo. CD @ .35%, 04/30/16)		20,138.87
Total Checking/Savings		111,073.34
Accounts Receivable		
1110 · Accounts Rec - Group Deposits		-1,718.93
Total Accounts Receivable		-1,718.93
Other Current Assets		
1250 · Literature Inventory		21,059.33
1310 · Prepaid Insurance		5,372.80
13700 · Payroll Service Customer Asset (Payroll Service Customer Asset)		-0.01
1499 · Undeposited Funds		3,807.33
Total Other Current Assets		30,239.45
Total Current Assets		139,593.86
Fixed Assets		
1630 · Office Equipment		29,553.31
1640 · Office Furnishings - Asset		7,757.80
1641 · Less Accumulated Depreciation		-21,684.22
1680 · Leasehold Improvements		300.00
1681 · Less Accumulated Amortization		-300.00
Total Fixed Assets		15,626.89
Other Assets		
1860 · Deposits		1,993.85
Total Other Assets		1,993.85
TOTAL ASSETS		157,214.60
LIABILITIES & EQUITY		
Liabilities		
Current Liabilities		
Credit Cards		
2075 · American Express		2,075.08
Total Credit Cards		2,075.08
Other Current Liabilities		
2240 · Sales Tax Payable (due quarterly)		1,425.97
2340 · Accrued Vacation		13,208.56
2600 · Unity Day		2,027.42
Total Other Current Liabilities		16,661.95
Total Current Liabilities		18,737.03
Total Liabilities		18,737.03
Equity		
3100 · Prior period adj. - vacation		-11,704.67
3900 · Unrestricted Funds		119,830.84
Net Income		30,351.40
Total Equity		138,477.57
TOTAL LIABILITIES & EQUITY		157,214.60

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

October 2016

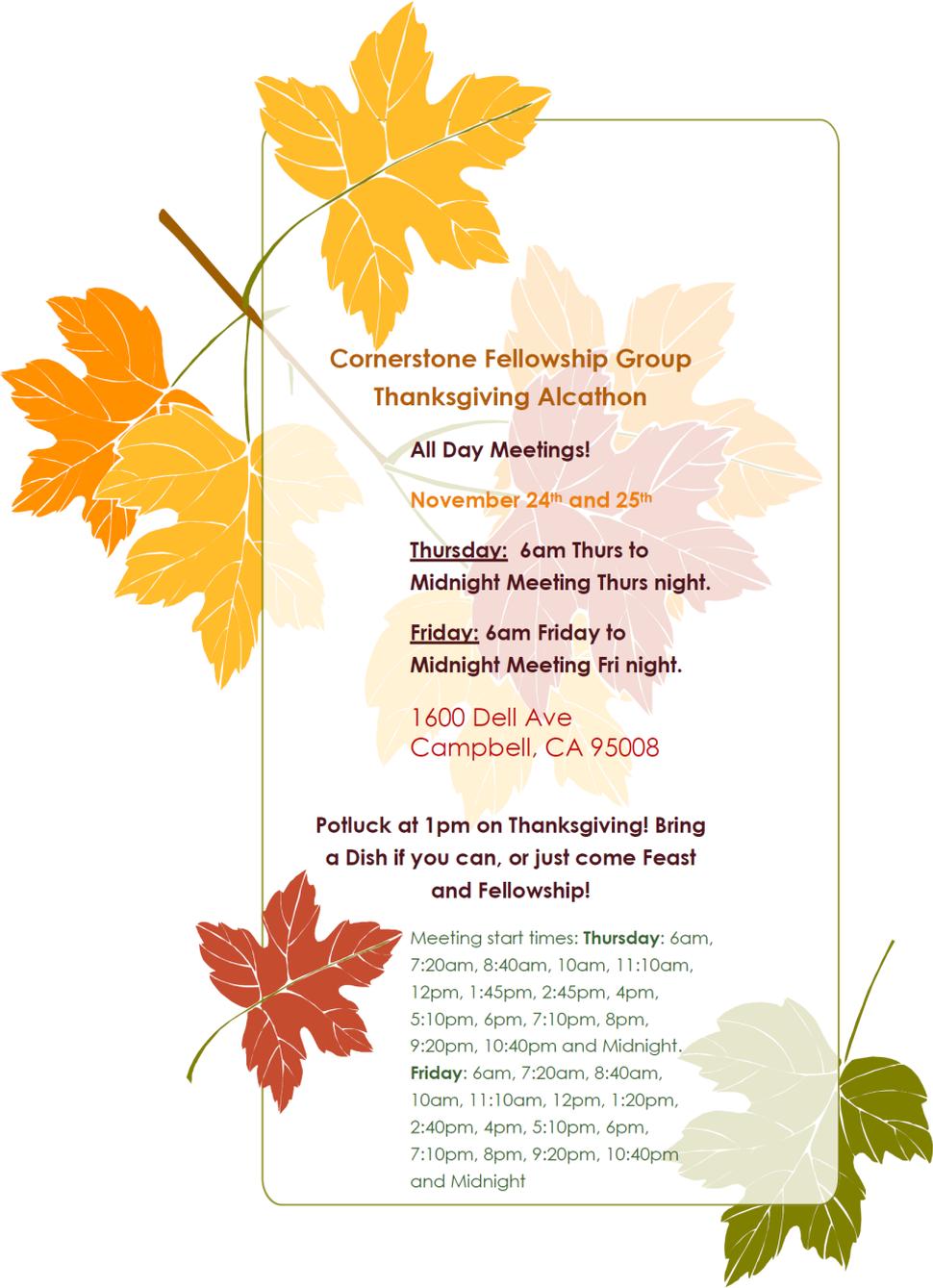
	Oct 16	Jan - Oct 16		Oct 16	Jan - Oct 16
1 INV Early Bird Group 70968	0.00	280.00	East Enders Group 720 (Thur.)	0.00	170.00
1 Inv Freedom Fellowship 70940	440.64	1,209.78	East Valley Group 322 (Fri.)	0.00	211.00
1 INV Fremont & Hollenbeck Group	0.00	1,193.10	End of the Line Men's Group 147 (T	0.00	50.83
1 INV Fremont & Manet Group 70971	0.00	2,365.00	Evergreen Group 884 (Thur.)	70.00	350.00
1 INV Gilroy Groups 70906	370.00	2,200.00	Fireside Big Book Study 809 (Tues	0.00	107.10
1 INV One Day at a Time 70903	1,460.00	13,074.39	Firing Line (The) 404 (Mon.)	0.00	1,845.25
1 INV Rand B Group 70972	0.00	1,414.00	Free To Be Me (Women) 658 (Tues	0.00	140.00
1 INV Saturday Nite Live Group 7090	0.00	0.00	Free to Be Me SJ (Women) 736 (Tu	0.00	210.00
1 INV Serenity Discussion 210 (We	612.00	1,389.65	Friday Big Book Study 702 (Fri)	253.19	690.83
1 INV Serenity First Fellowship 7090	0.00	755.00	Friday Friends 568 (Fri.)	0.00	50.00
1 INV South County Fellowship 7090	300.00	6,600.00	G 10 10 Group 70951	697.05	977.05
1 INV South Valley Group (Chips) 26	0.00	89.73	G Attitude Adjustment Hour (965)	2.14	2.14
1 INV Spiritual Progress Group 7090	0.00	4,405.00	G Cornerstone Fellowship Group 7	210.00	1,130.00
1 INV Sufficient Substitute 313	0.00	1,682.00	G Fair Avenue Fellowship 70901	0.00	1,992.32
1 INV Winchester Fellowship 70960	558.88	859.54	G Higher Power Hour 70952	0.00	1,138.00
1010 Tuesday / Thursday	0.00	148.40	G Milpitas We Care Group 70934	0.00	280.00
3rd Steppers Book Study (Wom) 610	171.00	656.50	G Remember We Deal With Alcohol	0.00	562.37
A Vision For You 687 (Sat.)	0.00	1,347.80	G Serenity at Noon (fka Agnew) 709	280.00	3,167.50
A Vision for You Women's 802 (Tue	0.00	235.00	G Sunrise Group of Palo Alto 70963	0.00	2,500.00
A.B.C. Women's Group 58 (Mon.)	0.00	140.00	G Sunrisers Group/Dennys 70932	567.19	4,615.20
Almaden Valley Discussion 30 (Sun	0.00	664.20	G Third Tradition Women's Gp, The	78.51	1,452.12
As Bill Sees It 6.00P 518 (Mon.)	0.00	318.00	G We Care Group 70934	0.00	560.00
B.F.E.	0.00	321.00	G West Valley Fellowship 70942	0.00	513.85
Back to Basics Saratoga Noon 151 (T	0.00	909.00	Gathered Together for Sobriety 43 (50.00	106.00
Basic Big Book 710 (Thur.)	0.00	49.18	Gay & Lesbian AA Big Book Disc 146 (0.00	91.00
Berryessa Group 527 (Wed.)	0.00	414.30	Gay & Lesbian Step & Trad GP 221 (0.00	218.00
Big Book 103 (Sat.) 455	0.00	35.00	Gay Alcoholics Living/Sobriety 742 (V	0.00	175.52
Big Book Men's Group (Men) 106 (T	0.00	140.00	Gay Living Sober Group 21 (Sun.)	0.00	236.16
Big Book Speakers Group 289 (Fri.)	108.50	624.07	Gay Men's Freedom 262 (Thur.)	0.00	140.00
Big Book Study Mlpts 347 (Sat.)	0.00	378.00	Gay Reflections on the Solution 841(0.00	108.00
Birthday Contribution 00951	709.00	3,823.00	Get Up and Go (Women) 187 (Sat.	0.00	2,808.36
Boiled Owls (Men's) 816 (Wed)	0.00	2,095.00	Get Well Group 17 (Sun.)	0.00	603.75
Bowers Fellowship 46 (Sun.)	449.40	2,676.09	Grace Group of AA 352 (Sat.)	0.00	700.00
Bridging the Gap	20.00	20.00	Grateful Live Group 535 (Mon.)	252.00	728.00
California Ave. Supper Group 715 (T	0.00	445.94	Happy Destiny (Women) 109 (Tues	670.00	2,655.10
Cambrian Saturday Night (Chips) 376	290.00	1,720.00	Higher Power Hour (Men) 872 (M	646.00	2,011.00
Campus Group 234 (Thur.)	159.42	159.42	HOW Group 71 (Mon.)	0.00	3,422.00
Character Defect Freedom 201 (Tu	0.00	842.80	In the Basement 545 (Sun.)	0.00	140.00
Chip Winners (Chips) 168 (Wed.)	156.10	571.20	Inspiration Big Book 195 (Wed.)	0.00	100.00
Chips and Dyps (Chips) 559 (Tues	252.00	728.00	Intergroup Council 80909	0.00	300.00
Conscious Contact Mediation Grp L	0.00	276.96	Invaders Group 44 (Sun.)	0.00	380.00
D.I.V.A 830 (Wed)	43.80	43.80	Joy of Living Group 92 (Mon.)	0.00	865.00
Daily Reflections 432 (Thur.)	100.00	100.00	Joy of Living PA 464 (Wed.)	252.00	728.00
Desi's In Recovery (723)	0.00	314.78	Just For Today 238 PA (Thur.)	252.00	728.00
Downtown Steppers (Men) 392 (T	0.00	494.63	Ladies Amethyst AA Study Group 74	284.48	788.04
Dr. Bob's Nightmare 360 (Sun.)	0.00	157.00	Lesbians Living the Promises 349 (0.00	257.33
Early Tuesday Group 119 (Tues.)	239.98	1,267.75	LGBT Happy Destiny Group 621 (Sa	0.00	224.02
Easier Way Group 290 (Fri.)	480.00	2,364.82	Live and Let Live 85 (Mon.)	0.00	192.60

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

October 2016

	Oct 16	Jan - Oct 16		Oct 16	Jan - Oct 16
Living Solutions 728 (Fri.)	0.00	1,000.13	South Valley Men's 845 (Thur.)	0.00	810.96
Living with Serenity (Chips) 599 (W)	0.00	420.00	South Valley Women's Surrender 8	0.00	119.00
Los Altos Big Book 860 (Thurs.)	241.00	1,931.65	Spiritual Awakening 813 (Tues.)	0.00	371.00
Los Altos Group 225 (Thur.)	228.60	468.85	Spiritual Step Study 233 (Sun.)	717.22	2,684.86
Los Altos Men's Group 59 (Mon.)	125.00	465.00	St. Luke's Group 113 (Tues.)	0.00	600.00
Los Gatos Big Book 664 (Mon.)	0.00	244.43	Step Along (Women) 638 (Wed.)	0.00	150.00
Meditation Meeting LA 39 (Sat.)	0.00	100.80	Step Study (Women) LG 820 (Wed.)	203.70	762.30
Men's 4th Step Group 320 (Fri.)	25.00	150.00	Strong Desire 68 (Mon.)	0.00	430.14
Men's Basic Step Study Group 891 (54.00	134.00	Sunshine Group noon 243 (Thur.)	0.00	220.00
Men's Big Book (Caveman Gp) 659	0.00	1,295.00	T.G.I.F. Speaker/Discussion 298 (Fr	252.00	728.00
Men's Group 97 (Mon.)	0.00	671.63	Ten O'Clock High 890 (Tues.)	315.00	595.00
Men's Honesty Group 26 (Sat.)	140.00	700.00	Think Tank (Men's) 361 (Sat.)	0.00	2,034.00
Men's Single Problem Study Gp 220	0.00	1,930.96	Third Tradition SJ 511 (Mon.)	0.00	25.00
Men's Topic Meeting 137 (Tues.)	0.00	282.00	Thru the Big Book 316 (Fri.)	280.00	280.00
Midday Women's Group 91 (Mon.)	0.00	1,407.69	Too Early Big Book Stud 172 (Sat)	0.00	242.68
Monday at a Time 208 (Mon.)	143.50	488.50	Tuesday Night Men's Mtg 525 (Tu	0.00	1,219.00
Monday Midday Meeting 714 (Mo	137.20	240.50	Tuesday Night Saratoga Group 152 (0.00	426.51
Mountain Miracles 882 (Thur.)	0.00	375.90	Tuesday Noon Step Study 556 (Tue	0.00	560.00
Mountain View Group 350 (Sat.)	0.00	340.84	Unknown	0.00	621.70
New Life Recovery Centers 9000	0.00	1,000.00	Veterans of Alcohol North 338 (Tu	0.00	100.00
New Nooners 808 (Mon.)	60.00	255.00	Villages Group of AA, The 406 (M	203.00	622.00
New Steps for Living 20 (Sun.)	0.00	947.00	Waves of Healing 526 (Mon.)	0.00	315.00
No Bull Big Book 655 (Fri.)	0.00	315.00	We Care Step Study 128 (Tues.)	0.00	20.00
Off the Top 371 (Thur.)	0.00	58.00	We Have Arrived (Men's) 819 (M	0.00	87.98
Old West Meeting 697 (Fri)	0.00	116.00	Wisdom to Know 651 (Mon.)	0.00	1,217.41
Other Wednesday Nite, The (Men) 20	0.00	1,776.00	Women's Brunch 640 (Sat.)	744.80	1,573.24
Personal 00911	872.80	3,130.72	Women on the Move 570 (Wed.)	364.79	696.58
Plaza Del Rey Group 52 (Sun.)	0.00	450.00	Women Sharing the Solution 519 (T	0.00	223.20
Primary Purpose Beginners Big Boo	0.00	57.43	Women to Women 704 (Sat.)	0.00	280.00
Queer and Sober 671 (Sat.)	0.00	578.00	TOTAL	17,615.58	158,553.04
Roots 344 (Sat.)	377.20	377.20			
San Martin Candlelighters 378 (Sa	0.00	200.00			
Saturday Morning Los Gatos 777 (0.00	5,110.00			
Saturday Night Promises 847 (Sat	0.00	702.76			
Saturday Night Young People (142) P	0.00	414.46			
Second Tradition Group Spkr 721 (S	0.00	1,911.00			
Serenity Speaker Meeting 533 (Su	0.00	628.56			
Shared Gift, The (Women) 61 (Mo	380.49	1,244.47			
Single Problem Study (Men) 212 (W	0.00	562.38			
Single Problem Topic (Men's) 582 (0.00	1,436.40			
Sisters Seeking Serenity 858 (Wed	265.00	599.00			
Sizzler Group 27 (Sun.)	0.00	271.00			
Sober and Free Convention 70928	0.00	279.50			
Sober Mafia 204 (Sun.)	0.00	673.25			
Sober Thoughts 499 (Wed.)	0.00	459.20			
Society of the Second Chance 305 (T	0.00	875.00			
Solutions for Gay Women 870 (Th	0.00	42.00			



**Cornerstone Fellowship Group
Thanksgiving Alcathon**

All Day Meetings!

November 24th and 25th

**Thursday: 6am Thurs to
Midnight Meeting Thurs night.**

**Friday: 6am Friday to
Midnight Meeting Fri night.**

**1600 Dell Ave
Campbell, CA 95008**

**Potluck at 1pm on Thanksgiving! Bring
a Dish if you can, or just come Feast
and Fellowship!**

Meeting start times: **Thursday:** 6am,
7:20am, 8:40am, 10am, 11:10am,
12pm, 1:45pm, 2:45pm, 4pm,
5:10pm, 6pm, 7:10pm, 8pm,
9:20pm, 10:40pm and Midnight.

Friday: 6am, 7:20am, 8:40am,
10am, 11:10am, 12pm, 1:20pm,
2:40pm, 4pm, 5:10pm, 6pm,
7:10pm, 8pm, 9:20pm, 10:40pm
and Midnight

“THANKSGIVING DAY”
~“THANK – A – THON”~

9 AM to 9 PM

SERENITY FIRST
FELLOWSHIP

Meetings Every Hour and a Half

~and~

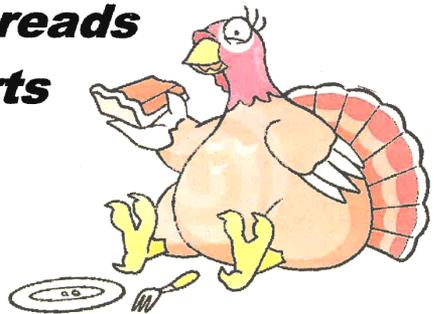
- “POTLUCK” -

at: 6th & Julian

PLEASE BRING:

Side Dishes – Breads

Salads - Desserts



INTERGROUP CENTRAL OFFICE IS HOSTING

The social event of the year

***5TH ANNUAL HOLIDAY
TAMALE PARTY***

**SATURDAY, DECEMBER 3RD
11 A.M. - 2 P.M.**



**Tamales and drinks provided.
Feel free to bring a side dish
and a newcomer.**

*Come join us for a special time of
fellowship, friendship and gratitude.*

274 E. Hamilton Ave. Suite D, Campbell

408 - 374 - 8511

Service positions available



Sponsorship

a how-to discussion

~

Sunday, November 13th, 2016

- Six Styles of Sponsorship -

Time: 2:00-3:30pm

Spiritual Progress Group

Los Gatos Neighborhood Center

208 East Main Street

Los Gatos, CA

Roundtable sharing of sponsorship experience

on topics including:

- ✓ Preparing to Sponsor
- ✓ Finding Sponsees
- ✓ The First 30 Days
- ✓ The First Year
- ✓ Long-term "Maintenance" Sponsorship
- ✓ Common Challenges
- ✓ Changing Sponsors

Six Speakers!

Learn from the experience of others!

~

Newcomers & oldtimers are welcome

