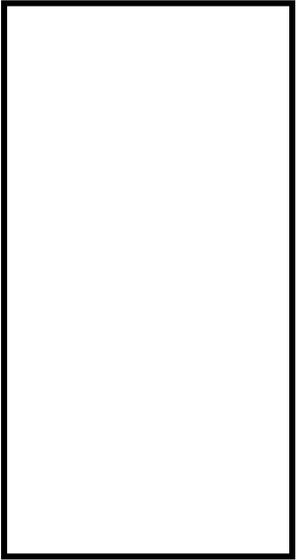




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### The Lord's Prayer at Meetings

On a recent trip to Southern California, I attended meetings and noticed that many of them do not close the meeting with the Lord's Prayer.

This made me wonder and begin to question why we use such a Christian prayer to close our meetings here in Santa Clara.

Certainly we have a number of prayers in the Big Book (the Third Step prayer and the Seventh Step prayer, for example) or the Responsibility Statement that we could use to close meetings — prayers that are not associated with a specific religion.

I think closing Alcoholics Anonymous meetings with a prayer that is associated with us would be more helpful to newcomers — especially those struggling to understand the difference between religion and spirituality and trying to form their own concept of a Higher Power.

One of the meetings I regularly attend now closes with the Seventh Step prayer, and the Intergroup meeting closes with the Responsibility Statement. I would hope to see this trend continue and expand in the spirit of attraction rather than promotion.

— Paul C.

*We want to hear from you! Do you have an opinion about something you read in this issue or something going on in your home group, or the fellowship, or AA as a whole? Tell us about it at [coin@aaanajose.org](mailto:coin@aaanajose.org).*

## QUOTABLE CORNER

### A new tradition in The COIN

Ask any current or former member of Alcoholics Anonymous what they remember most about AA and one of the first things they will say is “the sayings.” Typically, this will be accompanied with a nostalgic smile or a caustic shake of the head. Spend any time in the rooms and you will develop opinions about the “AAisms” we all know so well. It is not my intention to cover the time-honored quotations in this new editorial feature. I plan to capture a couple (at least one and no more than three) per month. Some are funny, some thoughtful, but all are poignant and stated in AA meetings.

**“Sometimes, Step Three is not so much a decision as it is giving permission or providing an invitation.”**

— JD D.



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**Upcoming COIN Deadlines**

April 2017 Issue: March 15<sup>th</sup>  
 Topics: Step Four, Tradition Four, Fourth Step Principle (Courage)  
 Please email all submissions to [coin@asaanjose.org](mailto:coin@asaanjose.org).

**The COIN Team**

Editor: Stephanie L.  
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# Recovery and the Speed of Life

I'm seven years old and every adult in my immediate environment is drinking daily and it isn't hard for me to get a taste of beer, if I want, but I don't necessarily like the taste, so no problem.

I'm ten years old and beer is beginning to taste better; it's still not my favorite, but a little sip of whiskey now and then tastes OK, but it's harder to get the adults to give it up.

I'm thirteen years old and my friend and I talk an old drunk into buying us a few quarts of beer, and we commence to get drunk for the first time in our lives, and **\*\*now I know why\*\*** all those adults drink this stuff every night. I'm giddy, sloppy, stupid, sick, and eventually unconscious. I wake up the next morning and go off to school with a nasty

hangover. I'm in the eighth grade at that time. Still, it was no problem.

From that time on, my mind was consumed with thoughts of how I was going to repeat that wonderful experience. As I started high school, I worked in a bowling alley from 6 p.m. till 10:30 setting up pins, and when we got off, we would go straight to a sleazy bar where we could get someone to buy beer for us. From there, we would go to an abandoned school building and drink till all the beer was gone, get into fist fights with each other, wake up the next morning with black eyes, skinned-up knuckles and elbows, go back to school and come up with some ridiculous story about what had happened.

I'm sixteen years old and I'm allowed to



party with the adults. Shortly after getting my driver's license, I am asked to drive someone home, and on the return trip, I miss a turn and smash into a parked car. I continue to drink unabated, I quit school in May of my senior year with almost no resistance, join the navy in August of that same year, get locked up for gang fighting, and have my second drunk driving accident when I drive into a gas station and hit a car at the pump.

I continued this kind of behavior for ten more years and am lucky to have survived after more trips to jail, a failed marriage, broken bones, cuts and bruises, and broken relations with almost everyone that means anything to me.

I'm twenty-eight years old and I surrender and show up at AA coming out of a blackout. I am greeted on the front lawn of a little yellow house in the suburbs that is being used to hold meetings by three people who welcome me with opened arms as though they are expecting me. They began to listen patiently to my tales of woe, nodding as they seem to understand. Their eyes are soft and gentle and I feel their compassion.

At the young age of twenty-eight, I believed that my life was over, but one of them says "Life isn't passing you by near as fast as you think it is." And they say, "Come inside and have a cup of coffee." They were right; I had a profound change of perception, and all of those bad days are but a distant memory. The obsession was gone and it has never returned. In my first year of sobriety, I met a young lady who was not an alcoholic but was curious about a fleet sailor who was divorced, had a young child, and was an alcoholic, and I suppose she sensed something in me that intrigued her. The more we talked about my aspirations and the type of principles I was learning to live by, the closer we

became. We were married on October 31, 1970, and have been together ever since. She is the happiest wife I know, and needless to say, I hit the jackpot. Since embracing the program, we have gained the love and respect of my first wife and we have been kind and understanding toward her, and my son has been witness to all of this.

Since that very first day in the program, I have been practicing the Twelve Steps to

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I wouldn't trade places with  
the richest man on this planet.  
I couldn't be more grateful for  
the way I was welcomed.**

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the best of my ability and understanding, and it has been a wonderful experience. I wouldn't trade places with the richest man on this planet. I couldn't be more grateful for the way I was welcomed when I needed hope and compassion. I felt safe for the first time in my life. My hope is that all who arrive at the doors of AA can be accepted with the same love and kindness that I experienced. I'm seventy-five years old and on my way to one hundred, and life is awesome.

– Rick R.

## The Gift of Step Three

Like so many of us, I came into the rooms of Alcoholics Anonymous incomprehensibly broken, as desperate as the dying could be. My health was failing fast, and my life was in utter shambles; I'd lost everything that mattered to me and then some. And for the life of me, I couldn't understand how I had gotten there. (I spent a *lot* of time ruminating on that in rehab.) Everything had started out so well.... On paper, at least, I'd had every opportunity to live a happy and successful life. I'd gone from good little girl to honor student to college graduate to privileged housewife and respected community member to a homeless, penniless, physically and morally decrepit shell of a woman, alone and stripped of the right to parent my child. [It is noteworthy that I only learned through working the Steps that it was and is, in fact, a *privilege*, and *not* a right.]

It made no sense. Where had I gone so wrong? How did I go from a sweet, bright girl with morals and ethics, spark and promise, hopes and dreams, from a "good family," married to "a good man," to this? *Thank G-d* I was desperate enough to crawl into the rooms, sink into a chair, start listening, find a sponsor who walked the talk, and become willing to take her suggestions.

What I learned was the embodiment of why Step Three is the single most important step, for me. When I looked back at my life and my choices, my very decision-making process, it was the *epitome* of self-will run riot, and the family I had created in the wake of that storm – the family that suffered so deeply as I descended into the depths of my disease – was the best example.

I'll CliffsNotes it: I decided in my mid-twenties that it was time to get married and have babies, because that's what (in my mind) nice Jewish girls did – get a college

degree, ideally having met your future husband in the process, make a start at a career, then get married and become a stay-at-home soccer mom. Doesn't paint me in a great light, I'm aware, but it's just what everyone I knew did, and what my parents seemed to expect.

Waiting for love had started to feel like purgatory, so I went on JDate; it's like match.com for Jewish people. I found a guy who looked and sounded amazing on paper – someone my dad would approve of – and wiled him into wooing me. Ultimately, if I'm being honest, I wiled him into marrying me. I was 27 or 28 and the clock was ticking. I basically fit (i.e., crammed) this poor guy into a mold I had created of what my husband, my partner, my four (a girl and three boys) children should (*would*) look like. We did have some great times, don't get me wrong, but my downward spiral and the progression of my disease were already in motion.

In the two-plus years I've been sober, we've had an opportunity to get very honest with each other, and make a lot of amends to each other, direct and living. We are no longer together, nor should we ever have been in the first place, if love and G-d's will had anything to do with it. My ex once reminded me how, on our honeymoon, he was so excited just to travel through Europe together as newlyweds, but I was on a mission to get pregnant. We ultimately did have a child together, but it took three years, by which time any romance and intimacy was long gone (shocking).

Then came the scariest part of my self-will-driven life – the birth of my son, whom I had wanted so desperately for so long: *He didn't fix me either*. When my husband hadn't filled my "soul hole," I'd managed to tell myself it was because we didn't have *babies* yet. But once we had him, and the novelty

of drooly toothless grins and blessed milestones and Ralph Lauren onesies and even unconditional love wore off, I realized that I was still the same scared, broken little girl with all the same feelings. And I was *terrified*. So I drank more.

Fast forward to my bottom, when after seven years I'd gone from (trying to be) the loving, doting wife and mother I had fully intended to be to a drunken, miserable liability to the family I'd orchestrated to fix myself. And ultimately, my ex-husband, G-d bless him, left me and assumed emergency (court-granted) custody of our son. Talk about justified anger and self-righteous indignation! How *dare* he?! Right? *Wrong*.

*I am so grateful to that man for my bottom.* Granted, that gratitude didn't come overnight. I remember my sponsor telling me when I was brand new to pray for him. "Like hell," I thought, but I did, because I was desperate enough to try anything – both to "get my son back," but also start to feel better, to feel ok, for once in my life. AA truly was the last house on the block for me.

I remember well the first time I said the Step Three prayer with my sponsor. It felt big, it really did. But I don't think I fully grasped the magnitude of it. I made my best first attempt at turning my will and my life over to His care, and it was enough to keep me sober (thank G-d). But I also remember the first time I *felt* Step Three.

I was driving to court for a custody hearing, having had almost no contact with my seven-year-old for six months or so. I was going on seven months sober, and was already starting to feel the promises coming true in many aspects of my life, but I was also mired in desperation and fear over the outcome of the custody battle.

It came over me so suddenly, like a warm wave. There was no "voice of G-d," per se, no actual burning bush along the side of Highway 17, but it was as palpable as

anything I've ever experienced. I knew that I had to turn it over. I'd been praying for months, usually while weeping, "G-d, *please*, I'm doing all the right things (now), please just give me my baby back...." That morning everything changed. I pulled out my little yellow AA prayer card and read the Third Step prayer (which today I know in my sleep). I said it over and over, the whole way to the courthouse. (I think I knew it by heart by the time I got there.) It was truly a spiritual experience for me – a psychic change. I asked G-d, in these words, to do what was right for my son, and to continue to grant me His grace in my recovery. I walked into and out of that courtroom that day with a feeling of peace like I'd never experienced in my entire life.

I didn't "get him back" that day. In fact, it took another ten months before I had regained physical custody and parental "rights." And during that time, as a direct result of working the Steps – most notably, of my *decision* to turn my will and my life over to the *care* of G-d as I understand Him – I was able to build a solid enough foundation in recovery that I am sober today, by the grace of a power greater than myself and the footwork I continue to do in Alcoholics Anonymous. I was able to build a solid enough foundation in recovery that that boy loves and trusts me today, and knows he can count on me to be the mother he needs me to be. I was able to build a solid enough foundation in recovery that I can co-parent with his dad effectively and amicably (most days). But maybe the greatest miracle of all is that I was able to build a solid enough foundation in recovery that I can walk through whatever life brings with a modicum of grace and dignity, and a knowledge that G-d will walk with me through anything. That, to me, is the ultimate gift of Step Three.

– Stephanie L.

# Tradition Three: The Single Membership Requirement

*“The only requirement for AA membership is a desire to stop drinking.”* That means that not only is there no membership committee or long list of criteria, but that a member is self-selecting. To be honest, with some contemplation, that should make your jaw drop. I cannot imagine a single club or group on earth where a person can wander into the room without any sort of check-in, not agree to a single by-law, never reach for their wallet, and simply declare that by virtue of wanting to be there, they are a member. To understand the full power of this concept requires a bit of a history lesson.

The First Edition of *The Big Book of Alcoholics Anonymous* was published in 1939. The foreword contained the phrase *“an honest desire to stop drinking.”* In 1946, our founder, Bill W., wrote a piece in *The Grapevine* entitled *“Who is a member of alcoholics anonymous?”* That essay served as the basis for Tradition Three, and did maintain the word *“honest.”* However, in one of my favorite quotations from this article, Bill stated, *“At one point in time or another, most AA groups go on rule-making benders.”* He proceeded to describe in detail how making rules about membership falls somewhere on the spectrum between foolhardy and downright dangerous. His choice of words puts such actions on par with an alcoholic bender.

In June of 1947, the editor of *The Grapevine* (Tom Y.) wrote the preamble

for Alcoholics Anonymous. Originally for the purpose of explaining the organization to non-members, it was adopted as the opening for many AA meetings around the world. Using the Big Book’s foreword, this preamble emulated the use of “an

honest desire to stop drinking” as the sole membership criterion. Then, the founder of AA in Chicago (Earl T.) convinced Bill to remove the word “honest.” In *The Grapevine* issue of November 1949, Bill explained his logic.

Paraphrasing, he explains that it is impossible to ascertain if a person is “honest” in their desire, and that the word “honest” may be a point of confusion for a newcomer. As a result, when the traditions are formally published in *The Twelve Steps and Twelve Traditions* in 1953, the word “honest” was not to be found in Tradition Three. As an interesting postscript, it took the organization five more years to remove the word “honest” from the preamble during the General Service Conference of 1958.

The power of this concept is clear: Tradition Three tells us that anyone can be a member. The fact that honesty is not even a requirement is illustrative. Their other afflictions, sexual orientation, political election choices, or membership in other organizations are all irrelevant. To be honest, they do not even have to admit to being an alcoholic or be trying to stop their drinking. A simple desire is all it takes. That is the essence of Tradition Three.

– JD D.

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**TRADITION THREE:**  
**THE ONLY REQUIREMENT**  
**FOR AA MEMBERSHIP IS**  
**A DESIRE TO STOP DRINKING.**

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## Q&A with Bill W. on Inebriated Attendees at AA Meetings

*The following is excerpted from a talk given by Bill W. at the Yale Summer School of Alcohol Studies in June of 1945.*

**Question:** If an alcoholic comes to an AA meeting under the influence of alcohol, how do you treat him or handle him during the meeting?

**Bill's Answer:** "Groups will usually run amuck on that sort of question. At first we are likely to say that we are going to be supermen and save every drunk in town. The fact is that a great many of them just don't want to stop. They come, but they interfere very greatly with the meeting. Then, being still rather intolerant, the group will

swing way over in the other direction and say, 'No drunks around these meetings.' We get forcible and put them out of the meeting, saying, 'You're welcome here if you're sober.' But the general rule in most places is that if a person comes for the first or second time and can sit quietly in the meeting, without creating an uproar, nobody bothers him. On the other hand, if he's a chronic 'slipper' and interferes with the meetings, we lead him out gently, or maybe not so gently, on the theory that one man cannot be permitted to hold up the recovery of others. The principle is 'the greatest good for the greatest number.'"

— JD D.

## AA Traditions Checklist

*These questions were originally published in the Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. They continue to have great relevance and we hope you find them helpful. The complete "Traditions Checklist" is available at Central Office. We will continue to publish a tradition each month for the rest of 2017.*

### **Tradition Three:**

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

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

I was at a meeting recently where the chair spoke about not believing that medication is the answer to mental health issues. A friend of mine felt compelled to speak on the position the chairperson took regarding medications. I love the diplomacy she displayed in how she delivered her message. She started out by saying that the beauty of AA is that we all have our own opinions. She went on to say that AA has an official position on members taking medications, and she then read from the AA-approved pamphlet:

**The AA Member:  
Medications and Other Drugs**

*Because of the difficulties that many alcoholics have with drugs, some members have taken the position that no one in AA should take any medication. While this position has undoubtedly prevented relapses for some, it has meant disaster for others.*

*AA members and many of their physicians have described situations in which depressed patients have been told by AAs to throw away the pills, only to have depression return with all its difficulties, sometimes resulting in suicide. We have heard, too, from members with other conditions, including schizophrenia, bipolar disorder, epilepsy, and others requiring medication, that well-meaning AA friends discourage them from taking any prescribed medication. Unfortunately, by following a layperson's advice, the sufferers find that their conditions can return with all their previous intensity. On top of that, they feel guilty because they are convinced that "AA is against pills."*

*It becomes clear that just as it is wrong to enable or support any alcoholic to become re-addicted to any drug, it's equally wrong to deprive any alcoholic of medication, which can alleviate or control other disabling physical and/or emotional problems.*

I have known people who committed suicide because they stopped taking their medication for a mental health problem after getting the message that AA members

only needed God and the Steps to resolve all of their problems. I have also known people who relapsed after going off their medication, who had been told things like, "Just work with more newcomers," or "You need to work the Steps on it." These are great suggestions for an AA member who is not suffering from an untreated mental health issue. To a member like myself, who was in the grips of a debilitating depression, these messages *are not helpful* and can in fact be dangerous. From the filtered lens of my excruciating, debilitating depression, these would-be well-meaning messages were interpreted as I wasn't working a good program according to my AA fellows. The fact is, I could not simply work the Steps and get better. I needed outside help, which has helped tremendously over the last 30 years in conjunction with my AA program.

In the years since I was first diagnosed with depression, I have become a licensed therapist, and now treat people with substance use disorders and co-occurring mental health conditions. I would venture to say, although I have no data, that more people are alive today, than in the early years due to getting proper medication treatment and therapy.

Our founder himself, Bill W., suffered from debilitating depression and sought outside help, so *none of us* need feel ashamed of pursuing outside help – including medication treatment where appropriate. The most important thing in the process is to be completely honest about our history of alcoholism when speaking to a doctor who is considering prescribing any medication. My own doctor will not prescribe me certain medications due to my history.

– Kathleen B.

# *A Tale of Two Deadly Diseases*

This is the story of my personal struggle with depression in recovery. Although I have been treated for depression on and off throughout my life, my time in recovery has afforded me more clarity on what that disease looks like for me and given me the courage to seek treatment by a mental health professional. I believe my symptoms closely resemble what some would call alcoholic characteristics. I have learned that depression presents differently for different people; these are the words I can find to describe my battle with depression. This is my story of the “other deadly disease.”

While alcoholism is often described as a deadly disease, I think many would say the same about depression. For me, depression presents in my anxiety, panic attacks, lack of motivation, inability to concentrate, trouble sleeping, isolation, and suicidal thoughts. What anxiety feels like for me is always waiting for the other shoe to drop. It is a

constant feeling of guilt, even though I haven't done anything wrong. My lack of motivation has kept me from doing what needs to be done, things which others seem to do effortlessly. At times, it feels like I cannot even gather the energy it takes to brush my teeth. I feel like I completely lack the “umph.” The lack of concentration makes it hard for me to do the things I should be doing. Work, school, or even staying tapped into a conversation feels impossible. There are times when I have wanted to do nothing but sleep, and other times when I have had to learn to function with as little sleep as one hour. Being a usually social person, isolation sneaks in. What starts off as what I believe to be “being comfortable with myself” turns into not wanting to see ANYONE (a.k.a. isolation). The most difficult of all of these symptoms, though, is the ultimate and unrelenting thoughts of not wanting to be



## *A Tale of Two Deadly Diseases (continued)*

alive. For me, it starts with wishing I wasn't feeling this way, morphs into wishing I wasn't alive, and finally devolves into planning to end my life. These thoughts become all-consuming. It takes everything to pull myself all the way through to the "other side." The "other side" is playing the tape forward to see how suicide is not the answer.

While sobriety has allowed me to identify these symptoms (and more importantly a pattern), I have battled with this on and off throughout my life. On multiple occasions I sought a mental health professional to treat these symptoms. When diagnosed and prescribed a treatment, I followed it. But as I'm sure others have experienced, when I felt better, I would discontinue the treatment. Eventually, a series of life-changing events would bring me back to seek the treatment I needed. As a result of these events, I formed three main thoughts that drove me to seek and maintain medical treatment for my depression: 1) I had given this treatment a try in the past and it had worked until I stopped the treatment; 2) I wanted to be the best version of me so I could be the best mother, friend, spouse, etc.; and 3) while working through the AA's Twelve Steps provided me with answers and allowed me to work through many underlying issues, I was still symptomatic.

I developed a relationship with a doctor who would treat my depression. What allowed me to begin to trust him is that he had a very conservative approach with the medication treatments and educated me on non-medication-based ways to improve my overall mental health. These include vitamin supplements, exercise, nutrition, and proper sleep. Equally important, my psychiatrist monitors depression and treatment with regular visits. During these visits, he inquires about my sobriety and how I

maintain my recovery through AA. While these two diseases have separate treatments, he understands how one can fuel the other.

Throughout my life, I have always felt I was "crazy." I have *complete disdain* for the stigma that surrounds mental health disorders and those who suffer from them. Depression is medical condition that affects the chemicals in the brain. Would we shame someone for having cancer and seeking treatment? Would we tell that cancer patient to "snap out of it?" I draw this comparison because both can have fatal outcomes. As does alcoholism, for which we seek the proper treatment. While medication did not treat or cure my alcoholism, neither will the Twelve Steps of AA treat or cure my depression.

If you are questioning seeking outside help or avoiding medication because of what you believe you learned or been told by someone in the rooms, please consider that our founder, Bill W., also suffered from depression. After years in recovery, Bill fell into a deep depression. He first attributed it to not working a rigorous program. After some time in this depression, he finally sought outside help in psychotherapy. His depression dragged on for over ten years before he sought medical help. While some treatments would be considered questionable today, it was what was available at the time. In the earlier part of his depression, rumors and the lack of understanding of the fellowship caused Bill to further isolate during this time.

While AA is the most effective treatment for alcoholism, it has no foundation on which to offer medical advice. While we are striving for sobriety, the need to be treated medically for clinical diagnoses is necessary and often life-saving.

— Jessica B.

## Avoiding the Trap of Character Assassination

In *AA Comes of Age* (p. 233), Bill 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.... Any bunch of growing children (and that we are) would hardly be in character if they did less. These are growing pains of infancy, and we actually thrive on them. Surmounting such problems [...] is a healthy exercise.” The phrase “a bunch of growing children” does describe us very well. Sadly, “how to do the greatest good for the greatest number of drunks” is often not the motivation for these quarrels; other driving forces are often behind our actions.

A friend of mine recently reminded me of something so true: After hitting bottom, often the first things many alcoholics get back are their *egos*. Once the ego returns, so does the “judgment machine” inherent in every alcoholic. This judgment machine is the ego’s attempt to again make us feel like we are “better than” our fellows. It’s meant to separate us from our Higher Power. The Higher Power to which we’ve either recently been introduced (in the case of the newcomer) or the Higher Power that has been in between us and the bottle for a while (for someone who’s been around the rooms and may have some time). The reason people practice this destructive behavior is low self-esteem.

Sometimes subtle and sometimes overt, character assassination can cause great pain to those on the receiving end. I want to be careful not to refer to recipients as “victims” of character assassination, primarily because the victim role only gives further weight to the perpetrators attempt to feel superior.

It’s this feeling of superiority that can be intoxicating to the perpetrator. As alkie, we know how amazing it can feel to get lost within intoxication, regardless of its delivery

method – either through alcohol ingestion or character assassination (or whatever else). Once we can recognize that there is a very thin line that separates these two, we may be better equipped to *recognize character assassination as both a drug and a weapon*.

The *Twelve Steps and Twelve Traditions* (p. 67) tells us that “self-righteous anger can also be very enjoyable. In a perverse way we can actually take satisfaction from the fact that many people annoy us, for it brings a comfortable feeling of superiority. Gossip barbed with our anger, a polite form of murder by character assassination, has its satisfactions for us, too. Here we are not trying to help those we criticize; we are trying to proclaim our own righteousness.”

Character assassination is cruel – a form of bullying that seems to be more common these days, especially with the increased use of social media. I’ve been on the receiving end of character assassination. It can be insidious, often taking on a life of its own in the form of additional gossip.

AA’s Fourth Step enables us to identify our character defects; our Seventh Step allows us to humbly ask our Higher Power to remove them, and the Tenth Step gives us the clarity to repair or prevent additional harm. Reminding ourselves that an amends means to compensate, not merely to apologize. Realizing that we will probably be better off turning to a newcomer to help than to judge or shame our fellow alcoholics.

Let’s all remember to put to use those seconds that we have for every year of sobriety we’ve been granted, and instead of being so quick to judge others, let’s turn instead to helping a newcomer.

It could be a very thin line between the intoxication of character assassination and the intoxication of alcohol.

– Anonymous

## Concept 3: Let Us Know What You Decide

It seems like Bill W. was always working on something new. In 1956, only a year after the General Service structure was officially approved, he gave a talk at the General Service Conference containing the seeds of what we now call the 12 Concepts for World Service.

“So I now offer you four principles,” he said, “that might someday permeate all of AA’s services, principles which express tolerance, patience, and love of each other; principles which could do much to avert friction, indecision and power-driving.”

“These are not really new principles; unconsciously we have been making use of them right along. I simply propose to name them, and if you like them, their scope and application can, over coming years, be fully defined. Here are the words

for them: petition, appeal, participation and decision.”

These are the “Traditional Rights” laid out in Concepts 3, 4, and 5, which define how we vote, who gets to vote, and what we vote on – how we roll in General Service. In Concept 5, we strive for a clear majority on big issues, and listen carefully to minority voices. In Concept 4, we offer a vote to those who have a relevant responsibility.

And in Concept 3, having delegated responsibility and authority to our workers, we “trust our trusted servants.” In this Concept, Bill says that once they have a job description, “it should be the traditional right of all world service boards, committees, and executives to decide which problems they will dispose of themselves and upon which matters



**AT ALL LEVELS OF SERVICE**

they will report, consult, or ask specific directions.” In other words, they do not have to consult us on every issue. Bill goes on to clearly extend this same right to delegates, and many would say even to GSRs.

If this sounds dangerous, imagine the opposite – that all 65,000 groups must weigh in on every issue at every level, from pamphlets for the local jail to staffing and accounting in our New York corporations. It would bring all work to a halt, we’d be in business meetings every day, and we’d lose the magic that happens when a small group of informed AAs, who know we are counting on them, work through a difficult issue to reach a spiritual solution. So we really have no choice but to prepare and elect the best people we can (Concept 9), give them clear job descriptions (Concept 10), and trust and support them, offering guidance when asked (Concept 3).

Of course, the worker doesn’t have free rein. “This ‘Right of Decision’ should never be made an excuse for failure to render proper reports of all significant actions taken; it ought never be used as a reason for constantly exceeding a clearly defined authority, nor as an excuse for persistently failing to consult those who are entitled to be consulted before an important decision or action is taken.” And the group doesn’t get to abandon all responsibility; they must remain involved and may have to replace a servant who abuses their trust.

It’s worth noting two themes that often come up when discussing the Concepts. First, there are gray areas that can lead to difficult judgment calls and uncomfortable push-pull situations that require standing fast, or giving in, or asking someone who loves AA as much as you do to step down. As Bill says, “we

must continuously balance the right relation between ultimate authority and delegated responsibility.” And second, as suggested in Bill’s comment about “tolerance, patience, and love of each other,” considerable spiritual growth can be attained by applying the 12 Concepts in our service life, starting at the group level.

That said, here’s Concept Three: “To insure effective leadership, we should endow each element of AA – the Conference, the General Service Board and its service corporations, staffs, committees, and executives – with a traditional ‘Right of Decision.’”

– Jim F.

Reprinted from the March 2016 issue of *The COIN*



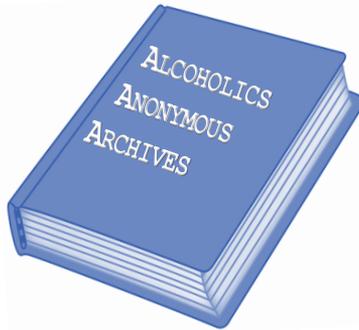
## A Brief History of the One Day at a Time Meeting

The origins of the One Day at a Time meeting date back to the old Alano West on Minnesota Avenue in Willow Glen. According to Central Office records, the 7:30 a.m. meeting was registered on June 1, 1987; this is the meeting that ODAT, or ODAAT (the affectionate abbreviation for One Day at a Time) split off from. Its original name was the Attitude Adjustment meeting. Evidently, just before the Loma Prieta Earthquake of 1989, one of the members of the group, Albert (a construction engineer on the Highway 17 project) needed an earlier meeting than 7:30 a.m. Albert (a.k.a. Almost Albert), Tommy H., Steve M., and Pat M. (a.k.a. Happy Pat) started the 6:00 a.m. meeting at the Alano Club.

The format of the meeting came from Albert who moved to the Bay Area from Long Beach. He loved the format of his prior meetings down south, and convinced the others to adopt the same format. One of the common descriptions of the ODAAT meeting today is “four prayers and a meeting by 7 a.m.” Early on, there was very little script, thus the speaker would begin about 6:05 a.m. After the reading of the Third Step Prayer and the Serenity Prayer, the speaker would share for 10 minutes, then go around the room so that each member would have the opportunity to share, then close the meeting with the Seventh Step Prayer and the Lord’s Prayer. There were to be no long drunk-a-logs; the guideline was to stay in the solution (i.e., “no whining”). The purpose was to allow as

many people to share early, so if you had to leave for work you would get some meeting benefits, and hopefully have a good start to your day.

In 2008, the Alano Club in Willow Glen was forced to close, and all the meetings had to find new homes. There were three morning meetings: 6 a.m. Attitude Adjustment, 7:30 a.m. big room, and 7:30 a.m. small room, which met only on Saturdays. The 7:30 a.m. small room meeting moved to the First Congressional Church on Leigh and Hamilton, where it remains today. The 6 a.m. and 7:30 a.m. meetings moved to the Denny’s at Alma and Monterey, and remained there for a couple of years. Some members from each meeting moved over to Dell Avenue next to the American Legion in



Campbell. The two meetings that remain at Denny’s are the 6 a.m. “Attitude Adjustment” and the 7:30 a.m. “Early Bird” meetings.

The American Legion location did not work out for long, and the groups moved once again – to Leigh and Hamilton – where again there was a split of the 6 a.m. meeting. Some members went to the Cornerstone Fellowship on Dell Avenue, and is also named “Attitude Adjustment,” as is the 6 a.m. Denny’s meeting. Other members stayed at First Congressional, voting to call their meeting “One Day at a Time.”

ODAAAT has always been popular, initially attracting between 50 to 60 people. With the group outgrowing its

location, in 2010, Dave B. made arrangements to move the meeting to its current location at Trinity Presbyterian Church at 3151 Union Avenue in San Jose. ODAAT continued to grow, with daily attendance today between 80 and 120 members, except for Sundays, which are half the size. Even with the large facility, the meetings are close to capacity on most days.

ODAAT meetings are seven days a week at 6 a.m. The format remains very similar to the original Attitude Adjustment meeting back in 1989: It still uses the same four prayers, a slightly longer script with announcements, and AA birthdays. The chair still speaks for

10-15 minutes (no long drunk-a-logs, stay in the solution). The group has a Steering Committee that meets the second Saturday of each month at 7:15 a.m., after the meeting, consisting of a chairperson, a recording secretary, a treasurer, a GSR (General Service Representative), an Intergroup representative, an H&I representative, a PI/CPC representative, and a secretaries coordinator. The group has a chip meeting monthly on the last Saturday (which is *very* loud and entertaining). The group is well organized and very welcoming and a terrific way to start your day.

– Larry M.



March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4			1	2	3	4
PI/CPC WORKSHOP: 5:30pm, PI/CPC MEETING: 6pm, Our Savior's Lutheran Church, 1224 N. Winchester Blvd. at Tulip, SC			OUTREACH MEETING: 6:45pm INTERGROUP MEETING: 7:30pm Trinity Church, 3151 Union Ave., SJ			SECRETARY'S WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell
5	6	7	8	9	10	11
		SOUTH COUNTY GENERAL SERVICE WORKSHOP: 7pm, 1st Congregational Church, 1980 Hamilton Ave., SJ	NORTH COUNTY GENERAL SERVICE MTG: 7:30pm St. John's Lutheran Church, 581 E. Fremont Ave., Sunnyvale			SCC/PAA BUSINESS MTG: 12-1pm, Calvary Church, Brick House, 16330 Los Gatos Blvd., Los Gatos
12	13	14	15	16	17	18
		Unity Day Planning Mtg. 7pm 525 W. Alhna, San Jose.				DIVERSE/12 <sup>TH</sup> STEPPES WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell CHILI COOK-OFF 12:30PM
19	20	21	22	23	24	25
	BRIDGING THE GAP MTG: 7pm, 1st Congregational Church, 1980 Hamilton Ave. at Leigh, SJ Central Office Closed	SOUTH COUNTY GENERAL SERVICE MEETING: 7pm, 1st Congregational Church, 1980 Hamilton Ave., SJ				SCC/PAA BUSINESS MTG: 12-1pm, Calvary Church, Brick House, 16330 Los Gatos Blvd., Los Gatos
26	27	28	29	30	31	
		H&I COMMITTEE MEETING: 7pm, 1980 E. Hamilton Ave., SJ				

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> SECRETARY'S WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell
<b>2</b>	<b>3</b>	<b>4</b> SOUTH COUNTY GENERAL SERVICE WORKSHOP: 7pm, 1st Congregational Church, 1980 Hamilton Ave., SJ	<b>5</b> OUTREACH MEETING: 6-4:5pm INTERGROUP MEETING: 7:30pm Trinity Church, 3151 Union Ave., SJ	<b>6</b>	<b>7</b>	<b>8</b> SCOPAA BUSINESS MTG: 12-1pm, Calvary Church, Brick House, 16330 Los Gatos Blvd., Los Gatos
<b>9</b> PI/CPC WORKSHOP: 5:30pm, PI/CPC MEETING: 6pm, Our Savior's Lutheran Church, 1724 N. Winchester Blvd. at Tulip, SC	<b>10</b>	<b>11</b>	<b>12</b> NORTH COUNTY GENERAL SERVICE MTG: 7:30pm St. John's Lutheran Church, 581 E. Fremont Ave., Sunnyvale	<b>13</b>	<b>14</b>	<b>15</b> DIVERTE/12 <sup>TH</sup> STEPPERS WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell
<b>16</b>	<b>17</b> BRIDGING THE GAP MTG: 7pm, 1st Congregational Church, 1980 Hamilton Ave. at Leigh, SJ Central Office Closed	<b>18</b> SOUTH COUNTY GENERAL SERVICE MEETING: 7pm, 1st Congregational Church, 1980 Hamilton Ave., SJ	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> SCOPAA BUSINESS MTG: 12-1pm, Calvary Church, Brick House, 16330 Los Gatos Blvd., Los Gatos
<b>23 / 30</b>	<b>24</b>	<b>25</b> H&I COMMITTEE MEETING: 7pm, 1980 E. Hamilton Ave., SJ	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>



## February 2017 Statistics

Daytime Phone Calls to Central Office....264

Daytime 12-Step Calls.....8

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

The Central Office website  
receives an average of  
15,000 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

**12 & 12 Women's Discussion:** Saturday, 6 pm, Winchester Fellowship, Our Savior's Lutheran Church, 1224 N. Winchester Blvd. @ Tulip, Santa Clara

**Meditation Meeting:** Monday, 7:30 pm, Spring Valley Bible Church, 196 S. Main St., Milpitas

### NAME CHANGE

**Santa Clara Friday Night Group:** Friday, 7 pm, is now **Friday Night Discussion Group**, Winchester Fellowship, Santa Clara

**Monday Newcomer Meeting:** Monday, 8 pm, is now **Welcome Here Newcomers Group**, Alano West, San Jose

### LOCATION CHANGE

**Palo Alto Group:** Friday, 7:30 pm, now meets at **Mitchell Park Library**, 3700 Middlefield Rd., Palo Alto

### NO LONGER MEETING

**Rebellion Dogs:** Sunday, 8:30 pm, Alano West, 1555 S. 7th Street, San Jose

**Downtown As Bill Sees It Group:** Wednesday, noon, St. Joseph's Cathedral, Loyola Hall, 80 S. Market, San Jose

**From the Heart:** Friday, 8 pm, Cornerstone Fellowship, 1600 Dell Ave., Campbell

**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!**

## Birthday Contributions



Birthday Celebrant	Years	Contributions	Birthday
Rick C.	37	Laura C.	12/12/1979
Laura C.	34	Rick C.	01/22/1983
Mary P.	34	Fran H.	01/28/1983
Allegra R.	33	Allegra R.	02/03/1984
Clair	15	Lub Mel & Daffy	02/08/2002
Susan S.	12	Carol B.	02/09/2005
Jim Stott	24	Jim Stott	02/10/1993



### *189 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

February 1, 2017

- Robby W. Intergroup Chairperson, opened the meeting at 7:30 pm followed by a moment of silence and the Serenity Prayer. Shannon read the definition of Intergroup. Kim read the Twelve Traditions.
- New Intergroup reps:
  - Paul C. – Character Defect Freedom, Campbell
  - Jim C. – High Hopes, San Jose
  - Lori R. – Big Book, Los Altos
  - Shannon O. – Morgan Hill South County, Morgan Hill
  - Chrisanne G. – Happy Hour, San Jose
  - Dixie B. – Live and Let Live, San Jose
- Visitors – none
- Birthdays:
  - Mary, 33 years
  - Jen, 4 years
  - John, 4 years
  - Larry, 10 years
  - Ben, 8 years
- Observation of 7th Tradition – Michael H.
- Corrections or additions to the agenda
  - Please take notice of the change in the committee reports line-up going forward.
- Corrections or additions to the previous month's minutes – none
- Treasurer's report – Michael H.
  - Tonight's collection: \$106.10
- 45 voting members present

### Reports

#### Intergroup Chair, Robby W.

- As a reminder, please line up three deep for committee reports. Be sure to highlight your "take away." Thanks to Desiree for the coffee, to Larry H. for setting up and taking down our PA system, and to Larry P. for bringing our PA system from storage to Intergroup and returning it.

#### Central Service Board Chair, Darcy S.

- January 26, 2017 meeting for the month ending December 31, 2016:
  - Group contributions: \$181,724.59 vs. \$146,715.24 (up 35K, +24%)
  - 2017 prudent reserve: \$99K
  - 6 months of 2016 average monthly expense:  $\$16,500 \times 6 = \$95K$
  - 2016 prudent reserve was \$96K – expenses are up slightly by \$500 per month
  - We approved the purchase of a \$15K CD, which will bring prudent reserve deficit to less than one month (compared to 1.5 months)
  - 2017 HRA plan approved (health reimbursement account)
  - Executive director performance goals status update
  - Next month, we look forward to our annual year-end tax return, CPA report, and Josh's report on digital business.

**Central Office, Bruce K.**

- January is a busy month with concluding the year-end tasks, most of which are accomplished.
- We should be receiving our completed tax returns from the CPA later this month and filing the requisite county forms this month, bringing 2016 to a close.
- We made a big dent in our prudent reserve shortfall by adding \$15K, leaving about \$14K and bringing it to a six-month reserve. Thank you, Darcy and group for your support. We are in good shape. Keep up the appreciated work.
- We are working on a new bulk mailing system that will be much more efficient and will save significant money. It's taking longer than anticipated due to postal service delays. We were told it will be up and running soon. You will probably get a couple of issues of The COINs in rapid succession.

**The COIN, Stephanie L**

- The topics for the February issue are Step 3, Tradition 3, and the principle of faith. Please submit your articles no later than February 15.

**Daytime Office, Michael M. (none)****Nights and Weekends Diverter Coordinator, Dominic B.**

- The Diverter is the nights and weekends portion of the 24/7 telephone outreach by Central Office. We take calls from people contacting AA, answer their questions or find a 12-Step volunteer to work with them. The sobriety requirement is one year, and there is a one-year service commitment.
- Please strongly encourage your group members to attend Diverter Workshop on the third Saturday at 10 am at Central Office, or 7 pm before the Intergroup meeting.
- New volunteers are needed, or current volunteers will need to double up on their shifts. There are six shifts open:
  - 1st Sunday, 11pm-6am
  - 3rd Wednesday, 6am-9am
  - 3rd Wednesday, 4:30pm-7pm
  - 2nd Saturday, 9am-noon
  - 4th Saturday, 6am-9am
  - 5th Saturday, 9am-noon

**Secretary Workshop, Kathy (none)****Outreach Committee, Susan P.**

- There are 500 meetings within Santa Clara County with 45 Intergroup reps present tonight. Please join us before next month's Intergroup meeting at 6:45 pm to brainstorm on getting meetings without Intergroup reps representation.

**Twelfth Step Committee, Alex S. (none)****Website, Josh R.**

- This month, I added a few new features to our meeting finder:
  - In addition to the old way of finding meetings, you can now also search for a location, such as by ZIP code, or an address, and find meetings near it.
  - You can also search near your you, so rather than having to enter something, you can tell it to

show meetings within a certain distance of your current location. This works best on mobile devices.

- You can now view the map on your mobile device, which previously only worked on desktops.

**Activities Committee, Robby W.** (Ken not present)

- The Annual Chili Cook-Off is on Saturday March 18 from 12-3 pm at Lincoln Glen Church.
- A \$10 donation is suggested. Contact Central Office on how to register a team.
- Please circulate event flyers at your meeting.

**Old/Ongoing Business** (none)

**New Business** (none)

**Other Service Committee Reports**

**Unity Day 2016, Greg C.** (no report)

**NCCAA** (no report)

**PI/CPC** (no report)

**Hospitals and Institutions, Tommy O.**

- Volunteers are needed, especially Spanish-speakers. Please encourage members to register for H&I.
- Meetings are held on the fourth Tuesday at 7 pm at First Congregational Church, 1980 E. Hamilton Avenue in San Jose.
- The VA Hospital in Palo Alto and Valley Medical Center in San Jose are in desperate need of secretaries and chairpersons (six month minimum sobriety required) to fill the following date/time slots:
  - VA Hospital – 2nd Saturday, 11 am; 4th Friday, 7 pm; 5th Wednesday, 7 pm
  - Valley Med – 5th Tuesday, 5th Friday, 8 pm

**Bridging the Gap, Jane**

- Volunteers are needed. Meetings are held the third Monday of each month at 7 pm at First Congregational Church, 1980 E. Hamilton Avenue, San Jose.

**North County General Service, Mary M.**

- At our district meeting, we continued to hold elections for open liaison and DCM positions.
- Four people attended the new GSR rep orientation. For those new to General Service, we hold an orientation at 6:45 pm on the second Wednesday of each month before our district meeting in Classroom B at St. John's Lutheran Church in Sunnyvale, at the corner of Fremont and Manet.
- All the new panel's officers are in place.
- District 04 and District 40 are holding the Agenda Topics Workshop on Saturday, March 18 from noon to 3:30 pm at the Alano Club of San Jose. One of our speakers will be Area Officer Erica S., Assembly Coordinator for the area.

**South County General Service, Nicco** (not present)

**SCCYPAA, Dana** (no report)

**Sober and Free, Linda**

- The LGBTQ Conference will be held April 7-9 at the Hyatt Downtown San Jose. Registration details will be available soon via our website, [www.soberandfree.org](http://www.soberandfree.org).
- A fundraiser, “Switch Hitters,” a drag queen show, will be held on Saturday, March 4 at the Center for Spiritual Living, 1195 Clark Street in San Jose. Admission is \$15, VIP seating is \$20. Please circulate event flyers at your meetings.

**Open Forum**

- Does anyone know who NCCC of AA is?
- Mary M. confirmed that PI/CPC has officially moved under the GSR umbrella. Meetings are held the first Saturday at 6pm at Our Savior Lutheran Church, corner of Tulip and Winchester Blvd. in San Jose.
- Larry announced the PRAASA Conference to be held March 3-5 at the Westin Hotel in Sacramento. Panel discussions will include “How Is AA Run,” a Q&A, crash course on how AA functions, and more. Please reach out to your GSR for additional information.
- Barbara reminded us to recycle outdated, extra copies of flyers, notices, The COIN, etc.
- The meeting closed with the Responsibility Statement at 8:30pm.

**LOCAL EVENTS**

March 4	Switch Hitters All-Inclusive Drag Show, 6:30 pm, Center for Spiritual Living, 1195 Clark Street, San Jose <a href="http://www.soberandfree.org">www.soberandfree.org</a>
March 10-12	NCCAA Spring Conference, Crowne Plaza Hotel, 1221 Chess Drive, Foster City
March 18	Agenda Topics Workshop, noon to 3:30 pm, The Alano Club of San Jose, 1122 Fair Ave.nue, San Jose
March 18	Chili Cook-Off, noon to 3 pm, Lincoln Glen Church, 2700 Booksin Avenue., San Jose

**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@aa-sanjose.org](mailto:coin@aa-sanjose.org).

**INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.**

**Profit & Loss**

February 2017

	Feb 17	Feb 16	Jan - Feb 17
<b>Ordinary Income/Expense</b>			
<b>Income</b>			
3030 · Contributions-General	9,092.51	16,884.56	33,308.81
3050 · Group Insurance (Group premium payments)	0.00	0.00	21.00
8010 · Literature Sales	3,275.25	4,599.25	9,123.62
8020 · Meeting Guide Sales	310.50	882.00	1,224.00
8060 · Newsletter	500.00	0.00	505.00
<b>Total Income</b>	<b>13,178.26</b>	<b>22,365.81</b>	<b>44,182.43</b>
<b>Cost of Goods Sold</b>			
5000 · Cost of Goods Sold			
5100 · Cost of Inventory Sold	2,620.01	3,750.67	7,394.45
5150 · Cost of Meeting Directories	607.90	930.26	1,119.04
<b>Total 5000 · Cost of Goods Sold</b>	<b>3,227.91</b>	<b>4,680.93</b>	<b>8,513.49</b>
<b>Total COGS</b>	<b>3,227.91</b>	<b>4,680.93</b>	<b>8,513.49</b>
<b>Gross Profit</b>	<b>9,950.35</b>	<b>17,684.88</b>	<b>35,668.94</b>
<b>Expense</b>			
6010 · Alarm Service	0.00	207.00	207.00
6030 · Accounting and Legal Fee	750.00	175.00	750.00
6070 · Bank Credit card charges (Credit card costs and fees)	46.72	89.19	162.22
6120 · Computer Expenses	40.00	0.00	80.00
6160 · Copier Expense	154.83	66.20	191.93
6225 · Insurance - Emp. Health Plan	528.28	483.95	1,056.56
6240 · Employee HRA Plan	0.00	1,518.84	0.00
6245 · Internet Access Charges	12.50	25.00	25.00
6320 · Newsletter Expense	254.84	50.02	457.53
6330 · Office Expense	90.23	428.39	288.10
6360 · Archives	0.00	0.00	48.58
6370 · Office Paper Supply	0.00	0.00	100.98
6380 · Payroll Taxes	804.79	1,277.71	1,735.85
6410 · Postage	0.00	640.68	14.08
6480 · Rent	2,280.60	2,431.60	4,738.20
6540 · Salaries - Office			
6541 · Vacation Pay	696.76	0.00	-433.13
6540 · Salaries - Office - Other	8,495.07	11,944.50	16,698.24
<b>Total 6540 · Salaries - Office</b>	<b>9,191.83</b>	<b>11,944.50</b>	<b>16,265.11</b>
6560 · Payroll Expenses	-0.03	0.00	52.73
6600 · Signing Services	200.00	200.00	400.00
7050 · Telephone	257.90	169.48	515.80
9080 · Sales Tax (Sales tax paid on purchases)	0.00	0.00	-0.47
<b>Total Expense</b>	<b>14,612.49</b>	<b>19,707.56</b>	<b>27,089.20</b>
<b>Net Ordinary Income</b>	<b>-4,662.14</b>	<b>-2,022.68</b>	<b>8,579.74</b>
<b>Other Income/Expense</b>			
<b>Other Income</b>			
8025 · Rebate	0.00	0.00	46.38
8030 · Interest Income	0.00	49.42	8.44
<b>Total Other Income</b>	<b>0.00</b>	<b>49.42</b>	<b>54.82</b>
<b>Net Other Income</b>	<b>0.00</b>	<b>49.42</b>	<b>54.82</b>
	<b>-4,662.14</b>	<b>-1,973.26</b>	<b>8,634.56</b>

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

## Balance Sheet

As of February 28, 2017

		Feb 28, 17
<b>ASSETS</b>		
<b>Current Assets</b>		
<b>Checking/Savings</b>		
	1010 · Petty Cash	142.45
	1020 · First Republic Bank (Checking account)	27,566.03
	1021 · (PR) First Rep. Bank CD 0429 (12 Mo. CD @ .5%, 08/12/16)	17,779.58
	1023 · (PR) First Rep. Bank CD 3228 (12 Mo. CD @ .35%, 02/05/16)	16,609.73
	1027 · (PR) First Rep. Bank CD 7681 (12 Mo. CD @ .3%, 4/29/17)	15,119.50
	1028 · (PR) First Rep. Bank CD 6955 (8 Mo. CD @ .35%, 04/30/16)	20,151.57
	1029 · (PR) First Rep. Bank CD 8182 (10 Mo. CD @ 1.0%, 12/08/17)	15,000.00
	<b>Total Checking/Savings</b>	<b>112,368.86</b>
<b>Accounts Receivable</b>		
	1110 · Accounts Rec - Group Deposits	-1,224.98
	<b>Total Accounts Receivable</b>	<b>-1,224.98</b>
<b>Other Current Assets</b>		
	1250 · Literature Inventory	19,049.03
	1310 · Prepaid Insurance	1,549.58
	13700 · Payroll Service Customer Asset (Payroll Service Customer Asset)	-0.01
	1499 · Undeposited Funds	2,706.09
	<b>Total Other Current Assets</b>	<b>23,304.69</b>
	<b>Total Current Assets</b>	<b>134,448.57</b>
<b>Fixed Assets</b>		
	1630 · Office Equipment	29,553.31
	1640 · Office Furnishings - Asset	7,757.80
	1641 · Less Accumulated Depreciation	-23,094.97
	1680 · Leasehold Improvements	300.00
	1681 · Less Accumulated Amortization	-300.00
	<b>Total Fixed Assets</b>	<b>14,216.14</b>
<b>Other Assets</b>		
	1860 · Deposits	1,993.85
	<b>Total Other Assets</b>	<b>1,993.85</b>
	<b>TOTAL ASSETS</b>	<b>150,658.56</b>
<b>LIABILITIES &amp; EQUITY</b>		
<b>Liabilities</b>		
<b>Current Liabilities</b>		
<b>Credit Cards</b>		
	2075 · American Express	52.50
	<b>Total Credit Cards</b>	<b>52.50</b>
<b>Other Current Liabilities</b>		
	2240 · Sales Tax Payable (due quarterly)	822.98
	2340 · Accrued Vacation	13,125.15
	2600 · Unity Day	2,027.42
	<b>Total Other Current Liabilities</b>	<b>15,975.55</b>
	<b>Total Current Liabilities</b>	<b>16,028.05</b>
	<b>Total Liabilities</b>	<b>16,028.05</b>
<b>Equity</b>		
	3100 · Prior period adj. - vacation	-11,704.67
	3900 · Unrestricted Funds	137,700.62
	<b>Net Income</b>	<b>8,634.56</b>
	<b>Total Equity</b>	<b>134,630.51</b>
	<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>150,658.56</b>

**INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.**

**Group Contributions**

February 2017

	Feb 17	Jan - Feb 17
1 Inv Freedom Fellowship 70940	0.00	350.47
1 INV Fremont & Manet Group 70975	0.00	500.00
1 INV One Day at a Time 70903	1,196.00	3,597.00
1 INV Rand B Group 70972	0.00	910.00
1 INV South County Fellowship 70954	300.00	4,200.00
1 INV Sufficient Substitute 313	0.00	400.00
1 INV Winchester Fellowship 70960	0.00	177.60
3rd Steppers Book Study (Wom) 610 (Thu)	0.00	190.00
A Vision For You 687 (Sat.)	661.00	661.00
Beginners & Beyond LG 345 (Sat.)	100.00	100.00
Berryessa Group 527 (Wed.)	205.00	205.00
Big Book Speakers Group 289 (Fri.)	0.00	112.00
Birthday Contribution 00951	206.00	681.00
Cambrian Saturday Night (Chips) 376 (Sat)	380.00	692.00
Campus Group 234 (Thur.)	144.00	144.00
Chip Winners (Chips) 168 (Wed.)	0.00	161.70
Chips and Dyps (Chips) 559 (Tues.)	0.00	168.00
Desi's In Recovery (723)	0.00	146.58
Early Tuesday Group 119 (Tues.)	437.36	437.36
Easier Way Group 290 (Fri.)	0.00	242.24
East Valley Group 322 (Fri.)	140.00	140.00
Evergreen Group 884 (Thur.)	0.00	70.00
Flying Monkeys 422 (Fri)	112.00	112.00
Friday Big Book Study 702 (Fri)	0.00	253.19
G Cornerstone Fellowship Group 70908	680.00	860.00
G Fair Avenue Fellowship 70901	0.00	613.14
G Sunrise Group of Palo Alto 70963	0.00	1,800.00
G Sunrisers Group/Dennys 70932	547.32	1,088.10
G Third Tradition Women's Gp, The 70978	138.08	322.57
G West Valley Fellowship 70942	0.00	526.98
Gay & Lesbian Step & Trad GP 221 (Fri.)	0.00	119.00
Gay Living Sober Group 21 (Sun.)	0.00	77.00
Gay Reflections on the Solution 841(Wed.)	0.00	124.00
Get Up and Go (Women) 187 (Sat.)	0.00	1,041.50
Grateful Live Group 535 (Mon.)	0.00	168.00
Happy Destiny (Women) 109 (Tues.)	0.00	596.00
Higher Power Hour (Men) 872 (Mon.)	0.00	452.00
In the Solution 647 (Sat.)	76.30	175.98
Invaders Group 44 (Sun.)	140.00	140.00
Joy of Living PA 464 (Wed.)	0.00	168.00
Just For Today 238 PA (Thur.)	0.00	168.00
LGBT Happy Destiny Group 621 (Sat.)	231.52	231.52
Living in the 12 & 12 851 (Mon.)	0.00	68.17
Los Altos Big Book 860 (Thurs.)	0.00	275.55
Los Altos Men's Group 59 (Mon.)	0.00	70.00

	Feb 17	Jan - Feb 17
Men's 4th Step Group 320 (Fri.)	30.00	30.00
Men's Single Problem Study 89 (Mon.)	0.00	300.00
Men's Single Problem Study Gp 220 (Thur)	0.00	1,482.90
Men's Topic Meeting 137 (Tues.)	0.00	58.00
Monday at a Time 208 (Mon.)	0.00	141.10
Mountain View Group 350 (Sat.)	60.28	60.28
New Nooners 808 (Mon.)	0.00	115.00
New People's Group 3 (Sun.)	0.00	105.00
No Bull Big Book 655 (Fri.)	193.00	193.00
Off the Top 371 (Thur.)	0.00	100.00
Other Wednesday Nite, The (Men) 209 (We	0.00	700.00
Personal 00911	0.00	305.00
Phoenix Group 623 (Sun.)	205.50	205.50
Plaza Del Rey Group 52 (Sun.)	174.00	314.00
Queer and Sober 671 (Sat.)	151.00	151.00
San Martin Candlelighters 378 (Sat.)	0.00	100.00
Second Tradition Group Spkr 721 (Sat.)	0.00	368.50
Serenity Speaker Meeting 533 (Sun.)	556.60	556.60
Simply AA 301 (Tues.)	291.20	291.20
Sisters Seeking Serenity 858 (Wed.)	319.00	319.00
South Valley Women's Surrender 88 (Mo	0.00	250.00
Spiritual Step Study 233 (Sun.)	0.00	308.78
Step Study (Women) LG 820 (Wed.)	0.00	133.70
Sunshine Group noon 243 (Thur.)	0.00	350.00
T.G.I.F. Speaker/Discussion 298 (Fri.)	0.00	168.00
Too Early Big Book Stud 172 (Sat)	105.00	105.00
Trinity Group 370 (Sat.)	0.00	60.00
Tuesday Night Happy Hour 796	502.39	502.39
Tuesday Night Men's Mtg 525 (Tues.)	380.00	380.00
Tuesday Noon Step Study 556 (Tues)	0.00	280.00
Unknown	40.06	195.06
Veterans of Alcohol 874 (Tues.)	0.00	70.00
We Have Arrived (Men's) 819 (Mon.)	0.00	143.55
Winchester Mystery Meeting 102 (Tues.	0.00	116.00
Women's Brunch 640 (Sat.)	389.90	389.90
Women's Candlelight Big Book Disc. (863)	0.00	20.00
Women on the Move 570 (Wed.)	0.00	203.70
<b>TOTAL</b>	<b>9,092.51</b>	<b>33,308.81</b>

# *Save the Dates!*

## **CHILI COOK-OFF**

March 18, 2017 12:00-3:00



## **OLD TIMERS MEETING**

August 6, 2017 1:30-3:00



## **TAKE YOUR SPONSOR TO BRUNCH**

October 7, 2017 11:30-3:00



Service positions are available.  
Please contact Central Office.  
(408) 374-8511

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S A T U R D A Y

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Santa Clara County Intergroup

# Chili Cook-off

Lincoln Glen Church  
2700 Booksin Ave  
San Jose



For more information on how to register your team or volunteer contact Central Office at 408-374-8511

**\$10 donation suggested**

Bring your homegroup for the annual Serenity Chili Cook-off

Sat, March 18<sup>th</sup>

12-3pm

12-2pm Chili Tasting and  
Cornbread Feast

2-3pm AA Speaker Meeting

**Bring on the heat !**

Pack your sombrero and see if your homegroup can win the bragging rights!!!





## BIRTHDAY CONTRIBUTION

**CELEBRANT:**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Sobriety Date \_\_\_\_\_

Amount of contribution: \$ \_\_\_\_\_

**CONTRIBUTOR:**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

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!**

