

Mining for Gold - Conversations with Long Timers

Peggy Z. (1974) and Jackie N. (1972) shared their stories about AA in their early days and why they STILL go to meetings.

Peggy was drunk for the first meeting; just sat in her car and didn't go in. The next week she was still drinking but did go in. After the meeting, a nice fellow said the program works better if you don't drink. (How did he know?) She heard Little Eddie say that if you don't take the first drink, you can't get drunk and any idiot can stay sober 24 hours. She thought to herself, "maybe I can do that," still not thinking she was an alcoholic.

Most of the meetings she went to were in the evening (she didn't know there were daytime meetings). Someone told her there was a meeting on Friday night at the History Club. So she increased her meetings to two a week. She recalls Monday being the Foxworthy Speakers Group, which she went to because she knew she wouldn't have to talk. Another meeting she added to her schedule and is still attending is Spiritual Progress. This is also one of the earliest meetings in Santa Clara County, originally called the Los Gatos Family Group that met at Live Oak Inn. She was offered a job and worked 18 years at a recovery facility. Peggy was told that if she worked with the disease all day, her bucket got emptied, so she had to go to meetings at night to fill it back up.

Jackie called AA and since there was no answering machine, no one called back. She called again, and a gentleman came to the house. He said the only thing that works is AA. The gentleman took them all around to get a flavor for different meetings. Her husband went to the first three meetings with them.

The very first meeting they talked about feelings Jackie only had in her head, so she decided to stay in AA. Looking in the directory, she settled into a weekly schedule of meetings. She was told her husband may try to sabotage sobriety. Glad that she was forewarned; it happened on two occasions. She says that without help she would have gone back to drinking.

After 7 years of sobriety, Jackie got "busy" and left AA for a few years, though she continued with AlAnon and a spiritual group, with no desire to drink. One of the other spiritual group attendees asked her when she was going to come back to meetings - she did, and has been attending regular meetings ever since. Jackie emphasized that tools are important. She talked about a recent experience where she was just sad. Went to a meeting where the topic was gratitude, and she talked. She wasn't grateful when she went to the meeting but was when she left.

There was lots of 12th step work back in the day, since there were not many treatment places. (folks had to be lured to AA). When 12th steppers picked them up, they often had to be given alcohol on the way to the ER or Monte Villa or occasionally a meeting. One 12th step for Jackie was to a woman who "had everything" and couldn't stay sober. What a learning experience! She was both scared and SO relieved that she wasn't drinking. Because of treatment facilities, young people and dual addiction, folks are getting here much sooner. It's exciting to see young kids (teens and 20's) come into the rooms. They said "It's a painful slow journey to get to where we are now - but worth every step along this road."

- Rose W.

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Seventh Step Prayer

My Creator,

I am now willing that you should have all of me, good & bad.

I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows.

Grant me strength, as I go out from here to do your bidding.

Amen

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The COIN Team
Editor Toni F.

Upcoming COIN Deadline

August 2019 Issue: July 17th Topics: Step Eight, Tradition Eight,
Eight Principle - Brotherly Love

Please email all submissions to coin@aasanjose.org.

Perspective

We had lacked the perspective to see that character building and spiritual values had to come first... page 71 *12x12* Step 7. One of the beautiful tenets of Step 7 is humility. Humility like courage is one of those things that shows you lack it when you brag about it.

When I came here to Elmwood, one of the requests I had of my HP was that I would be allowed to be of maximum service. That request has led to some of the most powerful and humbling experiences of my life. Being here has given me, in so many ways, a new and beautiful perspective on life. I have, by the grace of God, had the opportunity to be of service in a way that I never thought possible and the gifts from my Higher Power warm my heart in what can be a very cold place.

In the last four months, I have started 32 guys on the steps. I have been blessed to watch men who had real trauma; things like extensive ugly childhood abuse gunshots, stabbings, and general violence as part of their stories get sober and work the steps. The perspective I came here with was my life, my childhood had abuse and was hard. I have come to deeply believe that my parents not only did the best they could, they did it with love. ALL, I mean ALL, of the wreckage that befell my life I caused.

With this new perspective I get to see how even in the midst of the copious amounts of drugs, alcohol and violence in this place there are people who want a better life. I get to set aside my prejudices, my arrogance and one moment at a time be of service. It is through this place that I have learned why service is so important and beautiful.

One of the many ways I feel the presence of God is watching men I get to work with carry the message to other men. It is shocking and a testament to HP working in here. The meetings we have are not meetings where a slip is signed or where a judge, P.O. or cop cares you attend. We don't

have a bunch of readings and we have a ton of cross talk but we all get to see ourselves grow and we get to help each other. This is humbling.

However, the service that God has allowed me to do which is the most humbling thing I've ever done is tutor guys who are trying to get their GED. Watching guys from the ages of 19 to 56 humble themselves and say they need help (really big deal in jail especially from a violent gang base around) with reading, math and science is humbling. Sitting with a guy for eight days straight going over factoring problems, him feeling hopeless, yet he won't quit is so touching. Seeing the look in his eyes when he get it and him asking for more homework is beyond touching.

One of the guys I've been tutoring is 24 and reads at a 10 year old level. He is in the GED class. I have been blessed to watch his reading comprehension increase and to watch him do math. When we started, he said I'm too stupid to ever get this. One month later he is ready better and doing math and has been passing his practice tests.

I used to be such a secret arrogant ass about intelligence, that some people just couldn't and wouldn't get it, that they were destined to lives of mediocrity. I now get to see the ugliness of my beliefs and hope one day my HP can forgive me for having them.

So what does this have to do with character building and spirituality? I don't have a freaking clue! I have learned that I get much closer to my HP when I give back to my fellow brothers freely as help was so freely given to me. My parents gave me a very good education and I have always used it. Before I got sober, I used my intellect in selfish destructive ways. Now I have an opportunity to be of service and to give back what was so freely given.

I am so grateful AA taught me how to be of service and that I get to.

- Rahul A, M2A Elmwood

Humility: Brevity is the Soul of Wit

The Seventh Step states that we “humbly asked Him to remove our shortcomings.” Bill W. actually covers the Seventh Step in just one paragraph on page 76 of the Big Book of Alcoholics Anonymous. My home group, the One Day At A Time (ODAAT) daily 6 a.m. meeting of AA, says the Seventh Step prayer every single morning. It turns out that this is the entirety of Step Seven. To be honest, that fact surprised me as I was rereading the text for this article. It appears that the conciseness of the verbiage surrounding the Seventh Step belies its strength and power such that brevity actually is the soul of wit when it comes to AA’s Seventh Step.

You may recognize the title of this article as a famous quotation from Shakespeare’s Hamlet. Polonius is a spy for the King and delivers these words in a lengthy, but useless, speech to Hamlet’s stepfather. The irony of his words is that he is the most dimwitted of the characters, which he demonstrates with his arrogant ramblings. He demonstrates neither “wit” nor “brevity” in that monologue. In fact, he demonstrates his complete lack of humility.

It is this, the principle behind Step Seven, that I would like to discuss. For many years (even decades), I loved nothing better than to prove that I was the most witty guy at the party. Give me a couple of drinks and I would demonstrate my intelligence with a quick tongue and rapid comebacks. And, if I was to practice humility, it was most likely because I was able to read the room and determined that it was time to demonstratively eat a slice of humble pie. I was masterfully arrogant in my overt demonstration of false humility.

How about that for irony?

I am convinced that there is a reason why the first of the seven deadly sins is pride. For me, it trumps all the rest. In fact, it probably even contributes to all the rest. As I wrote about last month, ego is absolutely my dominant character defect. Just as realizing that I had a problem with alcohol was a first step, understanding that I have a huge ego is a first step.

Of course, I also had to stop drinking, just as I have to consciously work on my ego by asking my Higher Power to remove that defect of character. The Seventh Step prayer is a necessary beginning. However, my Higher Power isn’t going to do this for me without a bit of blood, sweat, and tears on my part. Therefore, I’m going to end this article with a challenge. If any of this rings true with you, I invite you to join me in the following exercise.

The next time you are in the break-room at work, enjoying snacks after church, eating burgers at a barbeque, or in a situation where other people are discussing a topic you believe you have some expertise in, do not say a word. If someone tells a story about climbing Pike’s Peak and you just returned from scaling Mount Everest, keep it to yourself. When someone talks about playing high school baseball and your name is Buster Posey, congratulate them on their accomplishments. There is no need to be Polonius from Hamlet. If you can commit to give this a try, I will commit to you to do the same. Let’s practice some humility together.

• JD D.

Reprinted from the COIN July, 2016

Breaking the Cycle of Alcoholism

Our Children Need a Safe Environment

Early in my first marriage I could easily rationalize all of my alcoholic behaviors. These things meant nothing to me, at the time, but that all changed the day that I became a father. It didn't change my behavior but it did affect my conscience. From that day forward I felt guilty about my inability to be a good father and as the result, my only son developed problems as bad as, or worse than mine.

My wife and I separated and were divorced within two years of his birth and I got sober one year after that and have been sober ever since. My current wife of forty eight years and I have done everything we could to be supportive of my first wife and my son from a distance. When my son turned ten years old, she asked us if we would take custody of him, since she was still having difficulties of her own and we understood and gladly accepted her offer. This was the right thing to do but it didn't solve my son's problem. He was damaged and the die was cast. He struggled with drugs and alcohol problems into his late forties and is now in the program, sober for seven years and doing well. From this experience and from the observation of the newer members that come to us in the midst of a divorce or a marriage influenced by alcohol or drugs, the children are often emotionally damaged and have very little chance of evolving into healthy adults. Some of the symptoms I've read about are as follows: Children of alcoholics **endure chronic and extreme levels of tension and stress.** At times, children of alcoholics **may begin to feel as though they are responsible for the problems and are likely to developing problems with drugs and alcohol themselves.** These are just a few of the things that I and my family have experienced firsthand and it was not a pretty sight.

There were many sleepless night in sobri-

ety wondering where my son was and fearing the worst. It took many years of anguish before he finally surrendered and we finally had some peace of mind. My experience concerning this situation is to give some perspective on this matter in order to minimize the emotional damage to the children when the parents either divorce or reconcile their marriage.

Divorces are messy with the pain and disappointment of a failed relationship and my divorce was no different. Fortunately for us, I realized that my child would be witness to how I treated his mom and from that day forward I have not been critical about her in or out of his presence. I only talk understanding and compassion and I taught him that same principle. In time she came around to the same way of thinking and we all moved on with grace.

When my grandson was born, the same thing happened when his mom and dad separated and my wife and I had a the chance to provide virtually all of his daycare. We had the opportunity to shield him from most of the trauma by providing him with a safe environment and with love and comfort. We explained to him that they were good people but they have problems and we cannot judge them but we can help them when they are ready. The main thing was the safe environment part. We had the opportunity to walk him through these things with compassion and understanding. I am happy to say that he just completed his first year of college at the age nineteen with virtually no signs of emotional damage, no drugs or alcohol, no smoking of any kind and very mature. He talks to us freely about any and all subjects. We can break the cycle but we must get our priorities straight as soon as possible, consider the damage to our children, put the past behind us and we must be strong enough to forgive. Every minute counts if we want to break the cycle.

- Rick R.

A Moving and Fascinating Adventure

Our Newfound Knowledge of Ourselves

As we approach step eight in the 12&12 it describes the AA journey as a "Moving and Fascinating Adventure." In step nine we start, or continue the process of making amends, and by then we realize that the promises are already starting to materialize. It would have been easy to rest on my laurels at that time, but I have been attending weekly step study meetings since I first got sober in 1969 and I couldn't get away from the sage advice that kept repeating itself over and over. In step ten it says "Our first objective will be the development of self-restraint. This carries a top priority rating." Some examples I read are as follows: *Restraint of tongue and pen, drop the word "blame" from our speech and thought (step 4) Quick-temper criticism, Sulking and silent scorn etc. etc. etc.* These are just a few. With these things revisited, three or four times a year, as we cycle through the step studies, it kept acting like a rock tumbler and slowly but surely, I adopted new habits which eventually become second nature, and develop into virtues. This helped me to rein in many of those old behaviors that got between me and my peers. I never stop learning these new ideas.

Another one of the things that caught my attention in step ten was the quote "Pain is the touchstone of all spiritual progress" then it finishes off the paragraph with, "How heartily we AA's can agree with him, for we know that the pain of drinking had to come before sobriety, and emotional turmoil before serenity". Can this mean that we can have no spiritual progress without suffering pain? It didn't seem to make sense to me, so I looked up the word "Touchstone" in the dictionary and discovered that a Touchstone is a mineral that assayers used to test the

purity of gold. Now I understand it as, to measure how spiritual we are when the going gets rough. Do we revert to our old habits, or do we stick to the principles we have learned in the program?

The next quote I kept seeing that piqued my curiosity, was on pg.90, 12&12, "It is a spiritual axiom that every time we are *disturbed, no matter what the cause*, there is something wrong *with us*". The "no matter what the cause" part seemed to throw me a curve ball. I questioned the idea that, if a mother saw her child running into traffic and she wasn't *disturbed*, I would think that there must be something wrong with her. I don't think anyone could argue that point, so I believe that the spiritual axiom quote relates to the way we interface with other people and I find it to be a tremendous template to improving our relations with them. In it we question what drives us when we start to get a little out of sorts and we can apply the pre-mentioned self-restraint.

As I continue to attend those weekly step study meetings these things get clearer each time I go through them. Most of my issues are well under control as long as I don't assume that I can let down my guard, as my EGO is always ready to fill in the empty spaces in my program. The maintenance part of the tenth step is easy for me these days. I just get up in the morning and say, "God, please show me what to do, and please give me the strength to do it;" I'm not sure that He hears me, but I know that I HEAR ME, and it arms me with the best possible attitude I can have for that day. It usually works. I let the rock tumbler keep me on my toes, and I hope that I always pass the assayer's test.

- Rick R.

LOCAL EVENTS

July 19-21	4th Annual Unity & Service Conference, Concord Hilton
August 3	Summer Felly Fest, Santa Cruz Fellowship
August 25	Unity Day, Napredak Hall, 770 Montague Exp. San Jose, 1 p.m to 8 pm
August 30-1st	Monterey Bay Area Round-Up, montereybayarearoundup.org
August 31	Old Timers Meeting, Lincoln Glen Church, 2700 Booksin Ave., San Jose, 1-3 pm

A Life of Purpose and Meaning

Right Living is the Key to Happiness

I was a barroom drunk and the lounge was my living room. The only reason that I went to my apartment was to shower and to sleep. In all my time in the bar, words like Humility and Ego were never the topic of conversation. As I look back on it now, I realize that the barroom was my place of refuge where I felt safe and I could rationalize just about anything without ever facing the truth. I was living in a bubble of denial that would eventually run out of oxygen and I would have to face life. For the alcoholic, that way of life is a dead-end street which leads to hospitals, prisons, or death. When I ran out of resources, facing desperation, I surrendered, and I entered the A.A. program where the denial was replaced with hope and encouragement and I got realistic about life. The obsession to drink was lifted immediately and has never returned.

The understanding of life didn't happen overnight. I had to go through the process of the *unlearning* of all my Ego driven fantasies and habits and replace them with unselfish values and principles that are common in A.A. as well as in most of the meaningful philosophies and religions in the world today. My Ego has been the biggest obstacle in the way of this process and I must never let down my guard. My Conscience now stands between my Ego and my Thoughts and Actions and it's doing a pretty good job of it.

It has been a very slow process adopting these ideas and discarding the failed mentality of the past but, one by one, as I developed the strength and the trust what I found in the program, I examine my motives for every decision I make, and I apply a proven, unselfish principle to those decision. That takes the decision making out of my hands and I make less mistakes. As I continue to repeat this process, in time, it becomes second nature and replaces old behaviors that

cause my discontent.

Next, defining the word Humility was not an easy thing to do and it took a long time to settle on an understanding that put it to rest for me. The final piece of the puzzle came to me when in my 22nd year of sobriety, I was on the phone with a man who was trying to engage me in an argument, and when he realized that I wasn't going to bite, he fired his last volley by saying: Well, I've heard stories about you, and you're no angel." I thought about it for a few seconds and replied, "*I've done a lot of things in my life that I'm not proud of, but I'm not ashamed of anything that I've done in the past 22 years.*" The phone call ended peacefully. Several years later, in a step study meeting on step seven the topic was Humility. I remembered that phone call and realized that Pride was not the opposite of humility that *pride was the opposite of shame* and that *humility fell right in the middle of the two.*

When I boiled it all down, I concluded that I should not be proud of, nor ashamed of the things I do and that I should be in the middle somewhere. This applies to my receiving as well as my giving. Aristotle referred to this as "The Golden Mean" where, for example, when we are in the habit of giving compliments to our friends when they deserve it, we should not be so stoic that we cannot accept a compliment with the proper amount of appreciation, when we deserve it. To me this means finding the *Mean between the extremes* and exercising it until it becomes second nature. With my Ego on the sideline and my Conscience in control, I stay on the unselfish side of the ledger. At the age of seventy-seven, I am always involved in some form of service and it gives Purpose to my life, and I plan to live to the age of one hundred and four, so I can't quit now.

- Rick R.

THERE IS A SOLUTION



There is a solution. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.

Alcoholics Anonymous

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July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 SOUTH COUNTY GENERAL SERVICE WORKSHOP: 7pm, 1st Congregational Church, 5j	3 OUTREACH MEETING: 6:45pm INTERGROUP MEETING: 7:30pm Trinity Church, 3151 Union Ave., 5j	4 Central Office Closed	5	6 SECRETARY'S WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell
PI/CPC WORKSHOP: 5:30pm, PI/CPC MEETING: 6pm, Our Savior's Lutheran Church, 1224 N. Winchester Blvd. at Tulip, SC	8	9	10 NORTH COUNTY GENERAL SERVICE MTG: 7:30pm Trinity United Methodist Church 583 E. Fremont Ave., Sunnyvale	11	12	13 SCCIPAA BUSI MTG: 12-1pm, Calvary Church, Brick House, Los Gatos
14	15 BRIDGING THE GAP MTG: 7pm, 1st Congregational Church, 1980 Hamilton Ave. at Leigh, 5j	16 SOUTH COUNTY GENERAL SERVICE MEETING: 7pm, 1st Congregational Church, 1980 Hamilton Ave., 5j	17	18	19	20 DIVER/12 TH STEPPERS WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell
21	22	23 H&I COMMITTEE MEETING: 7pm, 1980 E. Hamilton Ave., 5j	24	25	26	27 SCCIPAA BUSINESS MTG: 12-1pm, Calvary Church, Brick House, 16330 Los Gatos Blvd.
28	29	30	31			

August 2019

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25	26	27 H&I COMMITTEE MEETING: 7pm, 1980 E. Hamilton Ave., SJ	28	29	30	31

MEETING CHANGES

NEW MEETINGS

4th Dimension

Monday, 5:30pm
First Presbyterian Church
1140 Cowper
Palo Alto, CA 95031
Big Book Study

MEETING CHANGES

None

CLOSED MEETINGS

None

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!



June 2019 Statistics

Daytime Phone Calls to Central Office.....205

Daytime 12-Step Calls.....3

(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!



Birthday Contributions

Birthday Celebrant	Years	Contributor	Birthday
Peggy Z.	45	Peggy Z.	05/29/1974
Robbie Robertson	57	Paul C., Robbie R.	06/11/1962
Rita R.	39	Rita R.	06/12/1980
Sepideh M.	11	Carol B.	06/15/2008
Rebecca C.	27	Carol B.	06/22/1992
Patricia G.	39	Patricia	06/28/1980

218 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.

Would you like to receive The COIN via email???

It's FREE! Go to www.aasanjose.org and enter your name and email address on the lower left hand side of the page and you will receive the COIN each month.

INTERGROUP MEETING MINUTES

June 5, 2019

- Frances, Intergroup Chairperson, opened the meeting at 7:30 pm followed by a moment of silence and the Serenity Prayer. The reading of Definition of Intergroup (Christina) was followed by The Twelve Traditions (Nick E.).
- New Intergroup Reps: (New IG Rep meeting tonight by Alt Chair Jaye S. - Thanks!)
 - Nick E., Serenity First Fellowship, San Jose
 - Vicky (alternate), Serenity First Fellowship, San Jose
 - Mark, Saturday Night Live
 - Melissa, SCCYPAA liaison
- Visitors: Jackie B. from San Francisco
- Birthdays:
 - Anne, May 29, 7 years
 - Judy, May 25, 8 years
 - Jesse, May 26, 6 years
 - Joyce, June 2, 11 years
 - Mike, Dec 4, 18 months
- Observance of 7th Tradition - \$81 tonight (Mary S., treasurer)
- Corrections or Additions to the Agenda or Minutes – (none)
- Tonight's Voting Member Count is 35

Reports

Intergroup Chair – Frances

- Thanks to Paul for the setting up the PA system and to Michelle for the coffee. Frances is going on maternity leave for the next couple of months; Jaye S. will be her substitute.

Central Service Board (CSB) – Joey N.

- A survey which solicits AA membership opinions on desired services was deployed by email on May 31 to those who were on the Constant Contact mailing list as of that date (sign up for the mailing list on Central Office website, aasanjose.org). If you weren't on the mailing list on that date, you can email aasanjose@comcast.net to get access to the survey. Please remind your groups to enroll in the mailing list and to complete the new survey.
- Central Office finances are good. An employment and hiring handbook is currently under construction.

Central Office – Kurt

- Tickets are available at Central Office for the June 16th Founders' Day play, "I Am Responsible." Jackie B., the playwright, made an appearance to describe the play, which is centered around AA's third legacy of service, and is drawn in part from the book "AA Comes of Age", as well as on research done in the General Service archives in New York. Performances will be held at 1 and 6 pm at the Hoover Theater at 1635 Park Ave., San Jose.

Central Office fares well.

Website – Priya (none)

Digital Basket – Anne S.

- Anne provided a sign-up sheet for getting information on both how to set Venmo up for a group, as well as how individuals can use Venmo. Once a group has set Venmo up, it needs to let Central Office know so that a direct link to Venmo can be added to the listing for the meeting in the Meeting Guide app.

Activities Committee – Carole R.

- The Old Timers meeting will be Saturday August 31st from 1 – 3 pm at the Lincoln Glen Church. All are welcome to this meeting; Carole is currently accepting volunteers to help. There will be coffee, cookies, and fellowship. AA members are encouraged to help old-timers with rides to the meeting.

Twelfth Step – Carol B. read the report from Bernadette P.

- There has been limited interest in the Saturday 12th step workshop, but we have had a few folks each month. Certainly, more work needs to be done. In addition, an informal group is being created to consider what other 12 stepping is needed for those coming to AA from treatment centers who do not get that experience, but often are in need of the fundamentals of AA. Unfortunately, because I've been sick for so long, we haven't moved along much on this project.

Daytime Office – (none)

Nights and Weekends Divorter Coordinator – Carol B.

- Good evening – I am the Divorter Coordinator. Divorter Volunteers provide after-hours phone coverage for AA in Santa Clara County.
- When our Central Office is closed, incoming calls are diverted to a person who is on call. Divorter volunteers provide after-hours phone coverage from 4:30 pm-9:00 am Monday through Friday and all day Saturday and Sunday. The sobriety requirement is one year; the service term is at least one year, but many serve longer. Each divorter volunteer goes through a training workshop before assuming a divorter shift. The workshop is held the third Saturday of each month (this month it's June 15), at 10:00 at Central Office. In addition to the sobriety requirement it is also important that the divorter have a working knowledge of the 12 steps and the 12 traditions.

Takeaways:

- Please encourage your group members to attend the divorter workshop to understand how this service helps the alcoholic who still suffers and note that Divorters can take their shift wherever they happen to be: at home, at a meeting, at dinner, or out of town. This is an easy way to help another alcoholic, whether it's a newcomer or a person with long sobriety who is struggling.
- In the past month, we had six shifts open. Four of the shifts have been filled—two by people who agreed to become Divorters for the first time, and one during the Intergroup meeting.

- Currently, these shifts are open:
 - Second Friday, Midnight-6am
 - Fifth Tuesday, 10:30pm-6am (a 5th week of the month happens only 4 times per year).
- Thank you for granting me the privilege of being in service.

Secretary Workshop – Michael

- Held the 1st Saturday of the month, 10 am at Central Office.

Outreach Committee – Del M.

- Del is our new chairperson. This committee exists to get the word out to all groups about the services that Intergroup provides. The meeting is held at 6:45 immediately before the Intergroup meeting. Stop by and say hello.

Newsletter Committee – (none)

- The deadline for the June issue (topics: Step 6, Tradition 6, 6th principle of Willingness) is June 15, 2019 (always the third Wednesday of the month). You can find the COIN on the AA website at aasanjose.org. Anyone interested in writing for the COIN can email stories on recovery to coin@aasanjose.org.

Old/Ongoing Business

- Last month, Intergroup reps were asked to obtain group consciences on the motion “Intergroup should contribute no more than \$1800 to the Unity Day budget”. The Unity Day committee had recommended this amount, but after reexamining its budget projections, the committee confirmed that only \$1500 was needed, which is the same amount that Intergroup contributed the last time that Unity Day was held in 2017. A motion for Intergroup to make a contribution of \$1500 was then passed by 31 voting members.

New Business – none

North County General Service (District 04) – Laurie (Alternate DCMC)

- A pamphlet has been proposed: “Experience, Strength and Hope: AA for the Transgender Alcoholic”, to better reach the estimated 1.5 million transgender people in the USA, which is disproportionately affected by alcoholism. The General Service Representatives for each group have been asked to obtain a group conscience on whether to approve this pamphlet, which might then be added to the agenda topics for next year’s General Service Conference.

South County General Service (District 40) - Scott (Alternate DCMC)

- General Service Representatives for both district 04 and 40 are preparing to attend the post-conference assembly on June 15 in Vacaville, at which our area delegate will share the results of the General Service conference.
- Two area-level motions are being discussed in addition to the Transgender pamphlet: whether the CNCA should have a permanent standing committee on Technology and a permanent Accessibility sub-committee.

Hospitals & Institutions – Judy

- Meets the 4th Tuesday of the month at Leigh & Hamilton; starts at 6:30 for new members. Elmwood is looking for both men and women to take meetings into the facility, and there is a great need for Spanish speakers.

Bridging the Gap – Christina, Intergroup liaison

- Bridging the Gap introduces newly released inmates and inpatients to AA, by making a phone call and providing transportation to their first meeting. Bridging the Gap meets at 7 pm on the 3rd Monday of the month on Hamilton & Leigh. BTG needs more people, and a number of service positions are available. AA members are asked to fill out the “yellow cards” to volunteer to help.

PI/CPC – (none)

Sober and Free – (none)

SCCYPAA – (Melissa)

- A “Water Wars” water balloon and squirt gun event at Budd and San Tomas was announced for June 15th. Meeting at noon; \$10 donation. SCCYPAA is also encouraging “meeting bombs” where groups of members drop in on different meetings.
- SCCYPAA meets the 2nd and 4th Saturdays at noon at Calvary Church Brick House, 16330 Los Gatos Blvd., Los Gatos. There are lots of open service commitments.

Unity Day - Mary

- (See “Old Business” for results of the vote on funding for Unity Day.) Unity Day will be held in San Jose on Aug 25th at Napredak Hall. Service positions have all been filled. The speakers scheduled for Unity Day are Alex S and Pat G.

OPEN FORUM

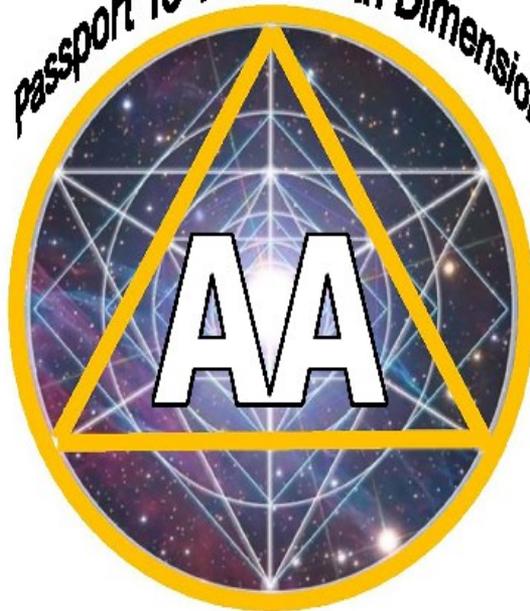
- Carol B. Announced the 12 Tradition Workshop on Saturday, June 29 from 1-5 pm with Pat G. as facilitator. Request \$5 donation. Location 1075 Space Parkway, Mountain View at Santiago Villa Club House.

Would you like to receive The COIN via email???

It's FREE! Go to www.aasanjose.org and enter your name and email address on the lower left hand side of the page and you will receive the COIN each month.

Unity Day

Passport To The Fourth Dimension



Save The Date

When:

Sun Aug 25, 2019

1pm - 8pm

Where:

Napredak Hall

770 Montague Expy.

San Jose, CA 95131

With Al-Anon participation SCVAFG Intergroup

SANTA CLARA COUNTY INTERGROUP PRESENTS the 33rd ANNUAL

OLD TIMERS MEETING

Hear from our old timers with

50, 40, 30 and 25+ years of sobriety!

SATURDAY, AUGUST 31, 2019

LOCATION: LINCOLN GLEN CHURCH

2700 BOOKSIN AVENUE, SAN JOSE, CA

1:00 – 3:00 PM

JOIN US FOR COFFEE, COOKIES AND FELLOWSHIP!

PAY IT FORWARD... BRING A NEW COMER

PAY IT FORWARD... GET INVOLVED!

To Get Involved! Contact us at:

Central Office (408) 374-8511, aasanjose@comcast.net

Volunteer to make coffee, cookies, be a greeter, help with registration; give an old timer a ride, and much more!

**Get out of self, and get into service at the 33rd Annual
Old Timers Meeting!**

Cookie donations appreciated.

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Profit & Loss

June 2019

		Jun 19	Jun 18	Jan - Jun 19
Ordinary Income/Expense				
Income				
	3030 · Contributions-General	9,827.87	10,611.11	84,372.73
	3050 · Group Insurance (Group premium payments)	200.00	600.00	3,110.00
	8010 · Literature Sales	3,625.52	3,133.55	25,688.07
	8020 · Meeting Guide Sales	416.50	261.00	2,495.80
	8050 · Activities Committee	0.00	0.00	5,174.76
	8055 · Central Office Events	1,005.00	1,430.00	1,695.00
	8060 · Newsletter	487.97	197.30	2,358.72
	Total Income	15,562.86	16,232.96	124,895.08
Cost of Goods Sold				
	5000 · Cost of Goods Sold	3,479.40	3,079.38	23,050.92
	Total COGS	3,479.40	3,079.38	23,050.92
	Gross Profit	12,083.46	13,153.58	101,844.16
Expense				
	6015 · Activities Committee Expense	0.00	0.00	2,792.33
	6030 · Accounting and Legal Fee	775.00	0.00	2,750.00
	6140 · Conferences	0.00	0.00	30.00
	6150 · Unity Day Expense	1,500.00	0.00	1,500.00
	6190 · Depreciation Expense	1,199.25	1,199.25	2,398.50
	6220 · Insurance - Worker Compensation	160.66	12.43	320.91
	6225 · Insurance - Emp. Health Plan	662.71	600.59	3,727.78
	6230 · Insurance - General Liability	1,506.00	1,209.25	2,715.25
	6240 · Employee HRA Plan	439.01	0.00	2,565.20
	6330 · Office Expense	2,733.69	2,817.61	12,124.26
	6380 · Payroll Taxes	689.46	717.02	4,647.72
	6480 · Rent	3,384.50	3,361.50	20,307.00
	6540 · Salaries - Office	8,321.16	8,384.00	53,860.36
	6560 · Payroll Expenses	128.51	128.52	828.01
	Total Expense	21,499.95	18,430.17	110,567.32
	Net Ordinary Income	-9,416.49	-5,276.59	-8,723.16
Other Income/Expense				
Other Income				
	8025 · Rebate	0.00	99.88	182.85
	8030 · Interest Income	50.19	21.64	658.45
	Total Other Income	50.19	121.52	841.30
	Net Other Income	50.19	121.52	841.30
	Net Income	-9,366.30	-5,155.07	-7,881.86

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Balance Sheet
As of June 30, 219

		Jun 30, 19
ASSETS		
Current Assets		
Checking/Savings		
1000 - Prudent Reserve		
	1021 - (PR) First Rep. Bank CD 0429 (12 Mo. CD @ 1.49%, 08/12/19)	18,168.38
	1023 - (PR) First Rep. Bank CD 3228 (12 Mo. CD @ .7%, 02/05/19)	16,905.34
	1027 - (PR) First Rep. Bank CD 7681 (12 Mo. CD @ .7%, 4/29/19)	15,370.83
	1028 - (PR) First Rep. Bank CD 6955 (12 Mo. CD @ .6%, 01/02/20)	20,520.91
	1029 - (PR) First Rep. Bank CD 8182 (10 Mo. CD @ .6%, 8/8/19)	15,341.78
	1031 - (PR) First Rep. Bank CD 9158 (20 Mo. @ 1.98%, 11/7/19)	13,508.55
	Total 1000 - Prudent Reserve	99,815.79
	1010 - Petty Cash	508.43
	1020 - First Republic Bank (Checking account)	13,900.77
	Total Checking/Savings	114,224.99
Accounts Receivable		
	1110 - Accounts Rec - Group Deposits	-596.15
	Total Accounts Receivable	-596.15
Other Current Assets		
	1250 - Literature Inventory	23,819.29
	1310 - Prepaid Insurance	3,156.25
	13700 - Payroll Service Customer Asset (Payroll Service Customer Asset)	-0.01
	1499 - Undeposited Funds	5,852.89
	Total Other Current Assets	32,828.42
	Total Current Assets	146,457.26
Fixed Assets		
	1630 - Office Equipment	26,982.05
	1640 - Office Furnishings - Asset	6,039.78
	1641 - Less Accumulated Depreciation	-26,551.84
	Total Fixed Assets	6,469.99
Other Assets		
	1860 - Deposits	1,993.85
	Total Other Assets	1,993.85
TOTAL ASSETS		154,921.10
LIABILITIES & EQUITY		
Liabilities		
Current Liabilities		
Credit Cards		
	2075 - American Express	4,640.11
	Total Credit Cards	4,640.11
Other Current Liabilities		
	2240 - Sales Tax Payable (due quarterly)	1,264.87
	2340 - Accrued Vacation	7,063.83
	2600 - Unity Day	3,041.28
	Total Other Current Liabilities	11,369.98
	Total Current Liabilities	16,010.09
	Total Liabilities	16,010.09
Equity		
	3100 - Prior period adj. - vacation	-11,704.67
	3900 - Unrestricted Funds	158,497.54
	Net Income	-7,881.86
	Total Equity	138,911.01
TOTAL LIABILITIES & EQUITY		154,921.10

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.
Group Contributions
 June 2019

	Jun 19	Jan - Jun 19
1 INV Early Brd Group 70968	0.00	350.00
1 INV Fremont & Hollenbeck Group 70907	0.00	1,109.11
1 INV Fremont & Manet Group 70975	0.00	1,260.00
1 INV Gilroy Groups 70906	116.00	1,363.00
1 INV One Day at a Time 70903	1,017.58	7,748.19
1 INV Rand B Group 70972	0.00	1,856.15
1 INV Saturday Nite Live Group 70905	0.00	450.00
1 INV Serenity Discussion 210 (Wed.)	0.00	420.00
1 INV South County Fellowship 70954	300.00	2,400.00
1 INV Sufficient Substitute 313	2,100.00	3,635.00
1 INV Winchester Fellowship 70960	0.00	695.91
3rd Steppers Book Study (Wom) 610 (Thur)	0.00	572.16
A Vision For You 687 (Sat.)	0.00	602.00
A.B.C. Women's Group 58 (Mon.)	0.00	322.50
Almaden Valley Discussion 30 (Sun.)	20.00	20.00
Beginners & Beyond LG 345 (Sat.)	205.97	205.97
Better Way of Living 197 (Wed.)	0.00	287.00
Big Book 103 (Thurs.) 455	0.00	364.00
Big Book Speakers Group 289 (Fri.)	0.00	67.20
Big Book Study Mlpts 347 (Sat.)	0.00	140.00
Birthday Contribution 00951	325.00	1,323.00
Boiled Owls (Men's) 816 (Wed)	658.00	2,092.00
Bowers Fellowship 46 (Sun.)	0.00	976.45
California Ave. Supper Group 715 (Thur.)	0.00	273.00
Campus Group 234 (Thur.)	0.00	85.69
Chip Winners (Chips) 168 (Wed.)	0.00	254.80
Conscious Contact Mediation Grp LG 663	0.00	300.00
Courage to Change (Women) 145 (Wed.)	179.77	179.77
Daily Reflections 432 (Thur.)	231.00	231.00
Desi's in Recovery (723)	0.00	70.00
Design for Living 200 (Tues.)	0.00	227.50
Early Tuesday Group 119 (Tues.)	333.73	656.21
Easier Way Group 290 (Fri.)	0.00	1,082.16
East Valley Group 322 (Fri.)	0.00	182.00
Eleventh Step Meditation 873 (Fri.)	140.00	140.00
Evergreen Group 884 (Thur.)	70.00	70.00
Fireside Big Book Study 809 (Tues.)	0.00	167.00
Free to Be Me SJ (Women) 736 (Tues.)	350.00	718.04
Friday Big Book Study 702 (Fri)	0.00	319.38
G 10 10 Group 70951	0.00	1,784.95
G 4@4 Group 70925	0.00	1,400.00
G Attitude Adjustment Hour (965)	0.00	659.74
G Cornerstone Fellowship Group 70908	200.00	1,200.00
G Fair Avenue Fellowship 70901	0.00	730.54
G Forged From Adversity Group 70957	0.00	115.50
G Morgan Hill Women's Fellowship (943)	0.00	146.68
G Serenity at Noon (fka Agnew) 70921	0.00	280.00
G Sunrise Group of Palo Alto 70963	0.00	2,104.45
G Sunrises Group/Dennys 70932	484.85	3,027.04
G West Valley Fellowship 70942	0.00	722.41

	Jun 19	Jan - Jun 19
Gay & Lesbian Sober Experience 896 (Mon)	0.00	192.50
Gay & Lesbian Step & Trad GP 221 (Fri.)	0.00	60.00
Gay Grab Bag Solution 41 (Sun.)	0.00	65.00
Gay Men's Freedom 262 (Thur.)	0.00	159.64
Get Up and Go (Women) 187 (Sat.)	0.00	1,952.40
Get Well Group 17 (Sun.)	0.00	275.10
Happy Destiny (Women) 109 (Tues.)	490.00	1,680.00
Higher Power Hour (Men) 872 (Mon.)	0.00	659.40
Higher Power Hr BB (Chips) 871 (Thur.)	0.00	705.85
HOW Group 71 (Mon.)	0.00	268.00
In the Basement 545 (Sun.)	70.00	70.00
In the Solution 647 (Sat.)	0.00	394.10
Ladies Amethyst AA Study Group 749 (Wed)	0.00	281.59
Lesbians Living the Promises 349 (Fri.)	112.54	218.94
LGBT Happy Destiny Group 621 (Sat.)	0.00	322.38
Live and Let Live 85 (Mon.)	0.00	124.00
Living with Others (Chips) 319 (Fri.)	0.00	210.00
Los Altos Big Book 860 (Thurs.)	0.00	522.85
Los Altos Group 225 (Thur.)	25.00	427.80
Los Altos Men's Group 59 (Mon.)	0.00	525.00
Meditation Meeting LA 39 (Sat.)	0.00	50.00
Men's 4th Step Group 320 (Fri.)	0.00	35.00
Men's Big Book (Caveman Gp) 659 (Sun.)	460.00	916.00
Men's Group 97 (Mon.)	0.00	525.00
Men's Honesty Group 26 (Sat.)	0.00	622.00
Men's Single Problem Study 89 (Mon.)	0.00	200.00
Men's Single Problem Study Gp 220 (Thur.)	952.80	2,244.80
Midday Women's Group 91 (Mon.)	268.77	714.62
Mountain Miracles 882 (Thur.)	0.00	119.00
Mountain View Group 350 (Sat.)	0.00	449.28
New Nooners 808 (Mon.)	0.00	22.36
Newcomers, Oldtimers (Women) 769 (Sat)	0.00	102.20
No Bull Big Book 655 (Fri.)	0.00	500.91
Off the Top 371 (Thur.)	0.00	330.00
Old West Meeting 697 (Fri)	0.00	100.00
One Big Tent (Wednesday) 537	0.00	35.00
Open AA Tues. (00794)	0.00	300.00
Other Wednesday Nite, The (Men) 209 (Wed)	0.00	1,400.00
Pass It On Group 418 (Sun.)	0.00	681.00
Personal 00911	38.94	1,430.88
Plaza Del Rey Group (Sun) 052	0.00	528.00
Positive Outlook Group SJ 368 (Sat.)	0.00	152.00
Queer and Sober 671 (Sat.)	0.00	185.50
Raffle Meeting (Thurs.) 531	0.00	267.00
San Martin Candlelighters 378 (Sat.)	0.00	100.00
Saturday's Reflections 622 (Sat.)	0.00	388.16
Saturday Morning Los Gatos 777 (Sat.)	0.00	1,050.00
Saturday Night Promises 847 (Sat.)	0.00	487.43
Saturday Night Young People (142) PA	0.00	443.99
Second Tradition Group Spkr 721 (Sat.)	0.00	877.50
Serenity Speaker Meeting 533 (Sun.)	0.00	730.76
Shared Gift, The (Women) 61 (Mon.)	341.42	341.42
Simply AA 301 (Tues.)	0.00	151.05

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.
Group Contributions
 June 2019

	Jun 19	Jan - Jun 19
Single Problem Topic (Men's) 582 (Mon.)	0.00	890.00
Sisters Seeking Serenity 858 (Wed.)	0.00	166.60
Sober and Free Convention 70928	0.00	123.00
Sober Mafia 204 (Sun.)	0.00	250.00
Sober Thoughts 499 (Wed.)	0.00	364.00
Society of the Second Chance 305 (Tues.)	0.00	200.00
South Valley Women's Surrender 88 (Mon)	0.00	244.30
Spiritual Awakening 813 (Tues.)	97.50	643.33
Spiritual Progress 8 (Sun.)	0.00	1,275.00
Spiritual Step Study 233 (Sun.)	0.00	440.50
Step Along (Women) 638 (Wed.)	0.00	438.24
Step Study (Women) LG 820 (Wed.)	0.00	152.65
Sunday Night Recovery 23 (Sun.)	0.00	560.00
Sunshine Group noon 243 (Thur.)	0.00	50.00
Survivors (The) Step Study 331 (Wed.)	0.00	161.70
The Promises 686 (Mon.)	0.00	200.00
There Is a Solution (Men) MH 732 (Thur)	0.00	143.40
Think Tank (Men's) 361 (Sat.)	0.00	611.80
Tuesday Night Men's Mtg 525 (Tues.)	0.00	657.03
Tuesday Night Saratoga Group 152 (Tues.)	0.00	17.00
Tuesday Noon Step Study 556 (Tues)	0.00	317.00
Unknown	0.00	1,705.24
Veterans of Alcohol 874 (Tues.)	0.00	140.00
Villages Group of AA, The 406 (Mon.)	0.00	309.00
Waves of Healing 526 (Mon.)	0.00	364.00
We Care Step Study 128 (Tues.)	0.00	40.00
We Have Arrived (Men's) 819 (Mon.)	0.00	296.00
What's Happening Today 552 (Thur.)	0.00	267.40
When All Else Fails 047 (Sat.)	0.00	245.00
Wisdom to Know 651 (Mon.)	0.00	191.50
Women's Brunch 640 (Sat.)	0.00	963.13
Women on the Move 570 (Wed.)	0.00	345.00
Women to Women 704 (Sat.)	239.00	618.00
TOTAL	9,827.87	84,372.73