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The COIN Team
Editor Toni F.

Upcoming COIN Deadline

November 2019 Issue Deadline: October 16th
Topics: Step Eleven, Tradition Eleven , Eleven Principle - Spiritual Awareness

The Principle of Steps 10 Perseverance

The principle of the 10th Step = Perseverance = Keep on keeping on...keep on doing this thing!

I finished my initial housecleaning and was then ready for the maintenance and growth phases of the program. The wonderful Step 10, a gift which I have learned so much from. I am so grateful for, and feel I will continue to use it forever. My understanding of the process has become that I will never complete my spiritual development if I don't want to. This growth process is open ended as long as I have the willingness to "let this be."

All kinds of things could come up that would hinder my willingness. Things such as other activities, being critical of meetings, that they don't do for me what they used to, that I know it all by heart now, or especially now days in this area, TRAFFIC!

But by God's Grace, I pretty much know that that reaction and action would be a threat to my serenity. This would make me irritable, negative, and depressed which I fought hard to get

out of and don't want back into, in any way, shape or form. I love the warmth and enthusiasm of "my people" in AA. Resting on my laurels would not keep me propelled toward God or my spiritual self. My prayer is that I will always want to persevere. Keep coming back, no matter what and to grow spiritually, develop further, and continue receiving my precious life lessons.

If I practice Step 10 daily, I'm going to get my spiritual food just as I do my physical food. If I want it (and I do) I will maintain my honesty and in turn my humility for my ongoing development not to mention keeping my sanity. Selfishly, this is done for my sake so I don't go backward. Finding that there are several facets here that are life lesson teachers, one of which is regarding motive, I persevere in trying to become the woman God wants me to be.

On our birthday medallions, it is written "To Thine Own Self Be True." Mr. Shakespeare concludes this in his writings with "And It will follow as the night, the day, that thou canst not be

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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.

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Tribalism in AA

Unity is vital to the survival of our fellowship. Putting the common welfare of the group ahead of my own goals and ambitions and staying sober is dependent on the group continuing to exist. Individuals get drunk, groups don't.

A threat to Unity expressed by many members is the development and publishing of pamphlets that target specific groups, "Tribes", of A.A. members. Pamphlets for Young People, Black African-Americans, Older Alcoholics, those with Mental Health issues, LGBTQ, Military, Native Americans and women are current examples. Where does it end? Are we mirroring today's polarized society by separating our members into tribes that require special treatment? Didn't the pamphlet "Do You Think You're Different?" already address the alcoholics self-centered belief that their case was different?

What is the actual purpose or goals of these pamphlets? Was it to increase membership diversity in A.A., to educate the fellowship to be more accepting and tolerant, to educate professionals that A.A. can help these alcoholic types? I don't know the answer; however, I do know that our third tradition states that our membership ought to include all who suffer from alcoholism and that membership ought not depend on money or conformity. Why isn't the third tradition sufficient? The same is true for A.A. Despite our differences, the A.A. program, outlined in our basic text, is designed for all alcoholics despite their self-centered belief that their case is different. Our basic text makes the statement that our next step is to grow in understanding and effectiveness as we begin Step 10. Can we focus on improving our one on one, drunk to drunk, communication to be more inclusive and understanding of those alcoholics who may differ from ourselves? Are pamphlets effective in carrying the message to these tribal groups? Do these pamphlets contribute to dis-unity

by separating certain alcoholics as special and different? A review of membership surveys from 1996 to 2014 shows that the percentage of women in A.A. increased by 5% in that period of time. However, the percentage of white members increased by 3%, Black and Hispanic membership dropped by 1%, and Native American membership dropped 3%, Asian membership remained the same, and the other category increased by 1% from 2011 to 2014 when that category was added.

It is important to note that the pamphlet for Black African-Americans was published in 2001 and that membership dropped by 1% and has remained relatively flat at 4.6% over the 18 years of surveys.

Are pamphlets cost effective? Pamphlets have poor shelf life and need to be regularly updated to stay relevant. Should the Fellowship continue to rely on pamphlets to increase inclusiveness and diversity? The A.A. Grapevine magazine seems to be a better vehicle for recovery experiences that derive from members of these individual groups. Does producing these pamphlets feel like the popular or politically correct thing to do without considering if they are effective? Have these pamphlets increased diversity of trusted servants serving below the group level? Lest I be misunderstood, I am not against pamphlets. I do believe they are a passive approach at inclusion. Our high mission, to reach out to the alcoholic who doesn't know there is a way out involves action. Carrying our message outside the group through public information, cooperation with the professional community, correction, treatment and accessibility committees is the key to reaching these remote populations of alcoholics.

The spark that led to the A.A. recovery program began with a face to face meeting between a stock broker and a doctor on Mother's Day 1935. Both had a mutual need. This mutual need continues to exist among the diverse populations in today's world.

Rather than focus on our differences lets us

Thank God the Nightmare is Over

It was 9 am and I was just waking up with a terrible hangover and, for some reason, my brain was telling me that I was going to die prematurely if I didn't do something about my drinking. BUT WHAT was I supposed to do, that was the question. I was leading a meaningless life/existence and the only thing that meant anything to me was the ability to make enough money to support my drinking habit. I was running out of options and of friends that wanted to help me. I was desperately rummaging around my apartment to find something to drink, and for the first time that I could remember, I couldn't find a drop of alcohol in the place. An hour later I was sitting in the grass on the front lawn of a small yellow house where they held A.A. meetings. Three sober members of A.A. greeted me with compassion and understanding. Two minutes later, I laid back in the grass, covered my eyes with my forearm, and said to myself, "Thank God, the nightmare is over;" and it was. That was on Oct. 15, 1969 and I haven't had, nor wanted, a drink since that very moment. What happened to me that day? I have been an avid member of the program from that day until now, I have always strived to understand what took place at that exact moment, and as best I can describe it, I had a profound change of perception. Some will call it a spiritual awakening but that's where, I believe, we have our most difficult challenge when we try to clarify the word spiritual. I find two definitions that show the different ways we are conditioned to understand spirituality: 1. Of, or relating to, or affecting the human spirit or soul as opposed to material or physical things. 2. Of, or relating to religion or religious belief. Neither definition refers to anything of a material nature. I've resided in my current community for

the last 40 years and I attend 8 or 9 meetings weekly and have seen the comings and goings of thousands of A.A. members and I seem to recognize a difference in the sharing of two groups of people. One will share about material problems or their drinking escapades and the other will share about things of the inner self, the immaterial or the unseen things such as guilt, fear, shame, pride, trust, and conscience. We all have these things, to one degree or another, and the sooner we recognize the value of being right in spirit, the more we distance ourselves from the useless, meaningless thinking of the past.

My heart goes out to those who haven't experienced that spiritual awakening and if they haven't, they may not even know that they haven't. I wish there was a simple way to induce a spiritual awakening in someone but, without the desperation, I may never have experienced it myself. I believe that the futile effort to find alcohol in my apartment that morning, and being unsuccessful, was my bottom and immediately searching out A.A. was like a slingshot for me and I was launched into the program, desperately searching for answers. Until my desperation outweighed my denial, my alcoholic thinking had been the only thing I could rely on, for my decision making. Now all my decisions are based on spiritual (unselfish) principles and most of those material problems are but distant memories. It didn't happen overnight, but it did happen.

We all come to A.A. with material problems and we must give them due diligence until those issues are resolved. We learn from our past mistakes and find better ways of doing things. If we dedicate ourselves to understanding the spirit of the things we learn in the program, and not settle for the letter of the law, so to speak, we can outdistance the failed ideas of yesterday. We will

Mining for Gold

Mike R., Gary M. and John D. recently shared their experience, strength and hope with the Archives Committee. Mike got sober here in Santa Clara County and has stayed. Gary found sobriety back and forth between here and Colorado. John has experienced sobriety in many parts of the country. Each had a different perspective on their experience, but all shared similar conclusions.

Mike's father found sobriety in 1957, and shortly after, the family moved to Silicon Valley (in the early 60's). He recalled that alcoholism was not talked about in the 60's; it seemed there was still a stigma around the disease. Mike became very strong on men's meetings. He remembers the Gorilla meeting in the early 80's. (Trivia note: This meeting was started in 1970.) Mike walked into this meeting, his first, and saw 200 plus men, including a gaggle of new men. He was simultaneously in awe, afraid, and relieved. Another men's meeting was End of the Line, considered to be the oldest men's meeting in Santa Clara Valley. One of the rules of this meeting was No Profanity. These men knew how to speak that language; they wanted to learn how to be one among many in polite society. Other meetings important to Mike were Jack's on Hillsdale and the Saturday a.m. Think Tank meeting. Mike's take on sponsorship is, "If you want what I have then do what I do." Mike says his sober life has made him a better husband, father, and an overall better person.

Gary used to say he grew up in a small town in Colorado, but really, he says, he grew up in AA. He was first introduced to AA through H&I with a group of other inmates. In 1980 there were two meetings in his small town; now the same area is laden with people in recovery. He found a Saturday morning meeting in Colorado on New Year's Day 2017. A man named Jack introduced himself and became his Colorado sponsor; it turned out their dads were best

friends. Gary moved between here and Colorado a number of times, and while there he met a woman who changed his life. Although they split up, this relationship got him committed to AA. Back in Santa Clara county, Jack got sober at O'Connor, then located at Hamilton and Winchester, followed by Fortune's Inn on 12th Street, which put him solidly on the sobriety path. The first meeting Gary attended was Think Tank. Loaded with sober men he was warmly welcomed and this became his home group. After the meeting left Alano West on Minnesota, it moved to the American Legion Hall on Dell Avenue, then back to Alano West, now located on 7th Street. Eventually Gary asked Hank C. to sponsor him. With Hank sponsoring many men, Gary was given one hour a month so it was up to Gary to make the most of that hour. Another recollection from Gary was that he attended a mixed meeting, Do It or Die. He did ALL the prep work to find a new location and assumed he would be elected secretary, but it was not to be. He was voted Intergroup Rep, and it was exactly the right service position for him. (Trivia note: When the meeting folded, it turned into a women's meeting, Live and Let Live.)

John got sober in Philadelphia. There was significant alcoholism in his family. His father was sober for nine years, so the seed was planted (as we say). He was introduced to AA when he was 24. John ran for exercise and didn't realize a building he had passed every day was an AA club and meeting facility. When he joined, he saw how people did things and just fell in line. Meetings were experience based rather than book/literature studies. He recalled his first 12 step call was to a mental hospital with his sponsor where he saw many levels of alcoholism. John vividly remembers that experience to this day, saying it was a remarkable display of service. When John moved to San Jose, he worked swing shift. SNL had midnight meetings, and that became his mainstay. He then moved to

Speaker Meetings

Seattle, were there was a balanced mix of experience and book meetings. When he arrived back in San Jose in 1996, he found many book meetings. He called Winchester Fellowship his first home meeting. John then moved to Kansas for a work-related stay. The Fellowship was very service oriented, picking him up at his hotel for meetings and returning him back. John retired to Florida in 2015 and finds Florida inclusive and nurturing. Everywhere John has experienced AA he found different flavors but the basics still apply. He so appreciates our customs and traditions throughout AA.

Insights shared from these gentlemen:

- Became an amalgamation of all the people I knew.
- Learned through sponsorship how to build a solid foundation.
- Made a commitment to my sponsees.
- Can only give away what I was given.
- Learned not to get more involved in a new person's recovery than they are.
- Not big on handouts and workbooks (treatment center tools)
- Learned that in meetings, we're "doing business".
- Learned that our motives evolve in sobriety; if we take the right actions, then thinking will catch up.
- If you want what I have, then do what I do.
- I have a story, the Big Book has a message.
- The program has gotten softer.
- In the early days, there was a lot less tolerance about in and out, the swinging door.
- A new phenomenon is the number of young people in AA today. The concern is they don't always grasp what a deadly disease this is.

FRIDAY

Sunnyvale

8:00 pm Grapevine Speakers Meeting
United Presbyterian Church,
728 W. Fremont Ave.
(at Hollenbeck)

San Jose

8:00 pm Speaker Meeting
Saturday Nite Live Group,
1954 Camden Ave., Ste 5

SATURDAY

Gilroy

6:00 pm Stinking Rose Speaker Meeting
Gilroy Groups: 7511 Gourmet
Alley

San Jose

8:00 pm Second Tradition Group of AA
Lincoln Glen Church,
2700 Booksin Ave.

Santa Clara

6:00 pm Saturday Evening Speaker
Meeting
Our Savior's Lutheran Church,
1224 N. Winchester Blvd. and
Tulip Ave.

Sunnyvale

10 am Saturday Morning Fellowship
United Presbyterian Church,
Fremont and Hollenbeck

SUNDAY

Cupertino

6:15P Serenity Speaker Meeting
West Valley Presbyterian
Church,
6191 Bollinger Rd.

October 2019

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

November 2019

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24	25 H&I COMMITTEE MEETING: 7pm, 1980 E. Hamilton Ave., SJ	26	27	28	29	30

MEETING CHANGES

NEW MEETINGS

None

MEETING CHANGES

None

CLOSED MEETINGS

None



September 2019 Statistics

Daytime Phone Calls to Central Office.....166

Daytime 12-Step Calls.....12

(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!

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	Contributor	Birthday
Kathy S.	32	Kathy S.	09/05/1987
Stephen T.	27	Anonymous	09/09/1992
Greg C.	9	G.C.	09/12/2010
Marianne G.	33	Carol B.	09/21/1986

101 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

LOCAL EVENTS

- October 5** Take your Sponsor to Brunch, 11-2 pm, Lincoln Glen Church, 2700 Booksin Ave., San Jose
- October 12** Sober & Free Present Bowling, 4-7 pm, 4th Street Bowl, 1441 N. 4th Street, San Jose
- October 19** The Harvest Carnival and Dance, 5pm to midnight, Alano Club West 1555 S. 7th St.,
- October 26** Stayin Alive 12 Movie Madness, 6-11 pm, Calvary United Methodist Church
729 Morse Street, San Jose
- December 6-8** Spiritual Progress Group Retreat, St. Francis Retreat Center, 549 Mission Vineyard Road,
San Juan Bautista

INTERGROUP MEETING MINUTES

September 4, 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 (Dora) was followed by The Twelve Traditions (Liam).
- New Intergroup Reps: (New IG Rep meeting tonight by alternate Intergroup chairperson, Jaye S - Thanks!)
 - Christopher, Saturday Nite Live, all days, San Jose
 - Kim, Higher Power Hour, Thursday, 8:00 pm, Los Gatos
 - Liam, Young at Heart, Tuesday, 8:00 pm, Los Gatos
 - Stacey, Spiritual Progress, Sunday, 9:15-10:30 am, Los Gatos
 - Dora, Gathered Together for Sobriety, Sunday, 8:00 pm, San Jose
 - Alex, We Have Arrived/Men, Monday, 8:00 pm, San Jose
- Visitors: Jeff, Stuart, Austin (District 4)
- Birthdays: Jill, 8/31, 5 years;; Mary, 8/25, 4 years; Susan, 8/16, 9 years
- Observation of 7th Tradition - \$95 tonight (Mary, treasurer)
- Corrections or Additions to the Agenda or Minutes – (none)
- Tonight's Voting Member Count is 39

Reports

Intergroup Chair – Frances

- Thanks to Michelle for setting up the coffee. Great to be back – thanks for card.

Central Service Board (CSB) – Joey N.

- There are potential nominees for board membership to be presented tonight. Central Office has a copier available for our meetings. For black/white copies there is no charge. For color copies, the cost is 10 cents per page. In response to survey results, as of November 4th there are new Central Office hours:

Mon, Thurs, Fri	10 am – 4:30 pm
Tues, Wed	10 am – 6:30 pm
Sat	10 am – 2:00 pm
Sun	closed

Central Office – Bruce

- The registration and information packets for the 2020 International Convention in Detroit are now available at Central Office. They're going fast and I've ordered more, but we can also make copies for you if needed. It would be my recommendation that you register online at aa.org if you can. You will get a quicker response and will then have earlier access to the hotels.
- Did you enjoy Unity Day? This was a total redesign of this event and folks seemed to enjoy it. We've sent out a survey to see what you thought and what suggestions you might have for future events. Please respond; it only takes a couple of minutes.
- The Oldtimers Meeting also had a new look. We've had many favorable responses to this event but we're always looking for more, so please let us know what you think.

- You heard Joey talk about the new office hours beginning November 4. Your Central Office staff are always eager to serve you better, so we're busily planning on making these new hours a reality. However, we don't just change the hours and open the doors. There's a fair amount of coordinating to do. We have the Diverter and office phone volunteers to reschedule and this is requiring finding new folks to fill shifts and in addition to rearranging the shifts the volunteers now have. We have the janitorial staff to consider. We have our own staff to consider.
- Although the schedule begins November 4, please understand that nothing in A.A. is set in stone. We would very much appreciate having you take these new hours to your groups; then we'd like to hear from you regarding their comments or concerns (or yours for that matter). We can always make adjustments based on experience and your input.
- Note: There is a form at the bottom of aasanjose.org to sign up to receive emails. Currently about 1400 are on the email list.

Website – Priya (none)

Digital Basket – Anne (none)

Activities Committee – Carole R.

- Take Your Sponsor to Brunch on October 5, from 11 am – 2 pm, at Lincoln Glen Church at \$10 per ticket suggested price. There a plenty of volunteer opportunities!

Twelfth Step – Hilary (none)

Day Time Office – Julie (none)

Nights and Weekends Diverter Coordinator – Carol B.

- Diverter volunteers provide after-hours phone coverage for A.A. in Santa Clara County.
- When our Central Office is closed, incoming calls are diverted to a person who is on call. Diverter volunteers provide after-hours phone coverage from 4:30 pm - 9:00 am Monday through Friday and all day Saturday and Sunday. Since Monday was a holiday, Diverter volunteers covered the phones for 24 hours; the Monday coordinator, Terry L., set up this coverage. The Diverter sobriety requirement is 1 year; the service term is at least 1 year, but many serve longer. Each diverter volunteer goes through a training workshop before assuming a diverter shift. The workshop is held the third Saturday of each month (this month it's September 21) 10 am at Central Office. In addition to the sobriety requirement, it is also important that the Diverter have a working knowledge of the 12 steps and the 12 traditions.
- We had a table at Unity Day and 25 people signed up to get information about being a Diverter.
- Takeaways: Please encourage your group members to attend the diverter workshop to understand how this service helps the alcoholic who still suffers and note that Diverters 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.

- Currently we have one open shift: the second Wednesday of the month from 6:00 am to 9:00 am. We need to have a person on board by September 11, when this shift comes up. Who would like to fill this position? We will give you one-on-one orientation as the shift occurs a week from today.
- Thank you for granting me the privilege of being in service.

Secretary Workshop – Michael (none)

Outreach Committee – Dal (none)

Newsletter Committee – Toni (none)

- We are looking for a new COIN editor. Toni can train you!

Nominating Committee – Carol B. (for Chair Mary Pat P.)

- We are proud to present the following members for nomination to open positions for the October 2019 elections for Intergroup and Central Service Board: (Those names in bold made a short presentation at the meeting. The other names with information submitted by Carol B. will present their information at the October meeting.)

Nominees for Intergroup Recording Secretary:

- **Jill B.**, Sobriety date 11/5/04; her homegroup is Women's 3rd Tradition; positions held: Intergroup Rep, Meeting Secretary, Alt Recording Secretary, Executive Assistant for a large corporation for 18 years, strengths are paying attention to details and meeting logistics.
- **Robert F.**, Sobriety date 10/6/13; homegroup is ODAAT, Intergroup Rep, willing to be of service to A.A. as a whole, Customer Service Rep in the automobile service industry for 34 years, strong communications skills, Volunteer for HOPE, the Red Cross, and Second Harvest Food Bank.
- **Dan P.**, Sobriety date 12/13/88; homegroup is Gilroy Tuesday 6pm Men's Meeting, Intergroup Rep, Meeting Secretary, stage & film productions, professional land surveyor, volunteer with California Clean Money Campaign.
- Jennifer S., Sobriety date 3/23/07; homegroup is Lesbians Living the Promises, Intergroup Rep, Meeting Secretary, project management work at the Alzheimer's Association, Center for Age Friendly Excellence, and Indian Health Center of Santa Clara Valley.

Nominee for Alternate Recording Secretary for Intergroup:

- Kathy R., Sobriety date 7/23/14; homegroup is Happy Destiny, positions held: Intergroup Rep, Meeting Secretary, H&I Rep, Secretary Workshop, DIVERTER, talks to new patients on the transplant list at Stanford, worked in procurement for over 30 years, very aware of customer service.

Nominees for Central Service Board:

- **Debbie H.**, Sobriety date 11/25/08; positions held: founding member of Sisters Seeking Serenity, meeting secretary, Diverter, Elmwood Literature Coordinator, H&I, House on the Hill, Mariposa, Cornerstone Fellowship Group, event sales director, has

accounting degree.

- **Jon M.**, Sobriety date 1/11/13; positions held: homegroup is Spiritual Progress, Intergroup Rep, meeting secretary, greeter, setup, cleanup, Chili Cook Off participant, Annual Spiritual Progress Picnic, General Manager of a scrap metal facility for over 32 years.
- **Carole R.**, Sobriety date 2/14/08; homegroup is ODAAT, positions held: Activities Committee Chair 2018-19, Communications Committee 2010, PI/CPC Committee 2009-11, Intergroup Rep, H&I at Elmwood, small business owner in San Jose for 16 years.
- **Gavin W.**, Sobriety date 1/13/03; homegroup is Remington and Bernardo (R&B), Positions held: Intergroup Rep, meeting secretary, experience running a small construction business, including experience in project management, estimating, invoicing, Quickbooks, purchasing, capital outlay, employment.

2019 Nominating Committee Members:

- Mary Pat P. (Chair), Carol B., Joyce F., Mark M., Scott, Michael W.

Old/Ongoing Business – (none)

New Business – (none)

North County General Service (District 04) – Austin., DCMC, Santa Clara North

- For anyone not familiar with General Service, here's a brief overview of the framework and why it exists. Our twelve traditions remind us that we aim for the least possible organization in A.A., however, we do need some organization. Just one example: it wouldn't be very efficient or effective if all A.A. groups and intergroups were locally responsible for creating, updating, translating, and publishing A.A. literature.
- We also don't have or want any bosses or government in A.A. But before 1950 and the adoption of our General Service conference structure, the direction of A.A. and its world services was entrusted to just a few old timers. However, since the formation of general service conference structure, the present and future of Alcoholics Anonymous has been in our collective hands, reaching out **from** your groups **through** your general service representatives and A.A. as a whole is then **guided** by your group consciences. Please consider supporting your existing GSR or electing a GSR to ensure your voice is heard.
- Some updates from the top down, starting at the district:
 - District 4, the Northern part of our county, has a monthly meeting on the second Wednesday at 7:30 in Sunnyvale. This month we will be discussing our six warranties and preparing for the area assembly. You don't have to be a GSR to attend!
 - California Northern Coastal Area 6 is in our area. It encompasses down from Monterey all the way up through Humboldt County. We're going to have a summer assembly September 14th in Petaluma. Here we're going to elect an area treasurer, and continue discussion on a Transgender/Non-binary pamphlet and a 5th edition of the big book. We're also going to have 6 workshops which are:
 - * Trust Growth and Unity in the Digital Age
 - * Are we inclusive? Who is missing from our meetings?
 - * Our 12 Traditions and Local Customs

- * What comes after a group (or intergroup) inventory?
- * Is A.A. still receptive to bold or new ideas?
- * What is my personal contribution plan to my home group, Intergroup, or A.A. as a whole?
- Everyone is invited and encouraged to participate. We should have between 250 and 500 people there. There's definitely some intergroup and home group value to be gleaned in these workshops.
- Our next regional forum will be next summer in Vegas, and our next regional service assembly will be in Tucson this coming March.
- We have the 2020 International Convention coming up. Registration opens up online September 9th at 10 am (EST) on aa.org. Be sure to register early if you want a hotel room close to the convention center.
- A.A. is looking for stories to update the pamphlet, "AA for the Older Alcoholic." This clearly doesn't apply to anyone in the room, but maybe someone you know?
- Finally, A.A. World Services has updated the meeting guide app. Some of the features include:
 - Daily Reflections and the ability to search for meeting names and types.
 - But what's especially cool, and relevant to intergroups is there's now a section on purchasing literature, which directs to the local central office. And there's also a section on how to provide feedback to the central office if a meeting needs to be added or updated. This is a great example of a collaboration between intergroups, general service, and using technology to help make our lives as active servants, the members we represent, and the lives of drunks we haven't reached yet just a little bit easier.

South County General Service (District 40) – Scott

- District conscience – CNCA accessibility subcommittee are in favor of it, repository of accessibility issues. New position to be created, Accessibilities and Liaison. "Sharing sessions."
- Next time, motion – LGBTQ Spanish pamphlet is a translated version from English which does not identify – does not reflect Hispanic culture.

Hospitals & Institutions – (none)

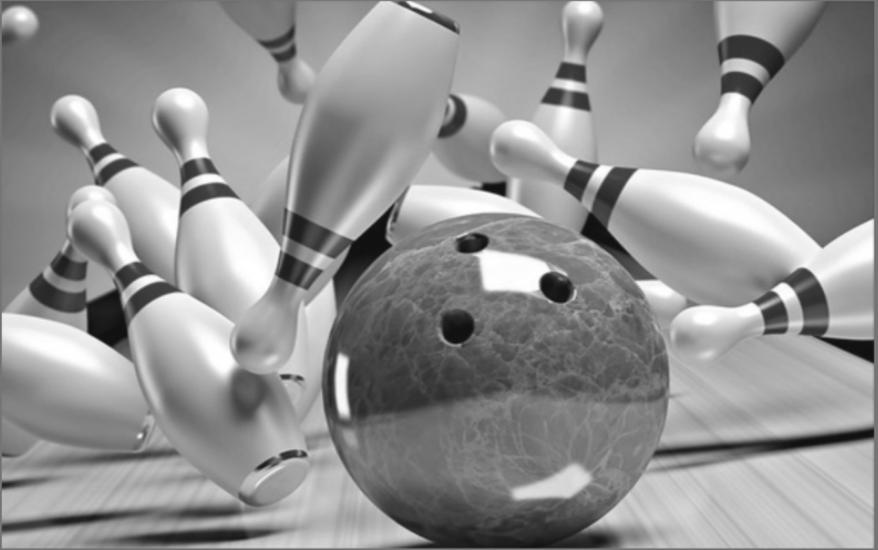
Bridging the Gap – Christina, Intergroup liaison

- Need solid sobriety with knowledge of the 12 steps and 12 traditions. For service, need two A.A. members together (one with 1 year of sobriety). Fill out a yellow card. Bridging the Gap meets at 7 pm on the 3rd Monday on Hamilton and Leigh.

PI/CPC – (none)

Sober and Free – Jenny S (none)

SCCYPAA – (none)



**SOBER & FREE PRESENTS
BOWLING!!**

**SATURDAY, OCTOBER 12TH
4 - 7 PM \$20 PER PERSON
(SHOES NOT INCLUDED)**

49ER TICKETS RAFFLE!

4TH STREET BOWL

1441 N 4TH ST, SAN JOSE

EMAIL: info@soberandfree.org for tickets!

Early Birds of AA
Presents... Saturday, Oct.
26th

STAYIN' ALIVE 12

Movie

DJ, Dancing, Costume Contest, Creepy Movie Bingo

LOCATION, LOCATION, LOCATION

Calvary United Methodist Church, 729 Morse Street, San Jose, CA 95126

Time: 6 p.m. - 11 p.m.

For more info call: Francis (669) 318-1091 or Josh (669) 285-3077

Madnes

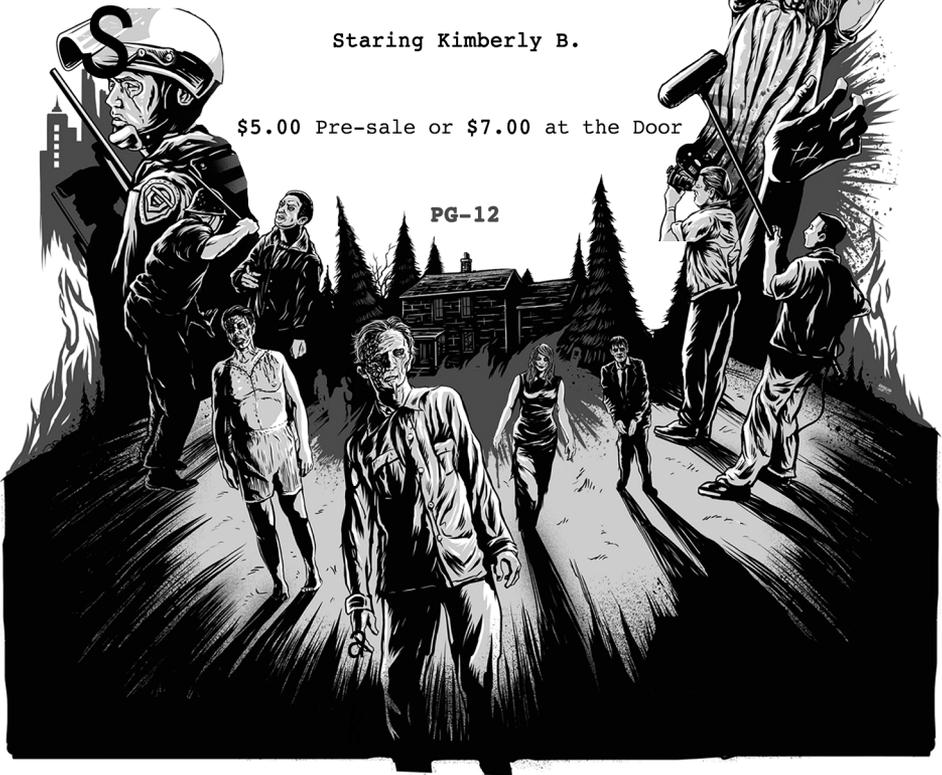
POTLUCK Cinematic Historical dishes appreciated

SPECIAL FX RAFFLE Magnificent prizes: 1/\$1.00 or 7/\$5.00

Staring Kimberly B.

\$5.00 Pre-sale or \$7.00 at the Door

PG-12



Saturday Nite Live

in collaboration with

Alano Club West & SCCYPAA

Presents...

Harvest Costume Carnival and Dance

OCTOBER 19th 5pm to Midnight



\$8 presale
dance tickets
avail from SNL

CARNIVAL 5-8 MEETING 8-9 DANCE 9-MID

*SUGGESTED DANCE DONATION \$10

Carnival game and food tickets

available at the event!

1 each or 25 for \$20



Alano Club West 1555 South 7th Street San Jose

Contact Yvonne for more details! 408.348.2522

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Profit & Loss
September 2019

	Sep 19	Sep 18	Jan - Sep 19
Ordinary Income/Expense			
Income			
3030 · Contributions-General	13,043.92	9,099.16	126,260.99
3050 · Group Insurance (Group premium payments)	420.00	25.00	3,705.00
8010 · Literature Sales	3,668.56	3,252.50	38,158.53
8020 · Meeting Guide Sales	368.50	221.50	3,636.30
8050 · Activities Committee	503.00	360.00	5,677.76
8055 · Central Office Events	0.00	0.00	1,905.00
8060 · Printing	404.10	189.60	3,546.02
Total Income	18,408.08	13,147.76	182,889.60
Cost of Goods Sold			
5000 · Cost of Goods Sold	3,136.55	3,171.38	33,896.75
Total COGS	3,136.55	3,171.38	33,896.75
Gross Profit	15,271.53	9,976.38	148,992.85
Expense			
6015 · Activities Committee Expense	55.17	0.00	3,647.50
6030 · Accounting and Legal Fee	0.00	0.00	2,750.00
6140 · Conferences	0.00	1,338.73	30.00
6150 · Unity Day Expense	0.00	0.00	1,500.00
6190 · Depreciation Expense	1,199.25	1,199.25	3,597.75
6220 · Insurance - Worker Compensation	152.50	0.00	489.30
6225 · Insurance - Emp. Health Plan	662.71	600.59	5,715.91
6230 · Insurance - General Liability	1,506.00	1,209.25	4,221.25
6240 · Employee HRA Plan	681.97	1,397.41	5,058.11
6330 · Office Expense	1,799.48	2,107.29	17,076.91
6380 · Payroll Taxes	728.72	341.58	6,883.30
6480 · Rent	3,403.50	3,384.50	30,479.50
6540 · Salaries - Office	10,027.26	3,369.34	84,217.65
6560 · Payroll Expenses	128.48	237.51	1,210.24
Total Expense	20,345.04	15,185.45	166,877.42
Net Ordinary Income	-5,073.51	-5,209.07	-17,884.57
Other Income/Expense			
Other Income			
8025 · Rebate	0.00	37.58	410.25
8030 · Interest Income	30.40	21.35	1,014.91
Total Other Income	30.40	58.93	1,425.16
Net Other Income	30.40	58.93	1,425.16
Net Income	-5,043.11	-5,150.14	-16,459.41

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Balance Sheet

As of September 30, 2019

		Sep 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)	18,236.74
	1023 · (PR) First Rep. Bank CD 3228 (12 Mo. CD @ .7%, 02/05/19)	16,968.95
	1027 · (PR) First Rep. Bank CD 7681 (12 Mo. CD @ .7%, 4/29/19)	15,409.16
	1028 · (PR) First Rep. Bank CD 6955 (12 Mo. CD @ .6%, 01/02/20)	20,598.13
	1029 · (PR) First Rep. Bank CD 8182 (10 Mo. CD @ .6%, 8/8/19)	15,365.00
	1031 · (PR) First Rep. Bank CD 9158 (20 Mo. @ 1.98%, 11/7/19)	13,576.13
	Total 1000 · Prudent Reserve	100,154.11
	1010 · Petty Cash	356.34
	1020 · First Republic Bank (Checking account)	11,979.28
	Total Checking/Savings	112,489.73
Accounts Receivable		
	1110 · Accounts Rec - Group Deposits	-1,332.65
	Total Accounts Receivable	-1,332.65
Other Current Assets		
	1250 · Literature Inventory	22,844.41
	1310 · Prepaid Insurance	1,650.25
	13700 · Payroll Service Customer Asset (Payroll Service Customer Asset)	-0.01
	1499 · Undeposited Funds	4,996.89
	Total Other Current Assets	29,491.54
	Total Current Assets	140,648.62
Fixed Assets		
	1630 · Office Equipment	26,982.05
	1640 · Office Furnishings - Asset	6,039.78
	1641 · Less Accumulated Depreciation	-27,751.09
	Total Fixed Assets	5,270.74
Other Assets		
	1860 · Deposits	1,993.85
	Total Other Assets	1,993.85
	TOTAL ASSETS	147,913.21
LIABILITIES & EQUITY		
Liabilities		
Current Liabilities		
Credit Cards		
	2075 · American Express	3,973.58
	Total Credit Cards	3,973.58
Other Current Liabilities		
	2240 · Sales Tax Payable (due quarterly)	1,233.29
	2340 · Accrued Vacation	8,836.35
	2600 · Unity Day	3,536.53
	Total Other Current Liabilities	13,606.17
	Total Current Liabilities	17,579.75
	Total Liabilities	17,579.75
Equity		
	3900 · Unrestricted Funds	146,792.87
	Net Income	-16,459.41
	Total Equity	130,333.46
	TOTAL LIABILITIES & EQUITY	147,913.21

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

September 2019

	sep 19	Jan - Sep 19
1 INV Early Bird Group 70968	0.00	350.00
1 Inv Freedom Fellowship 70940	1,069.40	1,069.40
1 INV Frem ont & Hollenbeck Group 70941	0.00	1,729.51
1 INV Frem ont & Manet Group 70975	0.00	1,260.00
1 INV Gilroy Groups 70906	0.00	1,984.00
1 INV Men Seeking Guidance Group	0.00	350.00
1 INV One Day at a Time 70903	0.00	8,196.51
1 INV R and B Group 70972	0.00	2,540.81
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	3,300.00
1 INV Spiritual Progress Group 70979	2,434.00	3,934.00
1 INV Sufficient Substitute 313	2,660.00	6,295.00
1 INV Winchester Fellowship 70960	0.00	695.91
12 Step Discussion 855 (Fri.)	10.00	10.00
3rd Steppers Book Study (Wom) 610 (T	0.00	572.16
A Vision For You 687 (Sat.)	0.00	602.00
A.B.C. Women's Group 58 (Mon.)	0.00	429.50
Almaden Valley Discussion 30 (Sun.)	0.00	20.00
Back to Basics Saratoga Noon 151 (Tue	1,001.00	1,001.00
Beginners & Beyond LG 345 (Sat.)	0.00	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	352.05
Birthday Contribution 00951	0.00	1,498.00
Boiled Owls (Men's) 816 (Wed)	0.00	2,092.00
Bowers Fellowship 46 (Sun.)	0.00	1,453.45
California Ave. Supper Group 715 (Thu	0.00	430.50
Campus Group 234 (Thur.)	0.00	85.69
Character Defect Freedom 201 (Tues)	0.00	384.25
Chip Winners (Chips) 168 (Wed.)	0.00	362.60
Conscious Contact Mediation Grp LG	0.00	300.00
Courage to Change (Women) 145 (W	0.00	300.79
Daily Reflections 432 (Thur.)	0.00	231.00
Desi's In Recovery (723)	0.00	370.00
Design for Living 200 (Tues.)	0.00	227.50
Early Tuesday Group 119 (Tues.)	0.00	656.21
Easier Way Group 290 (Fri.)	0.00	1,420.16
East Valley Group 322 (Fri.)	133.00	315.00
Eleventh Step Meditation 873 (Fri.)	0.00	140.00
End of the Line Men's Group 147 (Tue	0.00	235.48
Evergreen Group 884 (Thur.)	0.00	140.00
Fireside Big Book Study 809 (Tues.)	0.00	325.00
Free to Be Me SJ (Women) 736 (Tues.	0.00	911.24
Friday Big Book Study 702 (Fri)	0.00	424.25
G 10 10 Group 70951	0.00	2,874.85
G 4@4 Group 70925	0.00	1,400.00

	sep 19	Jan - Sep 19
G Attitude Adjustment Hour (965)	0.00	1,141.24
G Cornerstone Fellowship Group 7090	200.00	1,700.00
G Fair Avenue Fellowship 70901	0.00	893.37
G Forged From Adversity Group 70957	0.00	115.50
G Morgan Hill Women's Fellowship (94	0.00	146.68
G Serenity at Noon (fka Agnew) 70921	0.00	560.00
G Sunrise Group of Palo Alto 70963	0.00	2,104.45
G Sunrisers Group/Dennys 70932	334.81	4,329.51
G Ten O'Clock High 889	0.00	350.00
G West Valley Fellowship 70942	0.00	722.41
Gathered Together for Sobriety 43 (Sur	140.00	280.00
Gay & Lesbian Sober Experience 896 (M	0.00	577.50
Gay & Lesbian Step & Trad Gp 221 (Fri	0.00	255.88
Gay Grab Bag Solution 41 (Sun.)	0.00	65.00
Gay Men's Freedom 262 (Thur.)	0.00	159.64
Gay Reflections on the Solution 841(We	0.00	350.00
Get Up and Go (Women) 187 (Sat.)	0.00	2,921.40
Get Well Group 17 (Sun.)	0.00	654.84
Happy Destiny (Women) 109 (Tues.)	0.00	1,680.00
Higher Power Hour (Men) 872 (Mon	0.00	1,423.10
Higher Power Hr BB (Chips) 871 (Thur	0.00	705.85
HOW Group 71 (Mon.)	0.00	503.00
In the Basement 545 (Sun.)	0.00	70.00
In the Solution 647 (Sat.)	237.30	631.40
Ladies Amethyst AA Study Group 749 (0.00	399.50
Lesbians Living the Promises 349 (Fri	0.00	218.94
LGBT Happy Destiny Group 621 (Sat.)	0.00	322.38
LGBT Living Sober Group 021 (Sun)	0.00	154.35
Live and Let Live 85 (Mon.)	0.00	124.00
Living in the Solution MH (W) 33 (Sat.)	0.00	155.00
Living with Others (Chips) 319 (Fri.)	0.00	210.00
Living with Serenity (Chips) 599 (Wed.	0.00	834.45
Los Altos Big Book 860 (Thurs.)	0.00	679.18
Los Altos Group 225 (Thur.)	0.00	796.20
Los Altos Men's Group 59 (Mon.)	0.00	670.00
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 (Su	0.00	916.00
Men's Group 97 (Mon.)	0.00	525.00
Men's Honesty Group 26 (Sat.)	0.00	1,088.90
Men's Single Problem Study 89 (Mon	0.00	200.00
Men's Single Problem Study Gp 220 (Th	0.00	2,244.80
Midday Women's Group 91 (Mon.)	0.00	714.62
Mountain Miracles 882 (Thur.)	0.00	318.50
Mountain View Group 350 (Sat.)	0.00	637.71
New Nooners 808 (Mon.)	0.00	52.36
Newcomers, Oldtimers (Women) 769	0.00	102.20
No Bull Big Book 655 (Fri.)	0.00	886.65
Off the Top 371 (Thur.)	0.00	694.33
Old West Meeting 697 (Fri)	0.00	100.00
One Big Tent (Wednesday) 537	0.00	35.00

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

September 2019

	Sep 19	Jan - Sep 19
Open AA Tues. (00794)	0.00	300.00
Other Wednesday Nite, The (Men) 209 (W)	0.00	2,100.00
Pass It On Group 418 (Sun.)	0.00	681.00
Personal 00911	2,211.00	4,217.29
Plaza Del Rey Group (Sun) 052	420.00	948.00
Positive Outlook Group SJ 368 (Sat.)	0.00	152.00
Queer and Sober 671 (Sat.)	0.00	339.70
Raffle Meeting (Thurs.) 531	0.00	463.00
San Martin Candlelighters 378 (Sat.)	0.00	150.00
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.)	504.70	992.13
Saturday Night Young People (142) PA	0.00	443.99
SCCYPAA	0.00	302.90
Second Tradition Group Spkr 721 (Sat.)	0.00	877.50
Serenity Speaker Meeting 533 (Sun.)	0.00	1,357.62
Shared Gift, The (Women) 61 (Mon.)	0.00	341.42
Simply AA 301 (Tues.)	0.00	151.05
Single Problem Topic (Men's) 582 (Mo)	0.00	1,520.00
Sisters Seeking Serenity 858 (Wed.)	0.00	306.60
Sober and Free Convention 70928	0.00	123.00
Sober Mafia 204 (Sun.)	300.00	550.00
Sober Thoughts 499 (Wed.)	0.00	364.00
Society of the Second Chance 305 (Tue)	0.00	200.00
South Valley Women's Surrender 88 (M)	155.00	399.30
Spiritual Awakening 813 (Tues.)	40.50	836.08
Spiritual Progress 8 (Sun.)	0.00	1,275.00
Spiritual Step Study 233 (Sun.)	0.00	971.76
St. Luke's Group 113 (Tues.)	0.00	291.00
Step Along (Women) 638 (Wed.)	0.00	879.35
Step Study (Women) LG 820 (Wed.)	0.00	327.08
Sunday Night Recovery 23 (Sun.)	0.00	560.00
Sundowner's Mtg (Chips) 768 (Wed.)	0.00	233.00
Sunshine Group noon 243 (Thur.)	0.00	50.00
Survivors (The) Step Study 331 (Wed)	0.00	288.40
The Bus Stop (Tues.)	0.00	180.00
The Promises 686 (Mon.)	0.00	420.00
There Is a Solution SJ 217 (Thur.)	0.00	585.00
There Is a Solution (Men) MH 732 (Thu)	0.00	143.40
Think Tank (Men's) 361 (Sat.)	199.50	993.30
Traditions Workshop	0.00	277.00
Tuesday Night Happy Hour 796	0.00	600.00
Tuesday Night Men's Mtg 525 (Tues)	0.00	1,044.31
Tuesday Night Saratoga Group 152 (Tu)	0.00	17.00
Tuesday Noon Step Study 556 (Tues)	0.00	667.00
University Beginners 176 (Wed.)	40.00	40.00
Unknown	506.71	2,441.76
Veterans of Alcohol 874 (Tues.)	0.00	140.00
Villages Group of AA, The 406 (Mon.)	0.00	449.00

	Sep 19	Jan - Sep 19
Waves of Healing 526 (Mon.)	147.00	511.00
We Care Step Study 128 (Tues.)	0.00	75.00
We Have Arrived (Men's) 819 (Mon.)	0.00	296.00
Wednesday Night Big Book 576 (Wed)	0.00	140.00
What's Happening Today 552 (Thur.)	0.00	441.59
When All Else Fails 047 (Sat.)	0.00	245.00
Wisdom to Know 651 (Mon.)	0.00	260.99
Women's Brunch 640 (Sat.)	0.00	1,568.48
Women on the Move 570 (Wed.)	0.00	507.00
Women to Women 704 (Sat.)	0.00	618.00
TOTAL	13,043.92	126,260.99

