

## The Promises

When I first came into the rooms, the slogans were very popular. They were on the walls of some meetings and were used frequently as topics when people chaired. Some were repeated constantly to get the message across. For me, the two that served an excellent purpose in getting my attention were word of mouth, and sort of the by-words of that time: "If you want what we have, do what we do." "Trust God, clean house, and work with others."

Near the end of my "house cleaning" during step 8, I made my list, and as instructed, I put my name first. After praying on it, I became willing, in all humility, to do what I had to do next keeping in mind to remember not to hurt the person/ persons involved and to have the strength and courage to take it on the chin if that ever became necessary. To be honest, I feared I lacked courage. On the other hand, by God's grace many fears had been replaced with faith. So, I just took a huge leap of faith and humbly and sincerely asked God to let me know when I was ready and had the courage it would take to proceed in making my direct amends wherever possible except when to do so would injure them or others and completing what would be appropriate at that time.

My sponsor was willing to be my con-

sultant, advising me not to make excuses which would delay or prevent me from growing further in my process. "We are not saints. The point is that we are willing to grow along spiritual lines. Grow or go!" I had to complete my personal house cleaning phase of the program with my 9th Step! The Big Book of Alcoholics Anonymous tells me what I can expect at this point and before even getting to this point.

The promises are listed on pages 83 and 84. I love the words of each promise and for me at the end of my housecleaning stage, number one and number 12 said it all:

1. If we are painstaking about this phase of our development, we will be amazed before we are halfway through.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

The lines after The Promises are: "Are these extravagant Promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them."

Thank God for giving Bill W. Step 9, to give to us and thank you for the promises of the program of Alcoholics Anonymous!

- Danette G.

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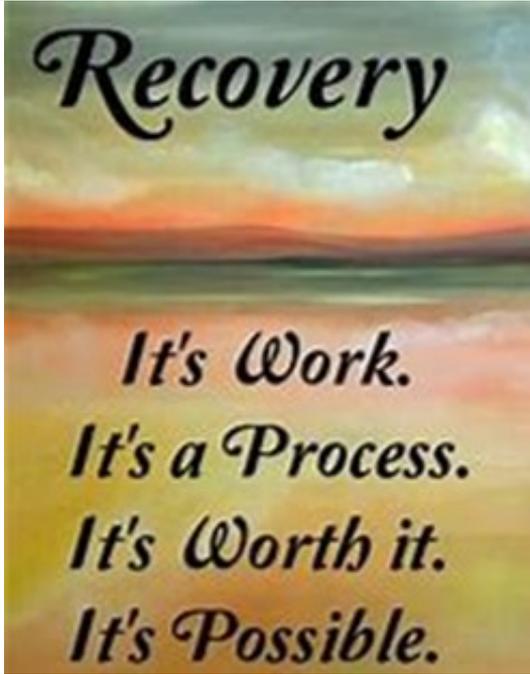
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**The COIN Team**  
**Editor Toni F.**

**Upcoming COIN Deadline**

October 2019 Issue Deadline: September 18th  
Topics: Step Ten, Tradition Ten, Tenth Principle - Patience/Perseverance  
Please email all submissions to [coin@asaanjose.org](mailto:coin@asaanjose.org).

# Motives are the Seed of Action

## I Think Before I Do

In my early days of sobriety my wife came home from an Al-Anon meeting all excited about what they had talked about. Apparently they were discussing their 4th step inventories and she explained that when taking her 6th step, it was important that she examine her motives, before making decisions. How interesting and profound that statement was. This has come up many, many times since that initial conversation. Since almost everything we do, begins with what we think, that statement has been a big part of what I believe our goals are supposed to be when we are in the process of cleaning up the wreckage of the past. It also implies that we should examine our motives for what we do from this day forward and be sure that they conform to the spirit of the principles that are suggested in the AA program. This kind of thinking was foreign to me before John Barleycorn got his grip but when the alcohol took its toll and I was circling the drain, I was forced to decide what I was going to do with the rest of my life. It became very important to learn and understand what the causes of my failures were in the past and what I could do to correct them.

Like most of us, we have measured our successes and failures based on things we have accomplished, by the things we owned, and where we lived. It made little difference how we acquired those things. How different my thinking is today, compared to how it was back then. I no longer base my success on material possessions. This, to me, does not mean that we must take a vow of poverty. To me, this means that if I am honest with myself and that my motives are pure and unselfish, I can be content at any economic level. My motives make it so.

I was doing a little research to find the definition of the word happiness and discovered that it is often described as "a byproduct of right living and not an end in itself" Happiness is not a goal, but it is the result of living right. A friend once shared at a meeting that,

satisfying his wants will never make a person happy. Another person shared that she had read something that described it like this: "Happiness is like a butterfly, the more you chase it, the farther away it gets, but when you stand still, it will land on your shoulder." If my motive is to create happiness, it's probably not going to happen. These subtle little gems of wisdom are revealed to me daily and they slowly become a part of my mental make-up.

As I look back on my life I realize that I can never recall being truly happy until I learned and understood this concept. As long as my motives for what I did were of a selfish nature or to get the approval of others, I was not getting the results that I was seeking. When I started doing deeds that are based on unselfish motives and doing it without fanfare, the byproduct landed on my shoulder. Yes, I stopped chasing happiness and started living right, as best I understood it to be, and I receive more than my share of happiness. Taking steps 6 and 7, to me is the beginning of a new adventure in making right decisions and it will be a very long process of recognizing my motives and being completely honest with me about them. Once I discover the proper motive, I must ask for the strength to carry out what I perceive to be the proper action.

Examining my motives has made me look deeper at many of the subtle little differences in the words we use and their causes and effects and, for my purposes, I find that my defects of character cause my shortcomings and when I understand my defect, my shortcoming (faulty behavior) can be corrected. When I understand the problem, the troubles can be corrected. These ideas may be hard to grasp in the beginning but if I hadn't started looking deeper into my motives, I may never have resolved the deeper issues. These days, Unselfish Motives are the seeds that all of my thoughts and actions stem from and that is as simple as it gets.

- Rick R.

## Meeting of the Month

The Cambrian Group started September 1956. This Saturday night AA meeting has been a mainstay for many recovering alcoholics and their families in South San Jose. From its inception, this meeting has emphasized that alcoholism is a family disease and that recovery is for all family members.

When the meeting first moved to its current location at St. Timothy's, 5100 Camden Avenue, in San Jose, a table was set up so the non-alcoholic wives could sit together. Many of them were knitters and always looked forward to seeing each other on Saturday night.

The meeting first opened on September 15, 1956 at the First Methodist Church on Wyrick Avenue in San Jose. It was started by a gentleman from Minnesota, Tal A., and a few others. Tal served as the first secretary. Ten years later in 1966 the meeting moved to St. Edwards on Union Avenue in

San Jose. Then, in 1977 it moved to St. Christopher in Willow Glen. The meeting continued to grow and ultimately it outgrew the classroom where it met at St. Christopher. The meeting's home has been at St. Timothy's off Camden since 2001.

In recent years, the Cambrian Group has had an average attendance of 75 members. They continue to welcome families and many non-alcoholic spouses also attend the meeting. Every Saturday night they celebrate milestones in sobriety by giving out chips and medallions. At St. Timothy's the chairs are much more comfortable than the small, wooden school chairs and benches used when at St. Christopher.

The meeting remains vibrant and is a great, comfortable place to hear the message of recovery on a Saturday night. The regular meeting starts at 8:15 and ends at 9:15.

-Rose W.



## Step 9

I have now gone through the steps four times with four different men, three in one program and one in another. I thought I had done a pretty thorough 9<sup>th</sup> step. I thought I had really made all my amends and all the amends I had to make now were living amends and some financial amends. I thought I had let go of most of my resentments and there might be some left, but they were minor and didn't really have an impact on me.

Then I came to jail and I realized how wrong, how arrogantly wrong I was. It was in and through my hour a day of daily contemplative meditation that names and faces of people I had long forgotten about came rushing back. It was in that time I saw many of the "amends" I made weren't really amends but attempts for me to look good to my sponsor or friends. I was full of the "Look at me. I'm doing the deal." The amends had little to do with amends and more to do with my ego.

The "amends" which I looked at that really pained me were the amends I made to my parents. Two parents who, in so many ways, are traditional first-generation immigrants. Parents who came to this country in the 1950s to pursue a better life. Two people who are highly educated, highly intelligent, success driven professionals. Two people who came from a culture where your children and their success or failure represent who you are. Two parents who came to the U.S. at a time in our nation's history that was unruly at best and started a life. They had two sons and did the best they could with no family support to raise those boys. I believe they did a very good job. One, the oldest, became an alcoholic and caused an enormous amount of stress, headache and heartache on these parents for years. He built companies and destroyed them in his disease; had a dream marriage and destroyed it in his disease. These actions were painful and shameful for those parents and the culture they come from. When they asked him for an explanation his arrogant response was "It's

my life. I can do what I want."

When I got sober on 12/19/15, my verbal amends was "I'm sorry for the years of hell I put you through." The rest of my amends was a living amends. I thought that was enough. What more could I do? I thought I had released all the resentments I had with my parents. I hadn't and I realized I hadn't after being here. I saw how asinine those resentments were after seeing how these guys had been raised.

It was here in jail I made a real amends. I wrote my parents a four-page gratitude letter. I was able to thank them for all the blessings they had bestowed upon my life. I was able to assure them that they had done an amazing job. I was able to cite specific incident after incident where they chose to act from a place of love instead of a place of rage or extreme anger which I probably deserved. I got to acknowledge that my parents were not dealt the best hand with this wayward alcoholic son, yet they did the best they could with lots of love, compassion, grace, and kindness. I had the opportunity in that letter to thank my parents from the depth of my being and to ask, truly ask how I could make this right. How does one go about making right years of pain and wreckage that I laid at two people's feet who I dearly love?

I got to talk to my mom and dad after they got that letter and I asked my them how I can make this right. My mom thought about it for less than 1/1000<sup>th</sup> of a second and with a smile I could see across the phone said "Be of service, teach people, educate people in reading, math, and science. Help our society by helping people who very few cares about. You care about them, so maybe their moms won't have to have a son who is just another statistic."

AA thought me how to be of service and being of service is my living amends to the two people who gave me life and continue to lovingly and generously support me. I am so very grateful.

- Rahul A.

# The Principle of Justice

Webster's Dictionary defines justice as:

1. Administration of what is just,
2. Judge,
3. Administration of law, or
4. Fairness/fair.

I was going to write this article on step 9 but where I am today, where I sit as I pencil this article, is an absolute representation of justice.

Justice to me is part of the Universal Laws of Cause and Effect. For every action is there a reaction. That is the ultimate level of fairness, the ultimate in justice. As I write this I have had the opportunity to reflect on the last six months. Six months ago today I started an 18 month sentence in Santa Clara's correctional complex, Elmwood. I came here to pay society's price for actions I engaged in before I got sober. The price I am paying is absolutely fair and just.

In being here I have witnessed guys come in with years and years of criminal behavior who have comparatively light sentences. I see guys who have 25 years of criminal history, with seven to eight terms, with multiple assaults, batteries, and other violent crimes who go free or go to prison and I feel a sense of gratitude for justice.

I have met men who were viciously and violently abused who came from parents who were viciously and violently abused who also came from parents who viciously and violently abused. I ask myself where is the justice here? I am overcome with a sense of love and gratitude for my family and the love they showed me. I am overcome with a sense of empathy for the pain my fellow man, my fellow inmates have had to endure. What I am most overcome with is a responsibility to be of service.

Is life fair? No, it is not. Is it fair that I had the privilege to be born in a good family and these men were born into a violent family? Is it fair that I was afforded innu-

merable opportunities from health care, to education, to choice of living conditions, to choice of partners and they were given an opportunity to a life of violence or death? Is all of that fair? Is it fair that some of us are alcoholics and others of us are not?

It was through the men and women of alcoholics anonymous that I learned one of the principles of justice through service. The administration of what is just (definition number 2) is doing the right thing; it is being of service. I am here until 7/30/2020. I am not leaving early; I'm not even trying to. I believe it's a consequence and price I need to pay and I believe the service which I get to do here is my HP's way of allowing me to give back to society, a society I took from for so long.

With the support of friends in AA and Al-Anon I have been able to start 12 step meetings, a GED tutoring class, and a correspondence creative writing class with a professor at a local university. My Higher Power has allowed me to find ways to be of service, to give back, to act justly. I have come to believe in the last six months that these guys more than anything need hope. Hope that they don't have to go back to lives of crime, of violence, of drug dealing. I believe education is one of the best avenues to give them that hope. It has been an honor and privilege to see men who couldn't read at a level higher than a five year old read and comprehend the Big Book. A privilege to walk with a man who dropped out of middle school and unable to do basic math, have no understanding of basic social studies, reading comprehension or writing structure study tirelessly and get his GED.

It was through AA and the 12 steps I learned how to act justly in my life. It has been here I have been able to apply it.

- Rahul A.

## September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 P/CPC WORKSHOP: 5:30pm, P/CPC MEETING: 6pm, Our Savior's Lutheran Church, 1724 N. Winchester Blvd. at Tulip, SC	2	3 SOUTH COUNTY GENERAL SERVICE WORKSHOP: 7pm, 1st Congregational Church, SJ	4 OUTREACH MEETING: 6-4:50pm INTERGROUP MEETING: 7:30pm Trinity Church, 3151 Union Ave., SJ	5	6	7 SECRETARY'S WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D, Campbell
8	9	10	11 NORTH COUNTY GENERAL SERVICE MTG: 7:30pm Trinity United Methodist Church 583 E. Fremont Ave., Sunnyvale	12	13	14 SCCPAA BUSI MTG: 12 -1pm, Calvary Church, Brick House, Los Gatos
15	16 BRIDGING THE GAP MTG: 7pm, 1st Congregational Church, 1980 Hamilton Ave. at Leigh, SJ	17 SOUTH COUNTY GENERAL SERVICE MEETING: 7pm, 1st Congregational Church, 1980 Hamilton Ave., SJ	18	19	20	21 DIVERTER/12 <sup>TH</sup> STEPPERS' WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D, Campbell
22	23	24 H&I COMMITTEE MEETING: 7pm, 1980 E. Hamilton Ave., SJ	25	26	27	28 SCCPAA BUSINESS MTG: 12-1pm, Calvary Church, Brick House, 16330 Los Gatos Blvd.
29	30					

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 SOUTH COUNTY GENERAL SERVICE WORKSHOP: 7pm, 1st Congregational Church, 5J	2 OUTREACH MEETING: 6:45pm INTERGROUP MEETING: 7:30pm Trinity Church, 3151 Union Ave., 5J	3	4	5 SECRETARY'S WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell
6 PI/CPC WORKSHOP: 5:30pm, PI/CPC MEETING: 6pm, Our Savior's Lutheran Church, 1224 N. Winchester Blvd. at Tulip, 5C	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., 5J	16	17	18	19 DIVER/12 <sup>TH</sup> STEPPERS WORKSHOP: 10am, Central Office, 274 E. Hamilton Ave., Suite D., Campbell
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27	28	29	30	31		

# MEETING CHANGES

## NEW MEETINGS

### **The Steps We Took (Tagalog)**

Sunday 6:15 PM

We Care Group: Mt. Olive Lutheran Church  
1989 E. Calaveras Blvd.  
Milpitas

### **Desperate as the Dying Can Be**

Friday, 8 PM

Life Moves Montgomery St. Inn  
358 N. Montgomery St.  
San Jose

### **Too Early Big Book Study**

Saturday, 8AM

Church of Christ: 1818 Miramonte  
Mountain View

## 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!**



## August 2019 Statistics

Daytime Phone Calls to Central Office....194

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!**



## Birthday Contributions

Birthday Celebrant	Years	Contributor	Birthday
Greg C.	35	Robby W.	08/01/1984
Bonnie O.	34	Bonnie O.	08/09/1985
Theresa H.	27	Carol B.	08/16/1992
LaLa	3	Anonymous	08/20/2016
Mike B.	33	Anonymous	08/26/1986

## *132 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.

### LOCAL EVENTS

- September 7 12th Annual Los Gatos AA Groups Picnic, Oak Meadow Park, 11am
- September 7 Sober & Free presents The Little Mermaid Sing-a-long, 7042 Via Ramada, SJ, 6pm, \$15.
- September 15 Service Workshop, Los Gatos Neighborhood Center, 208 E. Main St., Los Gatos 2-3:30
- October 5 Take your Sponsor to Brunch, 11-2 pm, Lincoln Glen Church, 2700 Booksin Ave., San Jose
- October 26 Stayin Alive 12 Movie Madness, 6-11pm, Calvary United Methodist Church  
729 Morse Street, San Jose

### CALIFORNIA EVENTS

- September 13-15 Breathe in Yosemite [www.breatheinyosemite.com](http://www.breatheinyosemite.com)
- September 14 13th Annual Women's Day of Unity, 8:30 to 4:30 pm, Lodi, CA
- September 27-29 Woman to Woman San Diego, [www.womantowomansandiego.com](http://www.womantowomansandiego.com)
- October 4-6 Peace in the Pines Fall Festival, Lake Tahoe, [www.laketahoeoffallfestival.net](http://www.laketahoeoffallfestival.net)
- October 11-13 NCCAA 72nd Fall Conference, San Ramon, [www.norcalaa.org](http://www.norcalaa.org)

## INTERGROUP MEETING MINUTES

August 7, 2019

- Jaye S., Intergroup Alternate Chairperson, opened the meeting at 7:30 pm followed by a moment of silence and the Serenity Prayer. The reading of Definition of Intergroup (Nancy) was followed by The Twelve Traditions (Lynn).
- New Intergroup Reps: (New IG Rep meeting tonight by Treasurer, Mary - Thanks!)
  - Lynn G., Women’s Brunch, Saturday 10:30 am, Covenant Presbyterian Church, Palo Alto
- Visitors: Kathleen, Jacquie, Laura, Joyce
- Birthdays:
  - Christina, 7/25, 4 years
  - Kathy R., 7/23, 5 years
  - Ken, 8/4, 5 years
- Observation of 7th Tradition - \$81 tonight (Mary, treasurer)
- Corrections or Additions to the Agenda or Minutes – (none)
- Tonight's voting member count is 28.

### Reports

#### Alternate Intergroup Chair – Jaye S.

- Thanks to Paul for setting up the PA system and to Michelle for the coffee.

#### Chair of the Nominating Committee for Intergroup - Mary Pat.

- We are looking for trusted servants: two for the Central Service Board (CSB) and two for Intergroup (Secretary and Alternate Secretary). The requirements for CSB members are: US citizen, must be at least 21 years old and at least five years of sobriety. Intergroup reps vote on who will be the CSB members. For the Intergroup positions, each of which are one year terms, the requirements are two years of sobriety. The Nominating Committee is soliciting volunteers. At the September Intergroup meeting, the Nominating Committee will present a slate of candidates. Nominations will also be taken at the meeting and elections will be at the October Intergroup meeting. Each Intergroup attendee stated whether they were available or not to serve.

#### Central Service Board (CSB) – Joey N.

- Nearly 500 people took the survey. Central Office hours will be changing as a result. Thank your members for taking the survey.

#### Central Office – Bruce

- Let us help you promote your events. Please send us a digital copy of your flyer and we’ll make copies for you to distribute. We will put some out in Central Office and we can put your event on our website calendar.
- We’re happy to make copies for your group – black and white are free on white or colored paper, color is 10 cents per copy. You can bring the document into the office or you can email it to us digitally (email to all of us as noted below). MOST times we can make the copies while you wait.

- If it helps you save time, you can call ahead with your literature order and we'll have it ready for you when you come in. If it works better for your group, you can open a group account for your literature purchases. Just deposit monies with us in advance and then draw on that money when you make a purchase. We don't extend credit, so it is important that your group keep sufficient funds on deposit to meet your needs.
- Julie, Kurt, and I are all readily available by email. Send your email to all three people. Email us at:
  - [Bruce@aasanjose.org](mailto:Bruce@aasanjose.org)
  - [Julie@aasanjose.org](mailto:Julie@aasanjose.org)
  - [Kurt@aasanjose.org](mailto:Kurt@aasanjose.org)
- GSO will be mailing registration packets for the International Convention in Detroit in 2020 to us. They tell us the packets will be mailed this month, but we don't know exactly when. We'll send out an email blast when they do come in.
- And Central Office fares well.

**Website** – Priya (none)

**Digital Basket** – none

**Activities Committee** – Carole R.

- The 33<sup>rd</sup> annual Old Timers meeting will be August 31<sup>st</sup> from 1 – 3 pm at the Lincoln Glen Church. It is an amazing, fast-paced meeting which is entertaining and moving. The event brings together old and new timers. Last year was well received but it will change slightly this year. Two dozen people are encouraged to volunteer. Come for coffee, cookies and fellowship. Drop off cookies before 12:30 pm! It is a free event.

**Twelfth Step** – Hilary

- There was a training in July. We have 31 women and 30 men on the 12<sup>th</sup> Step lists.

**Day Time Office** – Julie

- All good!

**Nights and Weekends Diverter Coordinator** – Carol B. statement read by Jaye S.

- The Diverter Coordinator works with Diverter Volunteers who provide after-hours phone coverage for AA in Santa Clara County. The Diverter sobriety requirement is one year; the service term is at least one 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 August 17), 10:00 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.
- 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.

- In the past month, we had five shifts open. All five of the shifts have been filled—three by people who attended the July Diverter workshop and agreed to become diverters for the first time. All Diverter shifts are currently filled.
- Please come by the DIVERTER table at Unity Day to talk with us and have your Passport stamped!

### **Secretary Workshop – Michael**

- The Secretary Workshop is the first Saturday of the month at 10:00 am at Central Office. The purpose of the Workshop is to discuss the secretary’s role as the facilitator of the meeting such as making sure the meeting starts and ends on time, choosing the chairperson for the meeting, and greeting the Newcomers! We discuss how to handle difficult situations as they may come up and how to deal with disruptive people. Most important we go over and discuss each of The Twelve Traditions, as to what they are to an individual as well as what they are to a meeting, without them there would not be meetings. Encourage new secretaries or those wishing to become a secretary to attend the workshop held on the first Saturday of each month, 10:00 am at Central Office (274 Hamilton Ave., Campbell, CA 95008).

### **Outreach Committee – Dal**

- Found a co-chair. Need more people. Suggest it to your sponsees!

### **Newsletter Committee –Toni**

- The deadline for the September issue (topics: Step 9, tradition 9, 9th principle of discipline) is August 21, 2019 (third Wednesday of the month). You can get the COIN via website, [aasanjose.org](http://aasanjose.org). Anyone interested in writing should send stories on recovery to email [coin@aasanjose.org](mailto:coin@aasanjose.org).
- We are looking for a new COIN editor. Toni can train you!

### **Old/Ongoing Business – (none)**

### **New Business – (none)**

### **North County General Service (District 04) – Julie N., DCMC, Santa Clara North**

- In our area we are currently talking about a couple of motions. The first is a request for a new pamphlet entitled “Experience, Strength and Hope: AA For the Transgender Alcoholic.”
- Although the pamphlet for LGBTQ alcoholics was updated in 2018 – the transgender community doesn’t feel it addresses issues the transgender alcoholic is encountering in AA.
- We also have a motion to publish a 5<sup>th</sup> edition of the Big Book. In this motion they are asking to update stories to more broadly reflect our current fellowship as well as update Appendices III and V.
- I know your GSR’s will be bringing these topics to your group.
- It is never too late to elect a GSR for your group. We meet on the second Wednesday of the month at 7:30p pm in Sunnyvale. Next week our meeting’s theme will be Talk like a Pirate. It should be fun – but also informational. Thank you for letting me be of service.

**South County General Service (District 40) – Scott**

- Had six new GSRs at last meeting. Discussed Big Book motion extensively.
- There are two other area motions: to create a technology subcommittee and an accessibility subcommittee.

**Hospitals & Institutions – none**

**Bridging the Gap – Christina, Intergroup liaison**

- Bridging the Gap provides temporary contacts to introduce newly released inmates and inpatients to AA outside of hospitals and institutions, especially for their first meeting. Provide transport to AA meetings. Fill out yellow cards if you are interested in helping. Positions are available for service including chairperson (two years of sobriety), Recording Secretary (six months), Path Free Presenter (two years), plus two more positions. Bridging the Gap meets at 7:00 pm on the 3rd Monday at Hamilton & Leigh.

**PI/CPC – (none)**

**Sober and Free – Jenny S**

- The September 7<sup>th</sup> fundraiser is the Little Mermaid singalong.

**SCCYPAA – (none)**

**Unity Day - Mary**

- Unity Day will be held in San Jose on Aug 25<sup>th</sup> at Napredak Hall (770 Montague Expy., San Jose, CA 95131). All is going well with details being finalized. All volunteer positions have been filled.

**OPEN FORUM – (none)**

# SERVICE WORKSHOP: THE WHO, WHAT, HOW & WHY



#### What is it all about?

Service is the backbone of our program. Come out and learn why it is important, the need for service, and the benefits of service. This workshop will be a panel discussion with participants sharing their experience, strength, and hope around Service. See how Service has impacted their sobriety and strengthened our Fellowship.

#### Topics:

Service to Meetings and Groups, Inter-Group Service, H&I, General Service Reps, 12<sup>th</sup> Step and Diverter, Events, Bridging the Gap, Central Service Board, Outreach Committee, and more...

SPIRITUAL  
PROGRESS  
GROUP  
LOS GATOS, CA.



**Date:** Sunday September 15, 2019

**Time:** 2:00pm-3:30pm

**Location:** Los Gatos  
Neighborhood Center  
208 E. Main St.  
Los Gatos, Ca. 95030



## 27<sup>th</sup> ANNUAL SPIRITUAL PROGRESS GROUP RETREAT

DATE: DECEMBER 6<sup>TH</sup>, 7<sup>TH</sup>, AND 8<sup>TH</sup>, 2019

PLACE: ST. FRANCIS RETREAT CENTER

549 MISSION VINEYARD ROAD

SAN JUAN BAUTISTA, CALIFORNIA 95045

RETREAT REGISTRATION STARTS AT 4 PM FRIDAY AFTERNOON AND INCLUDES:

- LODGING
- MEALS: Dinner Friday night through lunch on Sunday
- KEYNOTE SPEAKER SATURDAY NIGHT
- WORKSHOPS
- MORNING MEDITATION
- FELLOWSHIP, GAMES, ICE CREAM SOCIAL, CAROLING

You can complete full registration at [www.SPGRetreatLG.com](http://www.SPGRetreatLG.com). If you chose to register and pay online, please read the information regarding payment on the Registration page carefully in order to avoid being charged an additional \$7.50.

A limited number of partial scholarships will be available and awarded on a first come, first serve basis to those who have not received one in the recent past.

Payment in full is required to reserve your place. No refunds are available. (We may be able to help if the retreat is sold out and there is a waiting list) All rooms have a bathroom. If no roommate choice is indicated, one will be assigned to you.

St. Francis Retreat Center is a non-smoking facility. Smoking is permitted in designated areas only.

Payment of \$270.00 in full is required prior to retreat. No refunds are available.

CHECKS ARE PAYABLE TO: SPIRITUAL PROGRESS GROUP RETREAT

Donations for scholarships are gratefully appreciated!

You may add your donation to your check at time of registration.

All rooms have a bathroom. A roommate will be assigned if a preference is not indicated.

St. Francis Retreat Center is a non-smoking facility. Smoking is permitted in designated areas only.

SANTA CLARA COUNTY INTERGROUP PRESENTS the  
**13<sup>th</sup> ANNUAL**

# **SPONSOR BRUNCH**

**Take your sponsor to brunch**

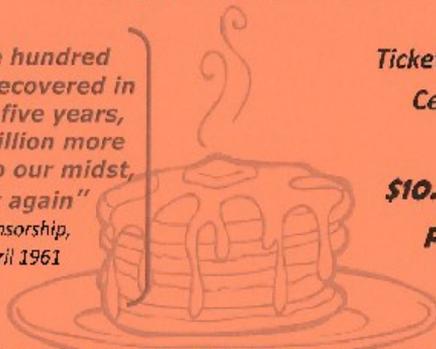
**Saturday OCT 5, 2019**

**brunch served 11-2pm**

No flour, sugar and vegan options available.

*"Though three hundred thousand have recovered in the last twenty five years, maybe half a million more have walked into our midst, and then out again"*

*—Bill W. on Sponsorship,  
Grapevine, April 1961*



*Tickets are on sale at  
Central Office!*

***\$10.00 donation  
per person***

**LOCATION: LINCOLN GLEN CHURCH - 2700 BOOKSIN AVENUE, SAN JOSE, CA**

**Recovery Meeting at 1PM \* Raffle following the speaker!**

**Get out of self and into service**...volunteer to help at the event or donate your craft item, jewelry, art, gift cards for the raffle. Presale tickets are available with your Intergroup rep after Sept 4 and at Central Office.

**To get involved contact us at:**

Central Office (408) 374-8511 [asaanjose@comcast.net](mailto:asaanjose@comcast.net)

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

# STAYIN ALIVE 12 Movie Madness

**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.

**FOYLUCK** Cinematic Historical dishes appreciated  
**SPECIAL FX RAFFLE** Magnificent prizes: 1/\$1.00 or 7/\$5.00

*Speaker meeting*  
Staring Kimberly B.

*Ticket Donation*

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

*age restriction*

**PG-12**



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

## Profit &amp; Loss

August 2019

		Aug 19	Aug 18	Jan - Aug 19
<b>Ordinary Income/Expense</b>				
<b>Income</b>				
	3030 · Contributions-General	10,950.99	9,637.08	113,217.07
	3050 · Group Insurance (Group premium payments)	0.00	50.00	3,285.00
	8010 · Literature Sales	5,119.54	4,348.38	34,489.97
	8020 · Meeting Guide Sales	422.50	456.50	3,267.80
	8050 · Activities Committee	0.00	509.27	5,174.76
	8055 · Central Office Events	0.00	0.00	1,905.00
	8060 · Printing	369.80	395.60	3,141.92
	<b>Total Income</b>	<b>16,862.83</b>	<b>15,396.83</b>	<b>164,481.52</b>
<b>Cost of Goods Sold</b>				
	5000 · Cost of Goods Sold	4,417.24	4,206.44	30,760.20
	<b>Total COGS</b>	<b>4,417.24</b>	<b>4,206.44</b>	<b>30,760.20</b>
	<b>Gross Profit</b>	<b>12,445.59</b>	<b>11,190.39</b>	<b>133,721.32</b>
<b>Expense</b>				
	6015 · Activities Committee Expense	800.00	1,079.85	3,592.33
	6030 · Accounting and Legal Fee	0.00	0.00	2,750.00
	6140 · Conferences	0.00	574.70	30.00
	6150 · Unity Day Expense	0.00	0.00	1,500.00
	6190 · Depreciation Expense	0.00	0.00	2,398.50
	6220 · Insurance - Worker Compensation	15.89	0.00	336.80
	6225 · Insurance - Emp. Health Plan	662.71	600.59	5,053.20
	6230 · Insurance - General Liability	0.00	0.00	2,715.25
	6240 · Employee HRA Plan	816.94	755.63	4,376.14
	6330 · Office Expense	1,246.63	1,826.87	15,062.28
	6380 · Payroll Taxes	761.97	832.80	6,154.58
	6480 · Rent	3,384.50	3,361.50	27,076.00
	6540 · Salaries - Office	10,462.01	11,379.46	74,190.39
	6560 · Payroll Expenses	128.52	131.47	1,081.76
	<b>Total Expense</b>	<b>18,279.17</b>	<b>20,542.87</b>	<b>146,317.23</b>
	<b>Net Ordinary Income</b>	<b>-5,833.58</b>	<b>-9,352.48</b>	<b>-12,595.91</b>
<b>Other Income/Expense</b>				
<b>Other Income</b>				
	8025 · Rebate	11.44	77.21	395.66
	8030 · Interest Income	270.68	144.68	983.32
	<b>Total Other Income</b>	<b>282.12</b>	<b>221.89</b>	<b>1,378.98</b>
	<b>Net Other Income</b>	<b>282.12</b>	<b>221.89</b>	<b>1,378.98</b>
	<b>Net Income</b>	<b>-5,551.46</b>	<b>-9,130.59</b>	<b>-11,216.93</b>

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

### Balance Sheet

As of August 31, 2019

	Aug 31, 19
<b>ASSETS</b>	
<b>Current Assets</b>	
<b>Checking/Savings</b>	
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)	20,572.08
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
<b>Total 1000 · Prudent Reserve</b>	100,128.06
1010 · Petty Cash	356.34
1020 · First Republic Bank (Checking account)	18,586.71
<b>Total Checking/Savings</b>	119,071.11
<b>Accounts Receivable</b>	
1110 · Accounts Rec - Group Deposits	-2,397.20
<b>Total Accounts Receivable</b>	-2,397.20
<b>Other Current Assets</b>	
1250 · Literature Inventory	22,308.34
1310 · Prepaid Insurance	3,156.25
13700 · Payroll Service Customer Asset (Payroll Service Customer Asset)	-0.01
1499 · Undeposited Funds	3,510.50
<b>Total Other Current Assets</b>	28,975.08
<b>Total Current Assets</b>	145,648.99
<b>Fixed Assets</b>	
1630 · Office Equipment	26,982.05
1640 · Office Furnishings - Asset	6,039.78
1641 · Less Accumulated Depreciation	-26,551.84
<b>Total Fixed Assets</b>	6,469.99
<b>Other Assets</b>	
1860 · Deposits	1,993.85
<b>Total Other Assets</b>	1,993.85
<b>TOTAL ASSETS</b>	<b>154,112.83</b>
<b>LIABILITIES &amp; EQUITY</b>	
<b>Liabilities</b>	
<b>Current Liabilities</b>	
<b>Credit Cards</b>	
2075 · American Express	5,805.89
<b>Total Credit Cards</b>	5,805.89
<b>Other Current Liabilities</b>	
2240 · Sales Tax Payable (due quarterly)	886.69
2340 · Accrued Vacation	8,048.89
2600 · Unity Day	3,795.42
<b>Total Other Current Liabilities</b>	12,731.00
<b>Total Current Liabilities</b>	18,536.89
<b>Total Liabilities</b>	18,536.89
<b>Equity</b>	
3900 · Unrestricted Funds	146,792.87
<b>Net Income</b>	-11,216.93
<b>Total Equity</b>	135,575.94
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>154,112.83</b>

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

	Aug 19	Jan - Aug 19
1 INV Early Bird Group 70968	0.00	350.00
1 INV Fremont & Hollenbeck Group 70907	620.40	1,729.51
1 INV Fremont & Manet Group 70975	0.00	1,260.00
1 INV Gilroy Groups 70906	357.00	1,984.00
1 INV Men Seeking Guidance Group	0.00	350.00
1 INV One Day at a Time 70903	0.00	8,796.51
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	3,000.00
1 INV Spiritual Progress Group 70979	0.00	1,500.00
1 INV Sufficient Substitute 313	0.00	3,635.00
1 INV Winchester Fellowship 70960	0.00	695.91
3rd Steppers Book Study (Wom) 610 (Thu)	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
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 (Thur.)	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 66	0.00	300.00
Courage to Change (Women) 145 (Wed)	121.02	300.79
Daily Reflections 432 (Thur.)	0.00	231.00
Desi's in Recovery (723)	150.00	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.)	0.00	182.00
Eleventh Step Meditation 873 (Fri.)	0.00	140.00
End of the Line Men's Group 147 (Tues.)	0.00	235.48
Evergreen Group 884 (Thur.)	70.00	140.00
Fireside Big Book Study 809 (Tues.)	158.00	325.00
Free to Be Me SJ (Women) 736 (Tues.)	193.20	911.24
Friday Big Book Study 702 (Fri)	0.00	424.25

	Aug 19	Jan - Aug 19
G 10 10 Group 70951	1,089.90	2,874.85
G 4@4 Group 70925	0.00	1,400.00
G Attitude Adjustment Hour (965)	481.50	1,141.24
G Cornerstone Fellowship Group 70908	300.00	1,500.00
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 (943)	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	447.43	3,994.70
G Ten O'Clock High 889	350.00	350.00
G West Valley Fellowship 70942	0.00	722.41
Gathered Together for Sobriety 43 (Sun.)	140.00	140.00
Gay & Lesbian Sober Experience 896 (Mor	385.00	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(Wed.)	0.00	350.00
Get Up and Go (Women) 187 (Sat.)	969.00	2,921.40
Get Well Group 17 (Sun.)	379.74	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.)	235.00	503.00
In the Basement 545 (Sun.)	0.00	70.00
In the Solution 647 (Sat.)	0.00	394.10
Ladies Amethyst AA Study Group 749 (We	117.91	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.)	155.00	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.)	156.33	679.18
Los Altos Group 225 (Thur.)	368.40	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 (Sun.	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 (Thur	0.00	2,244.80

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

	Aug 19	Jan - Aug 19
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.)	30.00	52.36
Newcomers, Oldtimers (Women) 769 (Se	0.00	102.20
No Bull Big Book 655 (Fri.)	385.74	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
Open AA Tues. (00794)	0.00	300.00
Other Wednesday Nite, The (Men) 209 (We	0.00	2,100.00
Pass It On Group 418 (Sun.)	0.00	681.00
Personal 00911	480.41	2,006.29
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.)	154.20	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.)	0.00	487.43
Saturday Night Young People (142) PA	0.00	443.99
SCCYAA	0.00	302.90
Second Tradition Group Spkr 721 (Sat.)	0.00	877.50
Serenity Speaker Meeting 533 (Sun.)	626.86	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 (Mon.)	0.00	1,520.00
Sisters Seeking Serenity 858 (Wed.)	140.00	306.60
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 (Mo	0.00	244.30
Spiritual Awakening 813 (Tues.)	152.25	795.58
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.)	233.00	233.00
Sunshine Group noon 243 (Thur.)	0.00	50.00

	Aug 19	Jan - Aug 19
Survivors (The) Step Study 331 (Wed.)	126.70	288.40
The Bus Stop (Tues.)	0.00	180.00
The Promises 686 (Mon.)	120.00	420.00
There is a Solution SJ 217 (Thur.)	585.00	585.00
There is a Solution (Men) MH 732 (Thur)	0.00	143.40
Think Tank (Men's) 361 (Sat.)	0.00	793.80
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 (Tues	0.00	17.00
Tuesday Noon Step Study 556 (Tues)	0.00	667.00
Unknown	70.00	1,935.05
Veterans of Alcohol 874 (Tues.)	0.00	140.00
Villages Group of AA, The 406 (Mon.)	140.00	449.00
Waves of Healing 526 (Mon.)	0.00	364.00
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.)	162.00	507.00
Women to Women 704 (Sat.)	0.00	618.00
<b>TOTAL</b>	<b>10,950.99</b>	<b>113,217.07</b>