



May 2020
Volume 15 | Number 5

A PUBLICATION OF THE INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY



In this May Issue...
Step 5, Tradition 5, & Integrity!

Writing for the COIN

Q: Who writes the COIN?

A: You do.

This is a publication forum for your personal stories celebrating sobriety and recovery. We welcome your stories, opinion pieces, learnings, questions, thoughts and ideas.

Q: What about sketches, photos, art and flyers?

A: Yes, please!

These are all welcomed and appreciated. We want to give A.A. members a chance to publish their original artwork and photos. We are not a glum lot and love humor, so please send in jokes and cartoons as well. We want the COIN to have a comprehensive listing of all upcoming events and flyers; email your event info as early as possible.

Q: What do I write about?

A: There are monthly newsletter topics that can be found in the COIN.

Each month's topic is Step X, the Principle behind Step X, and Tradition X, where X is the number of the month. January=1 and December=12. For example, January's topics are Step One, Honesty, and Tradition One. Stories pertaining to a month's holidays or historic events are also accepted. For example, articles pertaining to a new year/new start in January, relationships and romance in February, stories about the founding of A.A. in June, independence in July, gratitude and giving thanks in November, etc. can all be fitting subject matter.

Write your stories in the first person (using "I" statements). Share your sobriety experience, strength and hope: the wisdom you've gleaned, the mistakes you've made, the fun, the troubles, and humor you've found in recovery. If you hear something at a meeting that makes you see things in a different light, write about it. If you've stayed sober through a difficult experience, write about it. Help us teach and learn from each other. Most importantly, help carry the message of A.A..

Q: What are the submission deadlines?

A: Deadlines are published in each month's COIN.

If you miss the deadline, you may still submit materials, but they may be saved for inclusion in a future COIN publication. Stories and art are published at the discretion of the COIN editor and the Central Office executive director.

Q: When is the month's published COIN available?

A: Usually by the first Wednesday of the month.

A small print run of several hundred draft copies for the month is available at the monthly Intergroup business meeting; the print run is completed the following day. Mailing takes place two days after the Intergroup meeting. Volunteers are needed every month to help fold the COIN and prepare it for bulk mailing.

Q: Anything else?

A: Yes.

Please keep the Twelve Traditions of A.A. in mind as you write, and take special care to respect other members' anonymity. Have fun!

Send your contributions to: coin@asaanjose.org

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COIN Editor: Mel M

Art Corner: Elizabeth M, Website: Phil W

Central Office Executive Director: Bruce K

The COIN is published on behalf of the Santa Clara County Intergroup Service Group of Alcoholics Anonymous (Intergroup). Opinions expressed are the writers', and publication of any article, event, or other information does not imply endorsement by Alcoholics Anonymous, Intergroup, or Central Office. Quotations from A.A. books and pamphlets, and the Twelve Steps and Twelve Traditions are reprinted with permission of A.A. World Services, Inc.

Sunlight of the Spirit Art Corner

- By Elizabeth M



Boat Floats & Crate, *Watercolor*



Landscape, *Watercolor*

A Realistic Look at Resentments Reliving the Conflicts of the Past

After years of out-of-control drinking in a life of undisciplined behavior, I was circling the drain. I showed up at the doors of Alcoholics Anonymous, desperately seeking answers as to how to stop drinking. The drinking was just the tip of the iceberg, as I discovered after a few meetings. I was not proud of most of my past behavioral patterns.

On p.64 in the Big Book, it says, "Resentment is the 'number one' offender. It destroys more alcoholics than anything else." With that in mind, you would think that it would be high priority on my list, but it was not; I had other things on my mind.

**"Resentment is the
'number one' offender. It
destroys more alcoholics
than anything else."**

I wasn't motivated to tackle the resentment issue as a serious matter. Many of my A.A. buddies dismissed it as well. We spent much of our time pointing out the faults of other members, especially when they were not present. When I did start to address my resentments, I did not consider our gossip and pointing out others' faults to be enough of a problem.

But they were. I came to understand that all of those people I was gossiping about meant something to me, or I wouldn't be so upset about them. It eventually got to the point where I could no longer dismiss these resentments and still sleep at night. If I wanted to enjoy the peace of mind that the program promises, I had to find a way to neutralize my resentments.

My resentments were like rocks thrown into a pond; there was a ripple effect in the water with rings expanding outwards. With many people throwing their resentment rocks into the body of water, the ripples kept colliding and interfering with each other.



In the past, when I felt threatened by the interference, I would simply drink the disturbance away. The program of Alcoholics Anonymous has helped me find a solution to my resentments; I am no longer contributing to the ripple effects in the water. I feel sorry for those who may never find a solution.

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I am not the person I was before I discovered the A.A. program. Whether they know it or not, I can be compassionate and have empathy for those poor souls that continued to struggle with their resentments the way I used to. Bitterness and hatred are no longer part of my vocabulary. Resentment seemed to be the act of reliving all those unfortunate conflicts of yesterday.

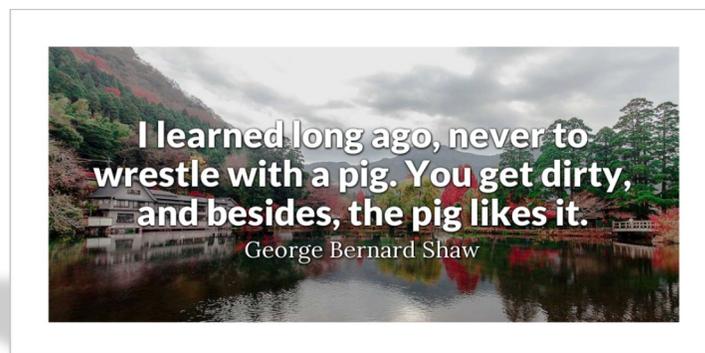
A close friend of mine once said that “all forms of criticism and character assassination stem from low self-esteem.” That one statement changed my whole way of thinking when it comes to judging anyone else on this planet. I am not God. By understanding and accepting everyone just the way they are, my self-

esteem is at a level where I need not judge anyone.

“All forms of criticism and character assassination stem from low self-esteem.”

People will sometimes cross my boundaries at one time or another, but I do not have to roll in the mud with them. I can gracefully back away and not engage myself. I can still treat them with respect and let them be. I can still wish the best for them with the understanding that they may never find the answer to their problems. I am willing to help where I can. It is as simple as that.

- Rick R



AA in the New Age

Zoom Meetings as a New Way of Sober Life

Well! The world has undoubtedly changed quickly since the release of the March newsletter, the last time the COIN was printed hard-copy for meeting distribution. Back in March, our A.A. issues included committing to sobriety, finding time to work our steps, sticking to service commitments, finding the right sponsor, and, most of all, getting our bodies, physically, into enough meetings.

Now that the world has vastly changed in such a short period, the last item is more of a challenge than ever. Before, we found excuses for not physically showing up to meetings, and now, that option to attend in person is no longer an option.

Luckily, in 2020, with technology and the will to stay together, we have options to fellowship in non-traditional ways. These non-traditional platforms, although uncomfortable, are as crucial as ever in staying connected and ensuring physical and emotional sobriety. As Bill W. describes in the *Twelve Steps and Twelve Traditions*, "The fellowship came out just as strong if not stronger than the rest of the population during the time of World War II. The fellowship of Alcoholics Anonymous is undergoing the next test."

The response and movement of in-person meetings to online Zoom meetings have been quick. The adaptation rate has been equal across

age, ethnic, and geolocation groups. Zoom meetings have allowed people to connect to their home groups, but also connect with groups across the world in an unprecedented way. The opportunity for connection has been both miraculous and terrifying.



Zoom is an online video meeting platform that allows remote connectivity among groups with the download of a computer or phone application. With the knowledge of a meeting I.D. (and possibly a password), an alcoholic can join any fellowship in the world. As with any new platform, especially a new technology change, there is a learning curve. Luckily there are also many in-person resources, including members of the fellowship, who are more than willing to help with the transition patiently. Meeting information and links can be found on the Central Office website.

In addition to learning curves, there are some human-made and

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MEETINGS CLOSED – All face to face meetings in Santa Clara County have suspended until further notice. There are many online meetings available and these are noted below.

Listings of On-Line Meetings

- Santa Clara County Zoom on-Line meetings please click [here](#).
- San Mateo County Zoom on-Line meetings please

technology-related glitches that are in the process of being planned out with best practices. Following the sacred A.A. traditions, problems like ‘Zoom crashers’ are addressed. These best practices are also on the Central Office website. The Seventh Tradition has also been a question among groups, and options are available depending on the nature and needs of the individual group. Often, meetings can get noisy and seem chaotic at times. It may take time for a speaker to figure out how to unmute: what an excellent opportunity to practice patience!

Speaking of the Seventh Tradition, Central Office, Intergroup, and GSO, all still need our help; links to support are also available on the Central Office website. Please remember to support so that we still reap the benefits of this program by the time we emerge into some form of nor-

malcy - no matter how that looks.

I often hear, “social distancing does not mean social disconnect.” The statement holds truer for A.A.s because we face life and death with our disease, and remaining connected is crucial for us. The good news is that with Zoom meetings, telephone access, FaceTime, Facebook groups, and Central office, we have the tools we need to move forward with a happy, joyous, free, and safe quarantine.

- Rimi K



Step Five As Real as I Can Be

Step Five: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

I once heard at a meeting that Step Five was about integrity. By that time in my sobriety, I had realized that I didn't always understand the correct meaning of words, so I looked it up. Here are some definitions that helped me understand the word integrity in regard to the Fifth Step.

Integrity: honesty, sincerity

Honest: being free from deceit; genuine

Genuine: being what I really am

Sincere: being the same on the inside as I am in outward appearance

need to strive to be as real as I can be. Perfect integrity all the time is something that I may never achieve, but it's an ideal that I must be willing to work toward.

The program tells me that in order to recover I must be willing to develop a manner of living that demands rigorous honesty. So when I retire at night, I ask myself: Is there something that I should discuss with another person at once? What do I *not* want to share? Do I feel any guilt? Am I worried about something? Fearful? What was my thought-life like today?

These questions spur me to talk to someone. The more I share, the more I live "in integrity"; and the more I live in integrity, the more at peace I am with myself, and the more useful I can be to God and my fellows. *Reprinted from "AA Grapevine," May 2003*

- Lisa N

So for me, *integrity*, as it applies to the Fifth Step, is the state of being "real"--being the same on the outside as I am on the inside.

My Fifth Step was the closest I'd ever gotten to being that real to another person. More than just a confession of my faults, it was also a way of showing someone my feelings and fears. I still find today that I



HONESTY
VERSUS
INTEGRITY

Honesty is being truthful, sincere and free of deceit	Integrity is steadfast adherence to a strict moral or ethical code
Deals with words	Deals with actions
Does not imply that a person adheres to a moral code	Implies that a person adheres to a moral code
Not a guarantee of integrity	A guarantee of honesty

Pediaa.com

Living Tradition Five

Tradition Five states that each group has but one primary purpose to carry its message to the alcoholic who still suffers. In the last fourteen months and ten days that I have been here in jail, I have at times, many times, not wanted certain inmates me to join our in-dorm A.A. meetings. Not the meetings which H&I brought in, but those meetings the inmates started.

Every time that urge would come, I would remember this tradition. What I would remember is how you in the rooms of A.A. honored this tradition with me. No one kicked me out of a meeting or barred me from entry based on the fact that I was going to jail. I didn't lose friends or support when my life got uglier. You still welcomed me when I would stand in from on the podium and spend half my time crying. No one told me I couldn't be there.



At eight months sober, the police arrested me; they seized my assets. I

was penniless, almost homeless. No one told me I wasn't welcome in A.A. anymore. Instead, you all poured love into me, a huge and copious amount of love, and I found myself so incredibly grateful for all your love and support.

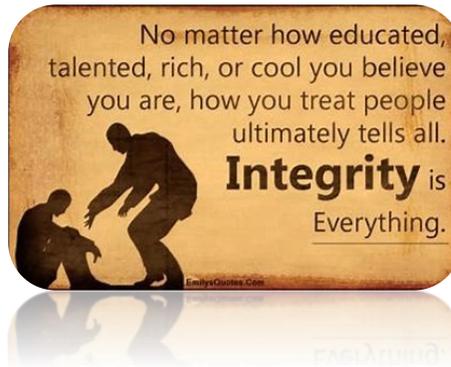
There are days when I don't want to have an A.A. meeting. Our meetings are full of cross-talk, full of guys calling other guys on their stuff, but everyone is welcome. I have also found that most of the guys here are drug addicts and alcoholics.

I am so thankful that my friends in A.A. taught me to look for the similarities, not the differences. I can connect with the similarities. In the last two months, our meetings have been a safe place for a group of fifteen guys to talk about our fears and support each other through these tough times. Like all A.A. meetings, we don't know if a newcomer will come back or will stay, but we connect with them where they are. I doubt I will ever see any of these guys again unless I pray they walk into an A.A. meeting, but for now, we get to have meetings daily. I am grateful that for the last month, I have been able to join a 10 am private multi-fellowship men's meeting my sponsor put together. I call him, and he connects me to the Zoom call.

It is challenging in jail with Covid-19. The environment here is getting worse, not better. We live one to two feet apart. They are bringing in

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guys who have Covid-19 symptoms, and we haven't seen any early releases. We haven't had medical care in weeks, and about sixteen guys are having breathing issues. Seventy guys in a low ventilation 50-foot by 50-foot box makes social distancing impossible. All of that being our reality, the A.A. meeting helps us deal with reality. We are working on the A.A. Steps. We sit at an aluminum table at 5 pm every day for anyone who has a desire to stop drinking or drugging to come and talk about life, about family, to air their fears, and to find some hope. I have three months plus twenty days, as of 4/10/20, left; then, I come home. Until then, I will keep the lights on at meetings here, just like you did for me.



I look forward to coming home to an in-person or Zoom meeting soon.

- Rahul A

"The unity of our Fellowship, the love we cherish for each other, the esteem in which the world holds us -- all of these are products of such integrity, as under God, we have been privileged to achieve. May we therefore quicken our search for still more genuine honor, and deepen its practice in all our affairs."

- AA Co-Founder, Bill W, August 1961
"This Matter of Honesty,"
The Language of the Heart

Sobriety in a Different World

Sobriety is a noun, according to the dictionary. A member of Alcoholics Anonymous, however, might better understand this word as a verb. In A.A., sobriety is a program of action, and impending dangers await those who sit on their laurels, as it is described in the book. What we have is a daily reprieve from a chronic, progressive, and fatal illness that is cunning, baffling, powerful, and patient. It awaits, outside, in our homes, and even in the palms of our hands as we have access to the entire world on our smart devices.

Yes, the world we live in *today* is very different from the world that *was* when the big book was written. It seems to change on an exponential level, making it easier to connect, but also easier to fall under the spell of a disease that works so hard to gaslight us into thinking it is not a disease at all.

As if any of this, coupled with the daily work it takes to attain physical and emotional sobriety wasn't enough, now we are in our homes more often than usual under orders. There is a lot of change, and much is unknown about the present circumstances and the future. How does this impact sobriety?

The disease of alcoholism doesn't care that we are in lockdown. It doesn't care that we are not familiar with technology, do not feel comfortable with the new way of doing things, or that we are just too much

in chaos to continue working on sobriety. It is difficult when A.A. promised that you never have to do this alone when perhaps all you hear are your upstairs neighbors creaking the floors above. HALT (hungry, angry, lonely, tired) is more important than ever to pay attention too.

Self-care is essential right now, and paying attention to sobriety is a huge part of that. Staying connected through Zoom meetings, phone, even virtual coffee from the safety of your home if you are lucky enough to partake, can help provide that support in sobriety.

Continuing to work steps with a sponsor regularly and being of service is also doable during these strange and unusual times. Don't assume an end date one way or another. Keeping with the principles of the program, staying in the present moment, being of service, reaching out to others can help.

For those of us working or parenting from home or both, utilizing resources, seeking emotional support, or any other type of support that is possible will be critical in feeling part of.

In the rooms, we talk about the rooms providing a tool kit for when life shows up. Well? Life is here, ladies and gentlemen! Miss hugs? Reminiscing about the good 'ol days of face-to-face fellowshiping? Without direct participation in sobriety (v.), success is limited and

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emotional sobriety suffers first, followed by physical sobriety.

Now is the time to pull out those tools. You don't have to like it, but page 417 in the big book has a beautiful paragraph about acceptance that has undoubtedly pulled me out

of self.

Be safe, take good self-care, and hang-on: one day at a time. The principles apply more than ever.

- Rimi K

Fifth Step Prayer

Higher Power, my inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me, and be with me in this Step, for without this Step I cannot progress in my recovery. With Your help, I can do this and I will do it.

The 12 Step Prayer Book by Bill P. and Lisa D.

Next Month's Issue (June 2020)

Topics: Step Six, Willingness, & Tradition Six

Please email all submissions to coin@asaanjose.org by May 20th.

The Stage of Fear and Insecurity

Shakespeare said the world's a *stage*, and we each *play* our part.

My *stage* was in a barroom, and that's where I got my start.

It was the place where I felt safe to dream of things to be.

"I think I'll be an astronaut," it all made sense to me.

Where *fear* and *insecurity* were words you'd never hear.

For they were safely locked away behind a keg of beer.

But this can only last so long and the piper we must pay.

The fallacy was ripped away, and I had to face the day.

I had to find a different *stage* and play a different *role*,

To face my insecurities and fears would be my goal.

Instinctive fear is not a fault that I need to replace,
for it saves me from recklessness and falling on my face.

Irrational fear is where I falter whenever I'm in doubt,
While doing shameful things that I don't like to talk about.

In later years I changed my *role* to *acting* like a clown.

My drinking used to mask these things that weighed my con-
science down.

Desperation was the final *roll* that brought me to my knees.

My conscience told me, "Call AA, and deal with your disease!"

It's in the program that I learn the habits of right living.

Abandoning all the *taking* and replacing it with *giving*.

AA has been the answer, and I go there every day,

Now *acting* like I'm a grown-up, knowing God *directs* the play.

-Rick R

EDITORIAL:

On the 5th Tradition

By Bill

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose.—that of carrying its message to the alcoholic who still suffers.

Says the old proverb, "Shoemaker, stick to thy last." Trite, yes. But very true for us of A.A. How well we need to heed the principle that it is better to do one thing supremely well than many things badly.

Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer alcoholism, recovery is a matter of life or death. So the society of Alcoholics Anonymous cannot, it dare not ever be diverted from its primary purpose.

Temptation to do otherwise will come aplenty. Seeing fine works afoot in the field of alcohol, we shall be sorely tempted to loan out the name and credit of Alcoholics Anonymous to them; as a movement we shall be beset to finance and endorse other causes. Should our present success continue, people will commence to assert that A.A. is a brand new way of life, maybe a new religion, capable of saving the world. We shall be told it is our bounden duty to show modern society how it ought to live.

Oh, how very attractive these projects and ideas can be! How flattering to imagine that we might be chosen to demonstrate that olden mystic promise: "The first shall be last and the last shall be first." Fantastic, you say. Yet some of our well-wishers have begun to say such things.

Fortunately most of us are convinced that these are perilous speculations, alluring ingredients of that new heady wine we are now being offered, each bottle marked "Success"!

Of this subtle vintage may we never drink too deeply. May we never forget that we live by the Grace of God—on borrowed time; that anonymity is better than acclaim; that for us as a movement poverty is better than wealth.

And may we reflect with ever deepening conviction, that we shall never be at our best except when we hew only to the primary spiritual aim of A.A.—*that of carrying its message to the alcoholic who still suffers alcoholism.*"



A.A. Traditions Checklist

Tradition Five

“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

(Long Form) “Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose*—that of carrying its message to the alcoholic who still suffers.

1. Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

Questions similar to those above were originally published in the A.A. Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many A.A. groups have since used them as a basis for wider discussion.

Birthday Contributions & Events Listing



Birthday Celebrant	Years	Contributor	Birthday
Sue H.	9	Carol B.	3/10/11
Wayne S.	40	John S. & Wayne S.	3/6/80
Louisa	5	John S.	4/1/15
Kevin M.	9	John S.	4/21/11
Brian M.	3	John S.	4/27/17
Katie W.	12	John S.	4/30/08
Bruce K.	37	Bruce	4/27/83

115 Years of Sobriety!

Birthdays are listed in recognition of contributions made to Central Office on a member's behalf for a sobriety milestone. Contributions can be made by the birthday celebrant or in honor of a friend and will be listed in this section, unless requested otherwise.

In keeping with A.A.'s Seventh Tradition of self-support, we accept contributions only from A.A. members. Please use the birthday forms found at your meeting, at Central Office, or on-line at <https://aasanjose.org/product/contribute>.

COIN Schedule of Topics & Submission Deadlines

2020 COIN Schedule of Topics

Newsletter Issue Month	Submission Deadline	Step & Tradition	Virtue
May	22-Apr	5	Integrity
June	20-May	6	Willingness
July	17-Jun	7	Humility
August	22-Jul	8	Love
September	19-Aug	9	Justice
October	23-Sep	10	Perseverance
November	21-Oct	11	Spiritual Awareness
December	18-Nov	12	Service

**Central Office is physically closed but open virtually.
Here are the current hours:**



Central Office
274 E. Hamilton Ave, Suite D
Campbell, CA 95008

Office Hours							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Opens (AM)	10:00	10:00	10:00	10:00	10:00	Closed	
Closes (PM)	4:30	6:30	6:30	4:30	4:30		

24 HOUR HELPLINE: (408) 374-8511

Please [Click Here](#) for more Information about Central Office Holiday Hours

INTERGROUP MEETING MINUTES

Wednesday, May 6th, 2020

Recording Secretary, Jill B

- Welcome to Intergroup—Zoom
- Zoom Best Practices
- A moment of silence followed by the *Serenity Prayer*
- Reading of the Definition of Intergroup – Frances C
- Reading of the Twelve Traditions—Gloria
- Introduction of New Intergroup Representatives
(Meetings at 7pm, hosted by Alt. Chair Jaye)
- Visitors: Sean, Jim, Ricky, Mike D., Tamlin
- Birthdays
 - * Melissa, 9 months
 - * Alex, March 23, 6 years
 - * Robbie, April 9, 12 years
 - * Bruce, April 27, 37 years
 - * Anthony, May 14, 11 years
- Changes to today's meeting agenda: Questions on logistics, best way to support the spirit of Intergroup. Maybe hold a separate meeting? Give Frances a call if you have questions.
- Changes to last month's meeting mins in the COIN: None
- 7th Tradition: via Venmo, reference IG in memo—amount will be forwarded to Jill to post in minutes. Rent will be paid monthly for now until we know expenses. Were paid quarterly in the past.
- Tonight's voting member count is 35-61 (confusion with "hand raise" feature in Zoom)

COMMITTEE REPORTS

Please try to keep reports under 2 mins and be sure to highlight your key take

May 2020

(Intergroup Meeting Mins, continued from page 25)

-away.

Intergroup Chair - Frances C

Central Service Board (CSB) - Robby

(Elected group overseeing Central Office Operations)

- Busy pivoting, boards focus is AA remains open (open virtually), looking for ways to serve the public, AA will be in stage 3 under churches, 7th tradition is still needed on all levels (looking for solutions)

Central Office (CO) - Bruce K, Executive Director

- When SIP hit, Phil working on website problems. Things snowballed. Services still being provided, in the COIN. Diverter will remain the same. 12-steps still active, thanks to Carol. Phil has been heling a lot, working with NY on how best to handle on-line meetings and getting info on Zoom bombing. Thank you, everyone, for heling. A lot of personal contributions. Bruce expressed deep gratitude.

IT Coordinator—Priya M—>Phil W

(Responsible for updating the A.A. website)

- Phil will help with IT questions. Couple of issues on the website. Impressed with how everyone came together. Worked with the San Mateo office. Over 100 meetings have Zoom. Discussion about upgrading website for chat feature—doing POC (might need a committee to hel). Website will be brought up to 21st century.

Activities—Tiffany, Alternate: Marquis. Marquis gave update

(Organize Central Office A.A. Events)

- Waiting to see when everything goes back to normal to see if there will be gatherings. Working with Tiffany and checking with churches. Looking for alternatives. Will have more info at next IG meeting.

Twelfth Step—Blake

(Phone and visitation contact with callers in need)

- Still getting calls for diverter. Did have Zoom meeting last month (had 3 people). Compiling list of different meetings—asking for hel if you aren't working—next meeting May 16 at 10am. Will update Zoom info on the website.

Daytime Office—Kathy

(Receive incoming phone calls to Central Office during daytime)

- NTR.

(Intergroup Meeting Mins, continued from page 26)

Nights & Weekends Diverter Coordinator—Carol B

(After-hours phone coverage for A.A. Hotline in SCC)

- When our Central Office is closed, incoming calls are diverted to a person who is on-call. The diverter sobriety requirement is 1 year. The service term is at least 1 year, but may 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. 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.
- Currently, all diverter shifts are filled, but please think about becoming a diverter if you don't yet have a shift. It's a great way to appreciate your sobriety.
- Diverter shifts are only once/month for an average of 3-4 hours. You can take your shift wherever you 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.
- We are now conducting the Diverter/12-Step Workshop on Zoom. The next workshop will be Saturday, May 16th at 10:00am. Please attend the diverter workshop to understand how this service helps the alcoholic who still suffers. To receive the Zoom meeting ID, contact Carol B.

Secretary Workshop—Cheryl

(Discuss the secretary's role as the facilitator of an A.A. meeting)

- Workshop is the 1st Saturday at Central Office at 10 AM. Help get the word out for workshop.
- NTR

Outreach Committee—Jessie/Jennifer

(Intergroup's liaison with groups and meetings)

- No Outreach has been done since SIP.

Newsletter Committee—Mel M

(Prepare monthly editions of the Santa Clara County newsletter, the COIN)

- May topics: Step 5, Tradition 5, Integrity
- June topics: Step 6, Tradition 6, Willingness
- Please ask your groups to submit writings.
- email coin@aasanjose.org
- [April Coin](#)

Old/Ongoing Business

(Intergroup Meeting Mins, continued from page 27)

- None

Motions

- None

New Business

- Tamlin attended NYC IG meeting—money was given to support Zoom meetings. Does it make sense to keep paying Trinity church if we can't use the space? Phil posted info on the aasanjose.org website about NYC Zoom room info—how to set up an account, etc (good through August). Will keep updated.
- Frances thinks we should vote on paying rent at Trinity.
- Sub-committee could be set up to work with the health dept about returning to meetings. Gloria mentioned that most churches have waived rent and should check with Trinity. Mary contacted the church and has not heard to not pay rent, so she continues to pay \$75. Mary does not know who negotiated the terms (rent recently increased). Mary will contact the church about rent abatement.
- Hybrid Zoom live meeting after going back to in-person meetings. Phil brought up logistics-best practices.
- Sharon mentioned that a committee could be set up—do we need a motion? Frances suggested a separate meeting.
- Julius volunteered to be on committee.
- Robbie asked about how AA meetings will function moving forward. How can a meeting incorporate Zoom when meetings go live.
- Frances asked if we want to set up a committee now. Frances will add to the agenda for next time (June IG). Motion for ad hoc meeting to talk about the “return to meeting process.” IG reps will take back to groups to vote. Decision made to vote tonight instead. Frances can decide to set up a committee (per the bylaws of her position). Look for a meeting in May. Frances will send an email to the group.

North County General Service (District 04) - Julie N

- Lauri said they have had every meeting and not missed a beat. 200 people at pre-conference assembly. Jun 6th (9am-5pm) post-conference assembly committee—see Laurie for Zoom info (it's not to be posted on websites). Toics: IG account, revision of 5th edition (auditing first 164 pages).

South County General Service (District 40) - Scott

- NTR

Hospitals & Institutions—Lisa

(Intergroup Meeting Mins, continued from page 28)

(Carry the message to those confined to correctional & mental health facilities)

- Area 72 has started Zoom meetings (7 meetings). Still sending books and literature. Trying to figure out how to resume in-person meetings. May 26th meeting will be a Zoom meeting. See Lisa for meeting details.

Bridging The Gap—Christina

(Helping alcoholics just released from hospitals, treatment centers or correctional facilities transition to A.A. in their local community) - Christina C.

- Due to COVID, there are no meetings.

Public Information (PI/CPC)—Luisa

(Our information voice to the general public & professional)

- NTR

Sober and Free—Alex

- Annual LGBT Conference was held last weekend on Zoom. “Whee,” the musical, has been postponed. Issuing refunds for tickets.

SCCYP A.A.—Ben

(Young People in A.A.)

- NTR

Open Forum (What’s on your mind?)

- Phil has been looking at other cities’ websites regarding chat feature. Phil pput together SW and ran the test case. Need 25 people to man the chat feature. Need subcommittee. Everyone has their own thread to man. Need to know how to dialogue. Dedication needed if more than the diverter position because you have to be in front of a comuter.
- Julies mentioned 3-4 people can still gather in a park if they don’t want to meet via Zoom.

Cleanup Announcement

- If you can please help in cleaning up the space around you, we would like to return this space cleaner than we found it.

Treasurer’s Report—Mary

- 7th Tradition: \$86

Close with the Responsibility Statement: “Who is Responsible...”

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.
Profit & Loss
April 2020

	Apr 20	Apr 19	Jan - Apr 20
Ordinary Income/Expense			
Income			
Stripe Sales	0.00	0.00	701.00
3030 · Contributions-General	20,659.96	16,064.99	64,701.00
3031 · Contributions - Birthday	426.00	0.00	1,155.00
3050 · Group Insurance (Group premium payments)	0.00	775.00	47.50
8010 · Literature Sales	356.61	4,399.15	11,487.64
8020 · Meeting Guide Sales	0.00	297.80	848.00
8050 · Activities Committee			
8051 · Chili Cook-off	0.00	600.00	0.00
Total 8050 · Activities Committee	0.00	600.00	0.00
8055 · Central Office Events	0.00	195.00	0.00
8060 · Printing	0.00	434.19	1,276.69
Total Income	21,442.57	22,766.13	80,216.83
Cost of Goods Sold			
5000 · Cost of Goods Sold			
5100 · Cost of Inventory Sold	364.79	3,653.38	9,433.79
5150 · Cost of Meeting Directories	0.00	315.49	974.70
5000 · Cost of Goods Sold - Other	0.00	0.00	0.00
Total 5000 · Cost of Goods Sold	364.79	3,968.87	10,408.49
Total COGS	364.79	3,968.87	10,408.49
Gross Profit	21,077.78	18,797.26	69,808.34
Expense			
Stripe fees	75.14	0.00	75.14
Stripe Payment Processing Fees	0.00	0.00	24.41
6015 · Activities Committee Expense			
616 · Chili Cook-off Expense	0.00	1,750.00	650.00
617 · Sponsor Brunch Expenses	0.00	0.00	660.28
618 · Oldtimers Meeting Expenses	0.00	0.00	150.00
Total 6015 · Activities Committee Expense	0.00	1,750.00	1,460.28
6025 · Central Office Events Expense	0.00	850.00	0.00
6190 · Depreciation Expense	0.00	0.00	1,199.25
6220 · Insurance - Worker Compensation	-3.51	0.00	148.99
6225 · Insurance - Emp. Health Plan	0.00	600.59	2,650.84
6230 · Insurance - General Liability	0.00	0.00	1,506.00
6240 · Employee HRA Plan	718.84	494.90	2,241.64
6330 · Office Expense			
6010 · Alarm Service	0.00	207.00	207.00
6070 · Bank Credit card charges	74.04	160.02	441.20
6120 · Computer Expenses	460.39	238.49	577.87
6160 · Copier Expense	0.00	315.49	963.98
6245 · Internet Access Charges	22.75	0.00	78.95
6350 · Office Furnishings - Expense	0.00	0.00	43.36
6370 · Office Paper Supply	0.00	400.90	752.63
6410 · Postage	0.00	30.00	801.00
6510 · Repairs & Maintenance	0.00	574.91	275.00
6600 · Signing Services	0.00	150.00	0.00
7050 · Telephone	70.33	400.49	695.59
9080 · Sales Tax (Sales tax paid on purchases)	0.00	-0.44	0.14
6330 · Office Expense - Other	114.20	75.68	477.34
Total 6330 · Office Expense	741.71	2,552.54	5,314.06
6380 · Payroll Taxes	235.01	712.65	2,703.35
6480 · Rent	3,504.86	3,384.50	13,816.72

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.
Profit & Loss
April 2020

(continued from page 17)

	Apr 20	Apr 19	Jan - Apr 20
6540 · Salaries - Office			
6541 · Vacation Pay	787.46	197.60	1,970.12
6542 · Sick Pay (Sick Pay)	0.00	110.00	0.00
6540 · Salaries - Office - Other	3,072.21	8,972.17	30,522.47
Total 6540 · Salaries - Office	3,859.67	9,279.77	32,492.59
6560 · Payroll Expenses	224.47	128.47	662.72
Total Expense	9,356.19	19,753.42	64,295.99
Net Ordinary Income	11,721.59	-956.16	5,512.35
Other Income/Expense			
Other Income			
8025 · Rebate	47.17	65.31	178.37
8030 · Interest Income	96.57	36.41	463.55
8070 · Returned Check Charges	0.00	0.00	10.00
Total Other Income	143.74	101.72	651.92
Net Other Income	143.74	101.72	651.92
Net Income	11,865.33	-854.44	6,164.27

May 2020

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.
Group Contributions
 April 2020

	Apr 20	Jan - Apr 20
1 INV Early Bird Group 70968	0.00	350.00
1 Inv Freedom Fellowship 70940	0.00	990.38
1 INV Fremont & Hollenbeck Group 70907	0.00	178.98
1 INV Gilroy Groups 70906	152.00	481.00
1 INV One Day at a Time 70903	950.28	4,567.97
1 INV R and B Group 70972	1,007.07	1,735.07
1 INV South County Fellowship 70954	0.00	900.00
1 INV Spiritual Progress Group 70979	1,883.00	1,941.77
1 INV Sufficient Substitute 313	0.00	2,100.00
1 INV Sunnyvale Noon Fellowship 70975	900.00	1,760.00
1 INV Winchester Fellowship 70960	589.02	1,367.22
12 Step Discussion 855 (Fri.)	0.00	93.80
3rd Steppers Book Study (Wom) 610 (Thur.)	0.00	338.80
A.B.C. Women's Group 58 (Mon.)	0.00	101.00
Almaden Valley Discussion 30 (Sun.)	0.00	117.60
Beginners & Beyond LG 345 (Sat.)	315.00	315.00
Big Book 103 (Thurs.) 455	0.00	20.00
Big Book Speakers Group 289 (Fri.)	0.00	1,000.00
Big Book Study LG 885 (Mon.)	0.00	70.00
Bill's Basement 384 (Fri.)	0.00	437.00
Boiled Owls (Men's) 816 (Wed)	0.00	2,176.30
Bowers Fellowship 46 (Sun.)	25.00	470.21
California Ave. Supper Group 715 (Thur.)	201.50	326.10
Campus Group 234 (Thur.)	0.00	43.00
Character Defect Freedom 201 (Tues)	0.00	675.00
Chip Winners (Chips) 168 (Wed.)	70.70	196.00
Conscious Contact Mediation Grp LG 663	0.00	330.00
Desperate as the Dying can be (Fri) 431	0.00	117.40
Early Tuesday Group 119 (Tues.)	0.00	342.36
Easier Way Group 290 (Fri.)	0.00	286.30
Eleventh Step Meditation 873 (Fri.)	0.00	140.00
Evergreen Group 884 (Thur.)	84.00	84.00
Fireside Big Book Study 809 (Tues.)	0.00	115.00
Friday Big Book Study 702 (Fri)	130.84	224.64
G 10 10 Group 70951	0.00	1,035.19
G 4@4 Group 70925	0.00	840.00
G Cornerstone Fellowship Group 70908	0.00	400.00
G Fair Avenue Fellowship 70901	0.00	678.78
G Forged From Adversity Group 70957	506.00	807.00
G Milpitas We Care Group 70934	0.00	700.00
G Serenity at Noon (fka Agnew) 70921	0.00	280.00
G Sunrise Group of Palo Alto 70963	519.10	1,351.08
G Sunrisers Group/Dennys 70932	0.00	1,192.20
G West Valley Fellowship 70942	0.00	762.30
Gay & Lesbian AA Big Book Disc146 (Tues.)	0.00	63.70
Gay & Lesbian Sober Experience 896 (Mon.)	0.00	332.50
Gay & Lesbian Step & Trad GP 221 (Fri.)	0.00	48.55
Gay & Lesbian Topic Disc 516 (Sat.)	0.00	140.00
Gay Men's Freedom 262 (Thur.)	0.00	280.00
Gay Reflections on the Solution 841(Wed.)	0.00	210.00
Get Up and Go (Women) 187 (Sat.)	1,364.73	2,213.13
Gratitude Group 339 (Sat.)	0.00	102.00

Happy Destiny (Women) 109 (Tues.)	543.00	1,482.36
High Hope (Men's) 239 (Sat.)	0.00	2,151.00
Higher Power Hour (Men) 872 (Mon.)	0.00	689.50
HOW Group 71 (Mon.)	0.00	235.00
In the Solution 647 (Sat.)	0.00	362.60
Invaders Group 44 (Sun.)	0.00	163.00
Ladies Amethyst AA Study Group 749 (Wed.)	139.48	139.48
Los Altos Big Book 860 (Thurs.)	92.43	92.43
Los Altos Group 225 (Thur.)	0.00	221.88
Los Altos Men's Group 59 (Mon.)	0.00	270.00
Men's Big Book (Caveman Gp) 659 (Sun.)	0.00	259.00
Men's Honesty Group 26 (Sat.)	0.00	473.90
Men's Single Problem Study 89 (Mon.)	0.00	300.00
Men's Single Problem Study Gp 220 (Thur.)	0.00	959.00
Midday Women's Group 91 (Mon.)	0.00	287.60
Mountain View Group 350 (Sat.)	229.00	385.80
No Bull Big Book 655 (Fri.)	0.00	500.00
One Big Tent (Wednesday) 537	0.00	57.19
Personal 00911	8,600.00	8,911.40
Pieces of the pie (wed) 691	60.00	60.00
Plaza Del Rey Group (Sun) 052	0.00	238.70
Queer and Sober 671 (Sat.)	0.00	280.00
Raffle Meeting (Thurs.) 531	20.00	188.46
Saturday Morning Los Gatos 777 (Sat.)	25.00	25.00
Saturday Night Young People (142) PA	0.00	897.19
Serenity Speaker Meeting 533 (Sun.)	0.00	630.05
Simply AA 301 (Tues.)	0.00	242.62
Single Problem Topic (Men's) 582 (Mon.)	0.00	300.00
Sisters Seeking Serenity 858 (Wed.)	0.00	560.00
Sober Thoughts 499 (Wed.)	0.00	371.00
South Valley Men's 845 (Thur.)	0.00	315.00
South Valley Women's Surrender 88 (Mon.)	0.00	123.44
Spiritual Awakening 813 (Tues.)	0.00	168.75
Spiritual Step Study 233 (Sun.)	392.70	777.18
Step Study (Women) LG 820 (Wed.)	74.60	155.45
Step Study MH 232 (Thur.)	0.00	70.00
Survivors (The) Step Study 331 (Wed.)	0.00	128.80
The Promises 686 (Mon.)	0.00	125.00
There Is a Solution (Men) MH 732 (Thur)	50.00	308.00
Think Tank (Men's) 361 (Sat.)	191.10	424.20
Tuesday Night Men's Mtg 525 (Tues.)	299.30	616.53
Tuesday Noon Step Study 556 (Tues)	0.00	385.98
University Beginners 176 (Wed.)	0.00	75.00
Unknown	449.11	696.21
Veterans of Alcohol 874 (Tues.)	0.00	256.22
Villages Group of AA, The 406 (Mon.)	394.00	394.00
We Have Arrived (Men's) 819 (Mon.)	0.00	36.45
Wednesday Night Big Book 576 (Wed.)	0.00	350.00
West Valley Fellowship (Chips) 374 (Sat.)	100.00	100.00
Women's Brunch 640 (Sat.)	302.00	740.70
Women on the Move 570 (Wed.)	0.00	200.00
Women Sharing the Solution 519 (Thur.)	0.00	455.00
Women to Women 704 (Sat.)	0.00	236.60
TOTAL	20,659.96	64,701.00

May 2020

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.
Balance Sheet
As of April 30, 2020

	Apr 30, 20
ASSETS	
Current Assets	
Checking/Savings	
1000 · Prudent Reserve	
1021 · (PR) First Rep. Bank CD 0429 (12 Mo. CD @ 1.49%, 08/12/20)	18,374.24
1023 · (PR) First Rep. Bank CD 3228 (12 Mo. CD @ .7%, 09/10/20)	17,125.59
1028 · (PR) First Rep. Bank CD 6955 (12 Mo. CD @ .6%, 01/02/21)	20,770.23
1029 · (PR) First Rep. Bank CD 8182 (10 Mo. CD @ .6%, 6/8/20)	15,454.93
1031 · (PR) First Rep. Bank CD 9158 (20 Mo. @ 1.98%, 7/7/21)	13,731.83
Total 1000 · Prudent Reserve	85,456.82
1010 · Petty Cash	174.95
1020 · First Republic Bank (Checking account)	41,516.78
Total Checking/Savings	127,148.55
Accounts Receivable	
1110 · Accounts Rec - Group Deposits	-2,482.86
Total Accounts Receivable	-2,482.86
Other Current Assets	
1250 · Literature Inventory	19,690.68
1310 · Prepaid Insurance	1,938.75
Total Other Current Assets	21,629.43
Total Current Assets	146,295.12
Fixed Assets	
1630 · Office Equipment	26,982.05
1640 · Office Furnishings - Asset	6,039.78
1641 · Less Accumulated Depreciation	-30,359.59
Total Fixed Assets	2,662.24
Other Assets	
1860 · Deposits	1,993.85
Total Other Assets	1,993.85
TOTAL ASSETS	150,951.21
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Credit Cards	
2075 · American Express	194.37
Total Credit Cards	194.37
Other Current Liabilities	
2100 · Payroll Liabilities (Payroll Liabilities)	-977.29
2111 · Direct Deposit Liabilities	-2,329.95
2240 · Sales Tax Payable (due quarterly)	1,042.92
2340 · Accrued Vacation	5,103.65
2600 · Unity Day	3,536.53
Total Other Current Liabilities	6,375.86
Total Current Liabilities	6,570.23
Total Liabilities	6,570.23

	<u>Apr 30, 20</u>
Equity	
3900 · Unrestricted Funds	138,216.71
Net Income	6,164.27
	<hr/>
Total Equity	144,380.98
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TOTAL LIABILITIES & EQUITY	150,951.21
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