

In this August Issue...
Step & Tradition 8,
and the spiritual virtue of Love



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: 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@aaanjanose.org

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Letter from the Editor

Dear Readers,

Love in August. I unwittingly stumped myself with this principle-as-topic when I set up the 2020's COIN monthly schedule at the end of 2019, based on a principles list I found published online. Love has been a topic customarily reserved for February COIN issues. *Willingness* seemed the more obvious choice, but we already covered it with Step Six in June. Still, I had chosen a set of spiritual principles behind the steps that distinguished love as the primary spiritual virtue of A.A. Step 8, "Made a list of all persons we had harmed, and became willing to make amends to them all."

I wish now I had further clarified the spiritual principle of love intended here as *brotherly love*, which was the term commonly used at the time of the writing of *Alcoholics Anonymous* in 1935. Bill Wilson borrowed from the Oxford Group's four points (Absolute Honesty, Absolute Purity, Absolute Unselfishness, and Absolute Love) as he and Dr. Bob constructed the Twelve Steps of A.A. For our purposes in Step Eight, love is unconditional kindness and compassion towards others. It is being the Good Samaritan, loving your neighbor, loving your enemies, doing unto others as you would have done unto yourself. Our motives in relationships are simple, pure, honest, sincere, and we ask nothing in return for our love. Ideally, we see all humanity through the loving eyes of our Creator, and we treat our fellows accordingly. That's the love we're talking about here.

So, what does love have to do with making amends? Well, up until this point in our step work, Steps One through Seven, we've spent much time developing our relationship with our Higher Power, and we've invested heavily in understanding ourselves and our past behaviors. Much of the Higher Power trust and the moral inventory work was about making things right within ourselves. In Step Eight, though, we branch out and begin work on relationships with the rest of the world and our fellows. We address the selfishness, self-seeking, dishonesty, and fear we uncovered in Step Four, and we take action to rectify the harms, damage, and hurt we caused others. We're heading out on a mission to clean up our side of the street, *not theirs*. We cannot erase the wrongs of our past, but the idea is that we make every effort to clean up the wreckage,

Letter from the Editor, continued

right-the-wrongs, and atone for the hurts, and this involves developing hearts that are willing and ready to make amends. If we can go into Step Nine with a heart of kindness, compassion, and love for others, I can share from experience that the amends process will be under divine guidance. Please enjoy this month's submissions from our wonderful A.A. fellowship. And as always, your stories and artwork are welcomed. Next month's topics are Step Nine, Tradition Nine, and Justice. Stay well and sober.

Sincerely,

Mel M
COIN Editor

2020 COIN Schedule of Topics

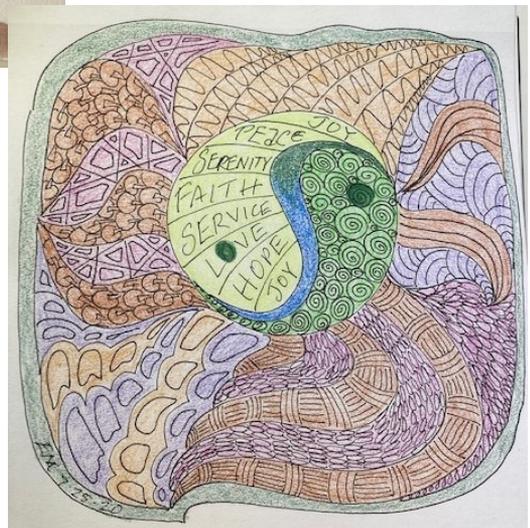
Newsletter Issue Month	Submission Deadline	Step & Tradition	Virtue
January	18-Dec	1	Honesty
February	22-Jan	2	Hope
March	19-Feb	3	Faith
April	18-Mar	4	Courage
May	22-Apr	5	Integrity
June	20-May	6	Willingness
July	17-Jun	7	Humility
August	22-Jul	8	Love
September	19-Aug	9	Justice
October	23-Sep	10	Perseverance
November	21-Oct	11	Spiritual Awareness
December	18-Nov	12	Service

Next Month's Issue (September 2020)

Topics: Step Nine, Justice, & Tradition Nine

Please email all submissions to coin@aaanjanose.org by August 19th.

Sunlight of the Spirit Art Corner



Willingness to be Willing

Willingness: the quality or state of being prepared to do something.

When I first walked through the doors of Alcoholics Anonymous, *willing* was not a word I would use to describe myself. Sure, I knew I was an alcoholic, but that did not mean I was thrilled about getting sober at age twenty-two. I certainly wasn't interested in following your suggestions or going out to dinner with you after the meeting.

Oxford defines the character defect of willfulness as "having or showing a stubborn and determined intention to do as one wants, regardless of the consequences or effects." That describes me completely while drinking, and if I am honest, while sober and not working a program.

Willfulness: Having or showing a stubborn and determined intention to do as one wants, regardless of the consequences or effects.

My lack of willingness early on, came back around to haunt me in 2015 when I hit an emotional bottom in sobriety. I had just moved to the U.S. with a lot of free time on my hands, and not a lot of experience being of service or putting my program into practice. I had dug

myself in a deep hole of depression where I could not climb out of bed in the morning. As far as alcohol was concerned, I knew I was powerless, but in all other matters of my life, I was still under the illusion that I was in control and was terrified every time things didn't go my way. The truth was, I had not yet gone through what many people in the rooms call a "second surrender." Fortunately for me, through a series of what I believe are divinely orchestrated events, I met my now-current sponsor.



When I first moved to San Jose, I called the Central Office hotline and asked for a ride to a meeting. As luck would have it, my sponsor had already signed up for the 12th step volunteer list and happened to be the person they called. During the darkest time in my sobriety, she was the light that carried me through. I would call her and say things like, "I don't feel up for going to the meeting tonight; I'm too sad." And she would respond something along the lines of, "I do not care about your feelings, Sam. Feelings change. I care about your actions, and you

Willingness to be Willing (continued)

committed to being of service to this meeting, so I expect you to be there.” I thought she was harsh at the time, but today I know she was teaching me the virtue of willingness. Thanks to her strong sponsorship and my willingness to follow her directions, slowly but surely, I learned how to surrender to a power greater than myself, my sponsor, and then to Alcoholics Anonymous.

It is only now with six years of sobriety that I have learned how to sharpen the tool of willingness in my spiritual toolkit. The word, willingness, occurs thirty-three times in

done it is by taking “contrary action,” which is taking actions that are the opposite of what I want to do. Some of these actions have included speaking at a meeting, getting an A.A. commitment, or calling other alcoholics. Basically, anything that makes me feel uncomfortable. I heard someone say at a Zoom meeting a short time ago that “fear is a compass showing me where I need to go.”

I believe one of the greatest gifts my sponsor gave me was the willingness to be of service. I admire her deeply because she is committed to a life of service, inside and outside of the rooms. I am an only child, so sharing of myself and being of service were skills requiring practice and development as I matured in life and sobriety. Thankfully, my sponsor passed down the principle of “always say yes to an A.A. request,” which has given me ample opportunities to be of service. It seemed like a ridiculous idea when I first heard it, but now I shudder to think of what my life would have been like had I chosen not to practice it.

I’ve come to learn that willingness is the antidote to one of my worst character defects: willfulness.

Alcoholics Anonymous and *Twelve Steps and Twelve Traditions* (eleven times in the Big Book and twenty-two times in the 12x12) according to 164andmore.com. Alcoholics Anonymous emphasizes willingness as “being indispensable.”

So, what is this virtue of willingness so frequently mentioned in our literature? Oxford defines willingness as “the quality or state of being prepared to do something.” I’ve come to learn that willingness is the antidote to one of my worst character defects: willfulness.

So how does one cultivate willingness? Honestly, the way I have



A few months ago, a woman asked me to speak at a 7 a.m. meeting. *I am in no way, shape, or*

Willingness to be Willing (continued)

form a morning person! I remember shouting in my head, “NO FREAKING WAY!” Then I thought about what my sponsor would do, which was to take contrary action to that first thought in my head.



These little moments of doing what’s right, instead of what I feel like, have helped me grow my “willingness muscles” so that I could become more spiritually fit and accepting of life on life’s terms. According to *As Bill Sees It*, “the willingness to grow is the essence of all spiritual development.”

Another way I have developed willingness is through prayer. I used to believe that prayer was a pointless exercise, but now it has become one of my most powerful spiritual tools. A couple of years ago, my lack of willingness to get to meetings was hampering my sobriety. Then one afternoon, I had a “God moment.” I heard a loving voice ask,

“Why don’t you pray for the *willingness to be willing* to attend the meeting today?” Suddenly I realized that I could use Step Six and pray for God to remove the defects of character, those inner obstacles that were behind my struggle to attend more than two meetings a week.

I had nothing to lose in trying. I responded in prayer, “Dear Universe, I don’t feel like going to a meeting today. Can you please grant me the willingness to attend the meeting?” *And it worked!* A few hours later, I hopped in my car and headed to the meeting without complaint. The power of prayer is remarkable!

As time passes in sobriety, I see more and more how willingness is the tool that enables me to work all twelve steps of the program. Had I not developed the virtue of willingness, I wouldn’t be able to practice Step 3 (“Made a decision to turn our will and lives over to the care of God as we understood Him”) in its entirety. When I am willful, I am at war with life, fighting against any situation that does not go the way I think it **should.** Or, as a spiritual teacher once said, “rearranging the deck chairs on the Titanic.” When I am in a state of willingness, I am willing to



say Yes to the Universe and flow with the current of life, instead of against it.

- Sam V

One Day at a Time in All My Affairs

I remember a time when the sayings of A.A. confused me and therefore irritated me, especially the idea of taking things one day at a time. Impatience, intolerance, and arrogance stood in the way of my glory - *one day at a time*.

Such a simple concept, and yet it seemed impossible to do. I was a controlling alcoholic who hated to feel, even while I found myself using my overly sensitive feelings to victimize myself into a corner. I was white knuckling my sobriety and gritting my teeth. My stress and fears were overwhelming me, but I was familiar with them. What was going to keep me warm at night if not the fever of my worry?



Luckily, this is not a self-help program, and I found guidance, love, and support in the rooms. A friend suggested I use a “worry box,” or better yet, a “God Box.” Anything that has me over-churning and keeping me up at night can go in this box: my worries, my fears, my wishes, my wants, my cries. Another friend decorated a box for me, and I kept some small pieces of paper and a pen in my nightstand precisely for

this purpose. My box has been a wonderful tool in my sobriety kit.



My experience was this: As I used the box to store my fears, worries, and desires, I found myself gritting my teeth less. Then something strange happened. I woke up one morning, and my obsession to drink was gone. When I want something from life today, instead of counting off a thousand reasons I will fail, I apply the program principles to the affair, and I take it one step at a time, one day at a time. My sobriety is a result of me doing my program as I was told - one day at a time. Sitting on my laurels and distancing from my Higher Power can take it all away.

But here I am, sober today. Just afraid enough to stay but not too scared to live as a sober alcoholic woman in recovery.

- Rimi K

It is all about ~~me~~ US

Zoom meetings have become our new normal. Since they have begun, I have heard many discussions about our Sobriety Chips. These chips are many things to many people. Many creative ideas have come up as to how we continue to present anniversary chips. From drive-bys to emails to screen-pops. Are any groups out there offering sobriety chips? And if so, how?



Did you know that Sobriety Chips are nothing new? And there are many small traditions attached to the chips, especially within the first year in recovery home settings. Sobriety chips have been around for as long as A.A. has been around. For example:

Clarence Snyder, sober since 2/11/38, started Cleveland A.A. Group #3 in 1939. He carried a medallion made from a silver dollar and a watch fob, until just before he died in 1984. His story, "The Home Brewmeister," was in the first three editions of *Alcoholics Anonymous*.

Sister Ignatia, the nun who helped Dr. Bob get the hospital program started at St. Thomas

Hospital in Akron, was the first person to use medallions in A.A. She handed them out to patients leaving their five-day dry-out at the hospital to remind them of their commitment to God.

Research shows the practice of giving sobriety chips in A.A. likely began with a group in Elmira, NY, in 1947. And like any good news, the idea traveled far and wide.

The Oxford group celebrated anniversaries of spiritual births. Borrowing from this idea, we in A.A. commemorate the anniversary of our first day of continuous sobriety with plastic and metal medallions, called "chips." We usually refer to the sobriety anniversary as an "A.A. birthday." We celebrate many chip milestones during the first year of recovery (30, 60, 90 days, etc.) to help people stay motivated. The chips handed out in the months leading up to the one-year birthday are often made of plastic. Meetings generally hand out what we call "heavy metal" honors starting at the one-year celebration mark and each year after that.

The inspirational importance on the coins is a reminder of our Three Legacies of unity, service, and recovery, and includes the inscription, "To Thine Own Self Be True." The "Serenity Prayer," which we recite at most A.A. meetings, is printed on the back. Receiving a milestone coin

It is all about ~~me~~ US (continued)



at a meeting or from a fellow A.A. member helps one feel loved and supported. It also reminds us that we are not alone; we recover together. We announce our milestone and pick up our celebratory chips at meetings, not only for ourselves as we honor our commitment to recovery, but also to show others with less sobriety time what is possible.

We love celebrating recovery, and we often honor milestones of A.A. friends with lunches, dinners, and birthday parties. We revel in seeing another person who was once in a hopeless state of mind and body gain a new life of hope and promise. Different groups in A.A. have different birthday traditions. In some sponsorship families, members pass along their chips to sponsees. You can probably think of other birthday traditions that you have shared in or witnessed.



And we give back! Especially on our A.A. anniversaries, we find ways of helping others by *giving back what was so freely given*

to us. Whether it is working with newcomers, taking a service position at a meeting, assisting in the community, or whatever we choose, it is a heartfelt way to celebrate sobriety.

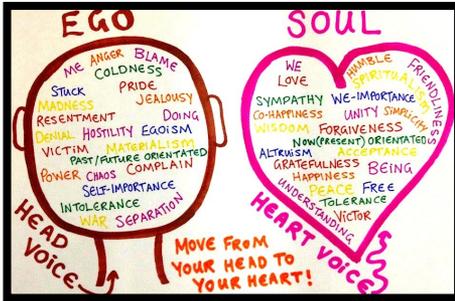
Another way of giving back is by supporting A.A. financially, beyond the basket, as a facet of our 7th Tradition of self-support. Many members make a birthday contribution for themselves or on behalf of others, typically one dollar for every year sober. Donations can be made to the New York Office online at aa.org or locally to the Santa Clara County Central Office at aasanjose.org. Local contributions have the benefit of published acknowledgment of the birthday celebrant and giver (option of remaining anonymous) in the COIN so the fellowship at large can share in the milestones.



We do not do recovery alone, and even during the most trying of times, we are fortunate enough in A.A. to all be in this together. Let us know how you are celebrating milestones during these pandemic times.

- Rose W

A Life of Principles and Purpose Rebuilding Our Morality



There is a reason behind the numerical ordering of the twelve steps of the A.A. program. Each step is preparatory to the next one and requires a certain amount of attention before we can successfully move on to the next step. Simply put, Step One is acknowledging that we have a problem. Step Two is about accepting outside help. Step Three is where we surrender to that outside help (a power greater than ourselves). Step Four is the beginning of the *action* steps where we acknowledge and document the immoral behaviors of our past and those we offended. Step Five may be the most challenging step where we must admit to God, to ourselves, and another human being, all those faulty deeds, and habits.

It was that “other human being” part that I found to be the most challenging thing, and it delayed my progress for a short time. We cannot change a single moment of the past, but we can improve our habits and behavior as we begin our journey into the future, and that is

where Steps Six and Seven come in.

To simplify my understanding of these two steps, it occurred to me that most of my faulty behaviors (shortcomings) are the result of my (defective) thinking. Once I discovered the defect in my motives, it was not too difficult to change my behaviors. On the last page of Step Seven in the *Twelve Steps and Twelve Traditions*, it says, “The chief activator of our defects has been self-centered fear.” Most of my fears were of the irrational variety. I discovered these fears stemmed from experiences in my youth, where I felt insecure, and I reacted by doing morally wrong things.



A Life of Principles and Purpose (continued) Rebuilding Our Morality

Those actions were the shortcomings that stemmed from my irrational fears. Once I recognized the defect (fear), the shortcomings (behaviors) were much easier to change.

“Selfishness—self-centeredness! That, we think, is the root of our troubles. Driven by a



hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate.” (*Alcoholics Anonymous*, p.62) If selfishness—self-centeredness is the root of our problems, it is plain to see that *unselfishness* might be a solution to my troubles.

When I was still using alcohol to mask my problems, the solution was unclear, and I could not possibly see it. I do not believe that I would have been strong enough to follow these guidelines had I not completed Step Five and admitted my fault to God, to myself, and another human being. The proper completion of Step Five was the most humbling experience of my life, but it opened the

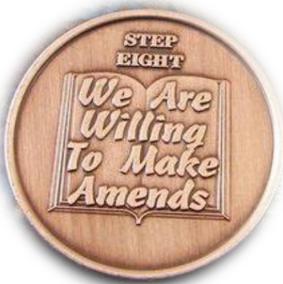
door to the rest of the program. Had I not done that, I could never have taken my ego out of the game, and the rest of the program may have been a shallow facade.

The only requirement for A.A. membership is a desire to stop drinking. Those words were put in place by the co-founders of the program of Alcoholics Anonymous, and each member has an opportunity to choose their degree of thoroughness when it comes to practicing the A.A. principles. I am so thankful that I did not let my ego stand in the way of my spiritual development and all the progress that I have made in the program. I have experienced all the promises, and I encourage anyone who is still caught up in fear of Step Five to take the leap-of-faith, revisit it, get your ego out of the way and clear your conscience. We only live once, and it would be a shame to waste this precious gift.

- Rick R

Step 8 and Love

Alcoholics Anonymous Step Eight: “Made a list of all persons we had harmed, and became willing to make amends to them all.” It is appropriate that this will be the last article I write from jail. The previous eighteen months in this awful place have been the amends I needed to make to society for the crimes I committed before I got sober.



In February 2020, I contracted COVID-19, which put me in the ICU at Valley Medical in a ten-hour coma and teetering at death’s door for two days. Rather than return to a jail cell, many of you, my loving friends, were on my side and in support of me coming home sooner, rather than later. I felt entitled to one of the governor’s mandated early releases that were taking place. I had used a political connection to get me into the hospital on February 2 when the jail refused to provide medical help. This same connection was willing to pull strings to get me out early, and if I had not talked to my Higher Power through meditation and men and women in A.A., I might have continued to pur-

sue an early release.

The reality is I needed to pay the full price of what the courts had determined was my punishment: eighteen months, not thirteen or fifteen or seventeen, but eighteen full months. On July 30, 2020, I will walk out of here after serving eighteen months in Elmwood Correctional Facility with four years, seven months, and eleven days sober. I can walk out with my head held high, back to a core group of friends who have loved me and supported me through some trying, difficult times. It was in their examples, words, acts of love, and kindness that I got to do the right thing even though, at times, it was tough to do.

Let us go to the *Twelve Steps and Twelve Traditions*, p 77, starting on the 5th line down. “We consider how...” is a moving and fascinating adventure (to the 2nd paragraph, 5th line). That is a tall order in the real world and a taller, more challenging order in jail.



The A.A. program has taught me that I am to approach people with strong, stable, boundaries, but also a lot of kindness. The other inmates and I came from very different walks of life, born into circumstances beyond our control. By God's grace, I was not, but many of the other inmates were, born into and raised in gang life. It took effort to look past the ugly outer shells of the other inmates, but when I did, I would meet men who hurt like me, bled like me, men who had hopes, fears, and traumas like me.



Not being viciously judgmental is hard for me, but I have found that when I let go of the judgments about *who I think they are*, I get to see *who they are*. The two are never the same. For the 547 days in jail, I did yoga and meditation at 6 am in the day room, and daily the same people I would have called dirtbags and thugs joined me. Imagine me sitting next to a fully-covered-tattooed 6' 2" guy, both of us meditating on the floor in the lotus position. When I looked past his outsides, I could feel the beauty and

pain that existed on his inside.

One of the hardest areas to live in peace and brotherhood was with child predators. I have shared my experience of being sexually abused as a child at the meeting-level. The abuse was painfully traumatic, and I held no room in my heart to forgive my abuser or any people who violate children in that manner.

Then one guy who was here on child molestation charges asked me to sponsor him. It was indeed one of the most challenging things I have done. Through the process of working with this inmate, I found forgiveness for the man who violated me, and I could see who my sponsee was, also a victim of severe violation and abuse as a child. He will have consequences; we all do. On my end, I was able to do by best at "developing the best possible relationship, with every human being I know."

I have no intention of keeping in touch with anyone I met in jail unless they show up at an A.A. meeting. This place has shown me that I can do what Al-Anon teaches. I can detach with love and love from afar, but love is what I must do.

- Rahul A

Relapse: Like Dancing with a Gorilla Praying for Potatoes

One of the things I have always enjoyed about A.A. meetings is our ability to poke fun at each other, in a lighthearted way. We laugh at things that others would consider to have been tragic incidents in our lives, but we seem to have come to terms with these past negative experiences, and what we are laughing at is the absurdity of our old way of thinking. Sometimes we need to have things explained to us in simple terms. The world of A.A. is ripe with metaphors, similes, and allegories that make the learning process much easier to understand. We go through intense relearning to help us change our old way of thinking. During this retraining of our minds and behavior, we face the task of setting new principles, new disciplines, and new priorities in place for our actions and responses in the future.

One of the top priorities in A.A. is that we are convinced that we “are like men who have lost their legs; they never grow new ones.” (*Alcoholics Anonymous*, p. 30). That is an excellent analogy for alcoholics. You may hear it said about relapse *that* “it’s the first drink that gets you drunk, not the forth fifth,” or you may come across, “taking that first drink is like dancing with a gorilla, the dance isn’t over till the gorilla says you’re done.” These sayings are truths that we hear at meetings, but these relata-

ble descriptions of alcoholism will not keep us from picking up another drink until we fully surrender.

In A.A., we hear a lot about prayer and meditation, and it seems that everyone has their way of defining what that means to them. Some may be reunited with the religion of their childhood, while others may be agnostics and find a sort of neutral approach in finding a power greater than themselves. Still, others consider themselves atheists and, as it says in *Twelve Steps and Twelve Traditions*, Step Two, “A, one-time, Vice President of the American Atheist Society got through with room to spare.”

It does not matter *how* we go about incorporating a power greater than ourselves into our lives; it just matters *that* we do it. The point is that we need help replacing our own, failed way of thinking. What we pray for is another, sometimes, misunderstood practice that may be clarified by a few metaphors that we hear in meetings. Asking God to cure someone of illness seems, well-meaning but misguided. If God worked his wonders at that level, *the hospitals would be full of sinners, and the people we pray for would all be healthy and happy.* I



Relapse...(cont'd)

can only pray for the understanding and strength to deal with these things when they happen. I pray, as suggested in Step Eleven, "...praying only for knowledge of HIS will for us and the power to carry that out." In my own words, my prayer sounds like, "God, please show me what to do, and please give me the strength to do it; I do not do well on my own."

Most of the principles I live by today are backed up by stories that illustrate a point that may have been easy to misunderstand when my old way of thinking was involved. The next thing that I must do is act on the things I learn when I ask for guidance; I cannot just give them lip service. After all, "If you're going to pray for potatoes, you better grab a hoe."



- Rick R

Focus on Women: Step Eight

In this new series*, we expand the wisdom of the Big Book to include issues that many recovering women face. Women are often caretakers of others and neglect self-care, putting ourselves last. Self-forgetting is a character defect that women must overcome by giving up selfishness or self-will and practicing self-care and self-discovery.

"It was four whole years before A. A. brought permanent sobriety to even one alcoholic woman. But as the communication was perfected, mostly by the women themselves, the picture changed."

- Bill W, "Grapevine," Oct. 1959

Made a list of all persons we had harmed, and became willing to make amends to them all.

When we do the eighth step, we cannot wait until we are fearless. We must act despite the fear. We are not responsible for someone's opinion when we speak our truth.

"Avoiding danger is no safer in the long run than outright exposure. The fearful are caught as often as the bold."

- Helen Keller

Women can have false urges to apologize. We may include people on our list to whom we did no harm.

Focus on Women: Step Eight (continued)

Our motivation may be to make friends with someone with whom we did not have a good relationship. As always, check your motives, keeping in mind that people rarely have just one single reason for anything. Be sure one of the most important goals is to amend the harm we have done.

Several of my sponsors told me that I say “I’m sorry” way too often. Are we making a list that is too long? Lack of focus can reduce the power of this step. It can also make us think that the task is too daunting. It is better to focus on the relationships that most urgently need our attention.

I love quotes for their brief and powerful message. One of my favorites is below.

“I’m sorry this letter is so long. I didn’t have time to write a short one.”

- Attributed to many

When making amends, we do not discuss the other person’s harm to us. That would dilute our message. But we remember that we must hold others accountable. Everyone has responsibility in a relationship. Later, we may say something about how we were affected, but we risk coming across as resentful. A better approach is this: if a situation arises, we can take the opportunity to stand up for ourselves.

Without discounting another’s actions, we take responsibility for

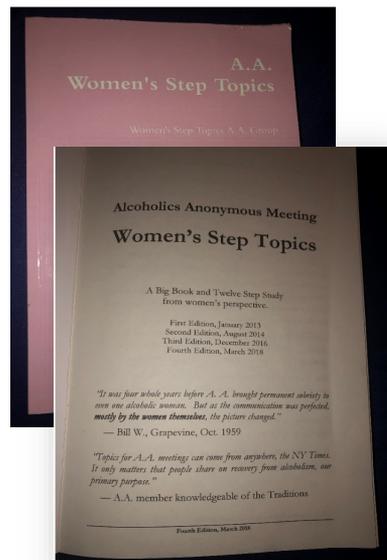
our actions. I often fell into the trap of cleaning my side of the street, then attempting to clean their side, too. I was taking too much of the responsibility.

Victims of verbal or physical abuse sometimes feel they are responsible because they are somehow inadequate. No one deserves abuse. It is healing when we can let go of those feelings.

When we get writer’s block, we can motivate ourselves by remembering what A.A. experience in this step has meant to others.

– Geena Louise

* From Women’s Step Topics book, new revision materials. See the April 2020 COIN article for the background on the meeting and book.



Tradition Eight



JULY 1948

EDITORIAL:

On the 8th Tradition

By Bill

"Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. "12th Step" work is never to be paid for."

Throughout the world A.A.s are "12th stepping" with thousands of new prospects a month. Between one and two thousand of these stick on our first presentation; past experience shows that most of the remainder will come back to us later on. Almost entirely unorganized, and completely non-professional, this mighty spiritual current is now flowing from alcoholics who are well to those who are sick. One alcoholic talking to another; that's all.

Could this vast and vital face-to-face effort ever be professionalized or even organized? Most emphatically, it could not. The few efforts to professionalize straight "12th Step" work have always failed quickly. Today, no A.A. will tolerate the idea of paid "A.A. Therapists" or "organizers". Nor does any A.A. like to be told just how he must handle that new prospect of his. No, this great life-giving stream can never be dammed up by paid do-gooders or professionals. Alcoholics Anonymous is never going to cut its own life lines. To a man, we are sure of that.

But what about those who serve us full time in other capacities—are cooks, caretakers and paid Intergroup secretaries "A.A. professionals"?

Because our thinking about these people is still unclear, we often feel and act as though they were such. The impression of professionalism subtly attaches to them, so we frequently hear they are "making money out of A.A.", or that they are "professionalizing" A.A. Seemingly, if they do take our A.A. dollars they don't quite belong with us A.A.s any more. We sometimes go further; we underpay them on the theory they ought to be glad to "cook" for A.A. cheap.

Now isn't this carrying our fears of professionalism rather far? If these fears ever got too strong, none but a saint or an incompetent could work for Alcoholics Anonymous. Our supply of saints being quite small, we would certainly wind up with less competent workers than we need.

We are beginning to see that our few paid workers are performing only those service tasks that our volunteers cannot consistently handle. Primarily these folks are not doing 12th Step work. They are just making more and better 12th Step work possible. Secretaries at their desks are valuable points of contact, information and public relations. That is what they are paid for, and nothing else. They help carry the good news of A.A. to the out-

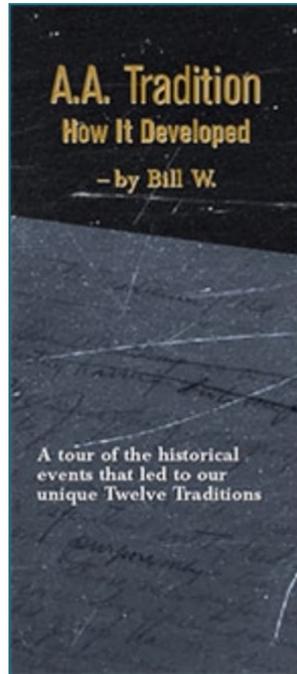
Tradition Eight (continued)

side world and bring our prospects face to face with us. That's not "A.A. therapy"; it's just a lot of very necessary but often thankless work.

So, where needed, let's revise our attitude toward those who labor at our special services. Let us treat them as A.A. associates, and not as hired help; let's recompense them fairly and, above all, let's absolve them from the label of professionalism.

Let us also distinguish clearly between "organizing the A.A. movement" and setting up, in a reasonably business-like manner, its few essential services of contact and propagation. Once we do that, all will be well. The million or so brother alcoholics who are still sick will then continue to get the break we 60,000 A.A.s have already had.

Let's give our "service desks" the hand they so well deserve.



A.A. Traditions Checklist

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get *some* reward—even if not money—for my personal A.A. efforts?
4. Do I try to sound in A.A. like an expert on alcoholism? On recovery? On medicine? On sociology? On A.A. itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
5. Do I make an effort to understand what A.A. employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own A.A. life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition—How It Developed*?

Birthday Contributions



Birthday Celebrant	Years	Contributor	Birthday
Ernie L.	21	John S.	7/21/99
Tim M.	2	John S.	7/27/18
Lydell Y.	2	John S.	7/31/18
Ed S.	36	Ed S.	7/20/84
Sarah P.	27	Rita R.	7/24/93
Rita R.	40		6/12/80
Jackie J.	28	Rita R.	7/24/92
Linda D.	42	Linda D.	7/17/78

198 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>.

Central Office

Central Office is *Physically* closed but open *Virtually*.

Monday, Thursday, Friday: 10AM to 4:30PM

Tuesday, Wednesday: 10AM to 6:30PM

Saturday and Sunday: Closed

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

24 HOUR HELPLINE: (408) 374-8511

**274 E. Hamilton Ave, Suite D
Campbell, CA 95008**



**CENTRAL OFFICE IS NOW
OPEN FOR CURBSIDE
SERVICE**

HERE'S HOW IT WORKS

Call Central Office with your order:

Monday thru Friday, 10AM – 4:30PM

Saturday from 10AM – 2PM.

We will take your order and credit card information.

Your order will be available for curbside pick-up on

SATURDAYS ONLY, from 11AM – 2PM

Virtual Event: Unity & Service Conference Committee



5th Annual Virtual Unity & Service Conference

of Concord, California

"Applying our 12 Traditions & 12 Concepts to Real Life"



Labor Day Weekend - All Times PDT



ASL Interpreted For The Deaf

	Saturday, September 5	Sunday, September 6
8:45 am	<p style="margin: 0;">Welcome!</p> <p style="margin: 0;">Serenity Prayer & Kickoff</p>	
9:00 am	<p style="margin: 0;">Memoirs of a Judge that Nudged <i>Rogelio Flores, Santa Barbara, CA</i> <i>Retired Judge & Past Class A Trustee</i></p> <p style="margin: 0; font-size: 0.8em;">10-Minute Tradition or Concept Vignette Before Each Main Speaker</p>	<p style="margin: 0;">Contempt Prior to Investigation? The 12 Concepts - "A Spiritual Experience" <i>Jennifer D., Wilmington, NC</i></p>
10:30 am	<p style="margin: 0; color: #0056b3;">Service Panels</p> <p style="margin: 0;">Panel 1 - Young People</p> <p style="margin: 0;">Panel 2 - Bridging the Gap</p> <p style="margin: 0;">Panel 3 - Corrections (H & I)</p> <p style="margin: 0;">Q&A</p>	<p style="margin: 0; color: #0056b3;">Service Panels</p> <p style="margin: 0;">Panel 1 - Public Info & Cooperation with Professionals</p> <p style="margin: 0;">Panel 2 - Intergroup/Hotline</p> <p style="margin: 0;">Panel 3 - General Service</p> <p style="margin: 0;">Panel 4 - Sponsorship</p> <p style="margin: 0;">Q&A</p>
12:00 pm	<p style="margin: 0; font-weight: bold;">Break</p>	
12:30 pm	<p style="margin: 0; color: #0056b3;">Finance & Romance in AA's Digital Age <i>Jennifer D., Wilmington, NC</i></p> <p style="margin: 0; font-size: 0.8em;">10-Minute Tradition or Concept Vignette Before Each Main Speaker</p>	<p style="margin: 0; color: #0056b3;">Anonymity and Outside Issues: Rights vs. Responsibilities <i>Roger W., Vine Grove, KY</i></p>
2:00 pm	<p style="margin: 0; color: #0056b3;">The Three Legacies and Relationships <i>Chuck & Beth H., Cary, NC</i></p> <p style="margin: 0; font-size: 0.8em;">10-Minute Tradition or Concept Vignette from an AI-Anon Speaker</p> <p style="margin: 0; font-size: 0.8em;">*This 2 Hour and 15-Minute Session Includes a 15-Minute Break at 3 pm Before Concluding at 4:15 pm*</p>	<p style="margin: 0; color: #0056b3;">Ask It Basket with Speakers <i>Rogelio, Jennifer, Don, Roger, Chuck & Beth</i></p>
3:00 pm	<p style="margin: 0; font-weight: bold;">Break</p>	<p style="margin: 0; font-weight: bold;">Close with Responsibility Statement</p>
4:30 pm	<p style="margin: 0; color: #0056b3;">Unity vs. Conformity in the Home Group <i>Don L., Bellingham, WA</i></p> <p style="margin: 0; font-size: 0.8em;">10-Minute Tradition or Concept Vignette to Open</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p style="margin: 0; font-weight: bold; font-size: 1.2em;">Online Event!</p> <p style="margin: 0; font-weight: bold; font-size: 1.2em;">Space is Limited.....</p> <p style="margin: 0; font-weight: bold; font-size: 1.2em;">Pre-Register Today!</p> </div>  </div>
6:00 pm	<p style="margin: 0; font-weight: bold;">Close with Responsibility Statement</p>	

Registration Link & Contact Info: Unityandserviceconference.org 925.222.5639

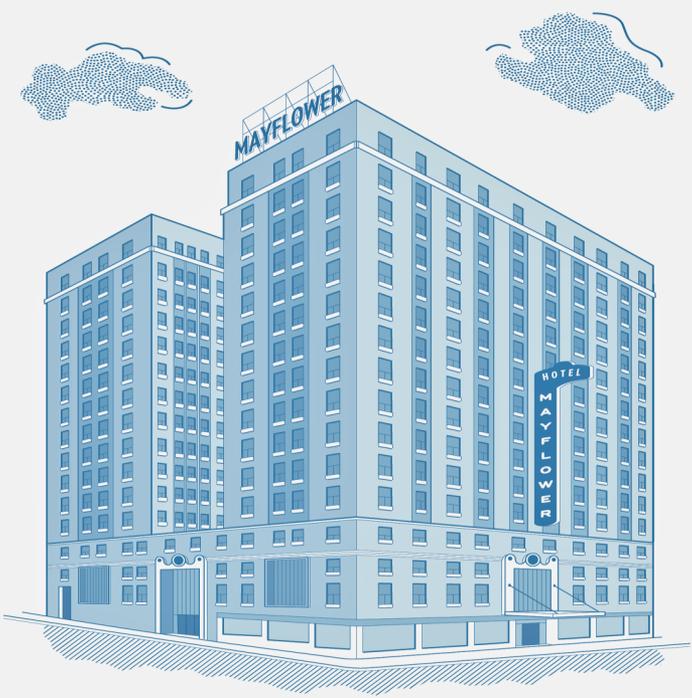
Virtual Event: August 23rd, 3-5pm PT

Founding Moments, events leading up to Bill W. & Dr. Bob mtg

Join Zoom Meeting

<https://zoom.us/j/216265318> Meeting ID: 216 265 318, One tap mobile
+16699009128,,216265318# US (San Jose)

HOTEL MAYFLOWER, AKRON, OHIO



FOUNDING MOMENTS

A PRESENTATION OF THE CRITICAL EVENTS THAT LED TO THE HISTORIC MEETING OF OUR COFOUNDERS BILL W. & DR. BOB

SUNDAY	3PM PT	216
AUG 23	6PM ET	265
2 0 2 0		318

90 MINUTE PRESENTATION PLUS Q&A

BROUGHT TO YOU BY
THE LOS ALTOS BIG BOOK GROUP

↑
ZOOM ID
MEETING WILL BE
LOCKED AT 316PM PT

Unity Day 2020

August 29 1 PM



We are not a Glum Lot

When: Sat Aug 29, 2020

1pm - 6:30pm (Room Opens 12:45)

Please register on the email list at AASanJose.org (bottom of main page) to receive zoom id and password before event.

1PM Welcome/Opening Speaker Eric L

1:45 Service Body Panel with Q&A

2:30 Mark Lundholm (Hilarious C&S Comedian)

3:00 Area 6 Delegate Report Teddy BW

4:05 Service Body Panel with Q&A

4:45 Festering Resentments (Fun Song Parodies)

5:30 AA/AI-Anon Speakers John & Debbie S

6:30 Close

Marathon Meetings of English and Spanish Speaking AA and English AI-Anon

With Participation of SCVAFG Intergroup

Spanish interpretation will be available

INTERGROUP MEETING MINUTES

Wednesday, August 5th, 2020

Recording Secretary, Jill B

- Welcome to Intergroup—Zoom
- Zoom Best Practices
 - Intergroups reps: Please sign into chat window with your name and the meeting you are representing.
 - If you wouldn't do it at an in-person meeting, don't do it here! Please be mindful to turn off your video and audio when making noise or moving around, so as not to disrupt or distract others. You may unmute yourself when called upon, but please remember to mute yourself when you are done speaking.
- A moment of silence, followed by the "Serenity Prayer"
- Reading of the Definition of Intergroup – Barbara Z
- Reading of the Twelve Traditions—Rose W
- Introduction of New Intergroup Representatives
(Meetings at 7pm, hosted by Alt. Chair Jaye)
 - Barbara Z from 8:30 am Women's Thursday at noon mtg
 - Claire from Women's Amethyst mtg
- Visitors: Stuart, Tim, Michael L, Tamlyn
- Birthdays
 - Sharon W, 31 yrs on July 13th
 - Jackie, 28 yrs on July 24th
 - Nerali, 18 months
 - Greg, 4 yrs in June
 - Melissa, 11 months
- Changes to today's meeting agenda: None
- Changes to last month's meeting mins in the July COIN: None
- 7th Tradition: via Venmo

COMMITTEE REPORTS

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

Intergroup Chair - Jaye S

- If you need to bring something to the meeting that requires more than a 3-5 minute discussion, please email me in advance so I can add it to the agenda. I am the new Intergroup Chair, taking over for Frances, and hoping to continue in October after elections.

- Gloria - nominating committee: Nominating committee: Mike B, Mary Pat is travelling, Darcy - not in attendance, Mike W. Actively vetting candidates. Tonight IG reps will be asked if they are available for a position in October.
- Nominating committee is in full swing and would like to thank and introduce the members of the committee:
- Mike Blanchard Anne Kepner Mary Pat Panighetti Darcy Swinnerton Mike Whelan
- We are actively vetting candidates and selected candidates will make their presentations at the September 2 IG Meeting.
- It is customary to poll all current intergroup representatives at this phase of the process to give them the opportunity to be considered for the open positions:
- I ask that all current IG reps only use the “Raise Hand” feature on Zoom. I will give you a few seconds to find it. I will start at the top of the participants list. I will say your name and you will respond YES or NO to your availability to serve in a position up for election in October.
- In order to serve you must meet the following sobriety requirement of 5 years for the Central Service Board and IG Chair and Alternate Chair; and 2 years for Recording secretary and alternate recording secretary.
- If you answer YES you will need to send your contact information, email, phone# and the position you are interested in and your years of sobriety to the email address I will post in the chat and you will contact via email with further information on the nominations process.
- I will ask again at the end of tonight’s meeting in case any IG Reps arrive late.

FULL QUALIFICATIONS

3 Central Service Board members requirements:

- 5 years continuous sobriety,
- US Citizen,
- Resident of Santa Clara County,
- Intergroup Rep experience
- Business experience, IT, Finance, HR are ideal
- This board oversees the operation of Central Office a non-profit business with paid employees
- 2 year commitment

IG Chair and Alternate Chair,

- 5 years continuous sobriety,
- IG Rep experience and knowledge of the function of the Intergroup Council.
- 2 year commitment;

- Recording secretary and alternate recording secretary,
- 2 years continuous sobriety,
- 1 year commitment.

If any current Intergroup Rep is interested in being considered for one of these positions, please contact me via email with your full contact information and position you are interested in.

Alex B - not avail

Joe F - not avail

Stacey F. not avail

Moriah W - not avail

Greg G - Not avail

Jennifer B - not avail

Paul J - not avail

Elle - not avail

Laura H - not avail

Amber - not avail

Anthony - not avail

Barbara Z. - not avail

Clare - not avail

Dan P. not avail

Gregory - not avail

Matt G - not avail

Jill B - avail

Laura H - not avail

Linda - not avail

Lori R - not avail

Melissa H - not avail

Nan C -

Nerali - not avail

Rob O - not avail

Sharon L. not avail

Tom A - Yes

Christopher - Available

Anthony - not avail

Central Service Board (CSB) - Robby

(Elected group overseeing Central Office Operations)

- We met 2 weeks ago virtually and are keeping abreast of what is going on with COVID-19. Making operations as virtual as possible. Thank you for making donations - Carol B reported - cut expenses by 12K with a loss of

\$8400 per year due to cancelled chili cook-off and decline in literature purchases.

Central Office (CO) - Bruce K, Executive Director

- Still offering curbside delivery. Kurt is there on Sat 10-2.
- 2020 convention was virtual because face to face was terminated and will be extended through the month of August - Phil will list on the website.
- Change is in the air at central office - chat is up and running and being used!!! Virtual solutions have had a great impact on the office. Will be changing the look of the online schedule/hybrid meetings.
- Phones will be changing, quick books will be online.
- Phil will report on the technical side.

IT Coordinator — Phil W

(Responsible for updating the A.A. website)

- Calling in from Yosemite. A lot happening.
- Launched web hotline (Katy will talk about this). Virtual solutions committee: Documents on aasanjose.org. Will have virtual phone solution. Will use a cloud system. Figuring how to display hybrid meetings in the guide.

Activities—Tiffany, Alternate: Marquis

(Organize Central Office A.A. Events)

- No update—Waiting to see what will happen with COVID.

Twelfth Step—Blake

(Phone and visitation contact with callers in need)

- Connect 12 steppers with chatters. Introduce new members to the app.
- Take away - To be a coordinator you need to have at least 6 months of Sobriety - can do in person or over the phone.
- Next training will be August 15th at 10 AM via zoom - call Carol for Zoom details.

Nights & Weekends Diverter Coordinator—Carol B

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

- It is my privilege to be the Diverter Coordinator. Diverter Volunteers provide after-hours phone coverage. Other AA fellowships may call this service the 24-hour hotline or the AA hotline. We call it the Diverter because in the late 70s-early 80s we had a call-forwarding machine called The Diverter.
- When our Central Office is closed, incoming calls are diverted (or forwarded) to a person who is on call. 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. 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 we have no DIVERTER shift openings.
- Please think about becoming a DIVERTER if you don't yet have a shift; it's a great way to appreciate your sobriety.
- We are now conducting the DIVERTER/Web Hotline/12-Step Workshop on Zoom. The next Zoom workshop for these service positions will be Saturday, August 15, at 10:00. Please attend this workshop to understand how the Diverter service, the Web Hotline, and 12-Steppers help the alcoholic who still suffers. To receive the Zoom Meeting ID, contact me.
- Takeaway: Diverter shifts are only once/month for an average time of 3-4 hours. You can take your shift wherever you happen to be: at home, on a Zoom 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.
- Thank you for granting me the privilege of being in service.

Web Hotline—Katy F

(Coordinates web hotline functions)

- If you go to AAsanjose.org 8 AM - 8PM an app will launch if people want to chat.
- 18 trained members to help - service on Slack.
- Email Katy at sccwebhotline@gmail.com. People can help when they are available. Sobriety requirement is 1 year of sobriety. Must complete 12 Step/Diverter training. Pool of volunteers - system in place to take questions.

Secretary Workshop—Cheryl

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

- Virtual workshop on June 3rd with 1 attendee - next secretary workshop will be Aug 1

Outreach Committee—Jessie/Jennifer

(Intergroup's liaison with groups and meetings)

- Educate local AA groups about the purpose of AA and encourage meetings to have an IG rep. In virtual format right now.
- Posted fliers in chat.
- 1 year sobriety to be in the Outreach committee.

Newsletter Committee—Mel M

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

- August topics: Step 9, Tradition 9, Justice by August 19th
- Please encourage your groups to write for the COIN! Need artwork, poems, stories or fun facts about AA.
- email coin@aasanjose.org

Nominating Committee—Gloria

(Help with nominations and fill service roles)

- Email Gloria if you are interested in filling an open position: Recording secretary, Alt rec secretary. Alt chair

Virtual Solutions Committee—Joe and Lisa

- The purpose of our committee is to be able to provide solutions to help groups make the decisions that are best for their group as it relates to going back to in-person meetings, online meetings, and online/in-person meetings. I'd like to thank the entire team (Lisa, Tamlin, Phil, and Gary) for all of their efforts these last couple of months.
- We are proud to report that there is a new tab on www.aasanjose.org website! It is called "Future In-Person" meetings. Under this tab you will find a menu; Overview, COVID-19 Group Inventory, Considerations for Future Meetings, Public Health Resources, Health Measures Checklist and Hybrid Meetings.
- The staying in line with our purpose statement, the information posted here is nothing more than suggestions or "have you considered" items to help groups/meetings with autonomously figuring out what works best for them in this Covid-19 era. There are no musts in these documents other than where it is pointed out that we MUST follow public health requirements as set out by the Santa Clara County Public Health Orders.
- How your group chooses to handle the "musts" dictated by government health regulations is a matter for your group conscience to decide. While there are no "musts" in the A.A. program, we do need to abide by the laws that govern our larger community. Fortunately, our program of recovery has taught us how to be responsible citizens, both inside and outside the rooms of A.A. Tradition One tells us "Our common welfare should come first; personal recovery depends upon A.A. unity." Tradition Four states, "Each group is autonomous, except in matters affecting other groups or A.A. as a whole", which cautions us to be mindful of how our actions may impact the wider A.A. community.
- Over the next month the goal of our committee is to come up with its terms, figure out how we will make sure the info for the website stays up to date, and also eventually add more information on Hybrid meetings.

Old/Ongoing Business

- None

Motions

- None

New Business

- None

North County General Service (District 04) - Lori

- Summer assembly happening this Saturday August 8th on Zoom. Starts at 9:00 w/orientation. Do we want a transgender pamphlet? There will be some cool workshops. Workshops start at 1:00 - Zoom meeting ID: 91511091230 pw: 1935

South County General Service (District 40) - Scott

- District 40. Biggest news approved to add module to zoom acct to provide translation (spanish). Will meet on Zoom for the rest of the year. If you have a new GSR please contact Scott.

Hospitals & Institutions—Lisa

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

- Meet on the 4th Tuesday of the month. Contributions are down 20-25%. Need books for jail, rehab, venmo@area71HandI to contribute. Will talk about inmate sponsorship program at the next H and I meeting - October 11th (Zoom)

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.

- Lori standing in for Christina. Has been dark. Discussed to get in touch of all of the facilities to see about setting meetings up in Zoom

Public Information (PI/CPC)—Luisa

(Our information voice to the general public & professional)

- No report

Sober and Free—Alex

- No report

SCCYP A.A.—Ben

(Young People in A.A.)

- No report

Unity Day

- Stuart is Unity Day chair. Unity Day will be held on August 29th at 1:00 Pm on Zoom. Email will be sent out.
- Not asking for money because there is a reserve.

Open Forum - Everyone

(What's on your mind?)

St. Marks is closing due to a plumbing problem.

Not listing "in person" meetings on the website. Only Zoom meetings are listed in the directory. If it is not on the website we should not be talking about it. AA will be compliant with the law.

Treasurer's Report—Mary

- 7th Tradition: \$26

Close with the Responsibility Statement—Everyone

"Who is Responsible..."

Intergroup Central Office Group Contributions

	<u>Jul 20</u>	<u>Jan - Jul 20</u>
1 INV Early Bird Group 70968	0.00	350.00
1 Inv Freedom Fellowship 70940	0.00	1,002.98
1 INV Fremont & Hollenbeck Group 70907	161.56	340.54
1 INV Gilroy Groups 70906	0.00	481.00
1 INV One Day at a Time 70903	1,148.16	7,441.14
1 INV R and B Group 70972	50.00	1,785.07
1 INV South County Fellowship 70954	150.00	1,200.00
1 INV Spiritual Progress Group 70979	0.00	1,981.77
1 INV Sufficient Substitute 313	0.00	4,050.00
1 INV Sunnyvale Noon Fellowship 70975	0.00	2,660.00
1 INV Winchester Fellowship 70960	489.09	1,856.31
1010 Tuesday / Thursday	688.80	688.80
12 Step Discussion 855 (Fri.)	0.00	93.80
3rd Steppers Book Study (Wom) 610 (Thur.)	490.70	829.50
A Vision For You 687 (Sat.)	602.70	602.70
A.B.C. Women's Group 58 (Mon.)	0.00	367.00
Almaden Valley Discussion 30 (Sun.)	0.00	117.60
As Bill Sees It 727 LG (Thur.)	40.00	40.00
Back Of The Book 340 (Wed)	40.00	40.00
Beginners & Beyond LG 345 (Sat.)	0.00	315.00
Berryessa Group 527 (Wed.)	0.00	250.00
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.)	0.00	967.21
California Ave. Supper Group 715 (Thur.)	0.00	326.10
Cambrian Saturday Night (Chips) 376 (Sat)	518.00	537.10
Campus Group 234 (Thur.)	0.00	43.00
Character Defect Freedom 201 (Tues)	0.00	675.00
Chip Winners (Chips) 168 (Wed.)	0.00	196.00
Conscious Contact Mediation Grp LG 663	0.00	330.00
Daily Reflections 432 (Thur.)	0.00	60.00

Intergroup Central Office Group Contributions (continued)

	<u>Jul 20</u>	<u>Jan - Jul 20</u>
Design for Living 200 (Tues.)	195.90	195.90
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.)	794.60	1,590.90
Eleventh Step Meditation 873 (Fri.)	0.00	140.00
Evergreen Group 884 (Thur.)	0.00	84.00
Fireside Big Book Study 809 (Tues.)	0.00	115.00
Friday Big Book Study 702 (Fri)	0.00	224.64
G 10 10 Group 70951	0.00	1,035.19
G 4@4 Group 70925	0.00	890.00
G Cornerstone Fellowship Group 70908	0.00	400.00
G Fair Avenue Fellowship 70901	0.00	678.78
G Forged From Adversity Group 70957	0.00	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	1,028.78	2,429.86
G Sunrisers Group/Dennys 70932	0.00	1,222.20
G West Valley Fellowship 70942	0.00	762.30
G.O.D. (Thurs) 435	0.00	20.90
Gay & Lesbian AA Big Book Disc146 (Tues.)	238.00	301.70
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.)	174.30	314.30
Gay Men's Freedom 262 (Thur.)	0.00	435.75
Gay Reflections on the Solution 841(Wed.)	0.00	210.00
Get Up and Go (Women) 187 (Sat.)	1,376.74	3,589.87
Grace Group of AA 352 (Sat.)	0.00	20.00
Gratitude Group 339 (Sat.)	0.00	102.00
Happy Destiny (Women) 109 (Tues.)	621.00	2,123.36
High Hope (Men's) 239 (Sat.)	0.00	2,151.00
Higher Power Hour (Men) 872 (Mon.)	0.00	1,207.50
HOW Group 71 (Mon.)	70.00	305.00
Humbly Asked 87 (Sun.)	0.00	50.00
In the Solution 647 (Sat.)	380.10	742.70

Intergroup Central Office Group Contributions (continued)

	<u>Jul 20</u>	<u>Jan - Jul 20</u>
Invaders Group 44 (Sun.)	0.00	163.00
Ladies Amethyst AA Study Group 749 (Wed.)	365.00	827.18
Live and Let Live 85 (Mon.)	417.13	417.13
Living with Others (Chips) 319 (Fri.)	0.00	98.70
Living with Serenity (Chips) 599 (Wed.)	0.00	336.00
Los Altos Big Book 860 (Thurs.)	96.72	189.15
Los Altos Group 225 (Thur.)	0.00	221.88
Los Altos Men's Group 59 (Mon.)	117.95	387.95
Los Gatos Big Book 664 (Mon.)	40.00	40.00
Men's 4th Step Group 320 (Fri.)	0.00	120.00
Men's Big Book (Caveman Gp) 659 (Sun.)	852.60	1,111.60
Men's Freedom from Alcohol 606 (Wed.)	50.00	50.00
Men's Honesty Group 26 (Sat.)	0.00	1,045.20
Men's Single Problem Study 89 (Mon.)	0.00	500.00
Men's Single Problem Study Gp 220 (Thur.)	569.50	1,528.50
Midday Women's Group 91 (Mon.)	602.34	1,221.27
Monday Night Chip 405 (Mon.)	0.00	140.00
Mountain Miracles 882 (Thur.)	0.00	121.00
Mountain View Group 350 (Sat.)	0.00	385.80
No Bull Big Book 655 (Fri.)	0.00	500.00
One Big Tent (Wednesday) 537	410.06	467.25
Pass It On Group 418 (Sun.)	0.00	455.70
Personal 00911	3,164.00	19,005.25
Pieces of the pie (wed) 691	0.00	93.00
Plaza Del Rey Group (Sun) 052	0.00	238.70
Queer and Sober 671 (Sat.)	0.00	280.00
Raffle Meeting (Thurs.) 531	0.00	243.26
Reflections and Meditation 517 (Tues)	40.00	40.00
Saturday Morning Los Gatos 777 (Sat.)	100.00	125.00
Saturday Night Promises 847 (Sat.)	0.00	10.00
Saturday Night Young People (142) PA	0.00	897.19
Second Tradition Group Spkr 721 (Sat.)	1,273.76	2,250.26
Serenity Speaker Meeting 533 (Sun.)	0.00	630.05
Simply AA 301 (Tues.)	0.00	242.62

Intergroup Central Office Group Contributions (continued)

	<u>Jul 20</u>	<u>Jan - Jul 20</u>
Single Problem Topic (Men's) 582 (Mon.)	0.00	300.00
Sisters Seeking Serenity 858 (Wed.)	0.00	560.00
Sober Mafia 204 (Sun.)	5.00	5.00
Sober Thoughts 499 (Wed.)	0.00	371.00
Society of the Second Chance 305 (Tues.)	604.93	604.93
South Valley Men's 845 (Thur.)	0.00	365.00
South Valley Women's Surrender 88 (Mon.)	0.00	123.44
Spiritual Awakening 813 (Tues.)	0.00	168.75
Spiritual Step Study 233 (Sun.)	804.93	1,582.11
St. Luke's Group 113 (Tues.)	200.00	200.00
Step Study (Women) LG 820 (Wed.)	148.18	303.63
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)	0.00	779.00
Think Tank (Men's) 361 (Sat.)	0.00	424.20
Thru the Big Book 316 (Fri.)	195.90	195.90
Trinity Group 370 (Sat.)	0.00	33.00
Tuesday Night Men's Mtg 525 (Tues.)	0.00	616.53
Tuesday Noon Step Study 556 (Tues)	0.00	385.98
University Beginners 176 (Wed.)	0.00	75.00
Unknown	0.00	696.21
Veterans of Alcohol 874 (Tues.)	0.00	356.22
Villages Group of AA, The 406 (Mon.)	0.00	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.)	0.00	100.00
Women's Brunch 640 (Sat.)	514.50	1,255.20
Women on the Move 570 (Wed.)	0.00	332.00
Women Sharing the Solution 519 (Thur.)	0.00	455.00
Women to Women 704 (Sat.)	0.00	236.60
TOTAL	<u>19,830.93</u>	<u>103,313.17</u>

Intergroup Central Office July Balance Sheet

Jul 31, 20

ASSETS

Current Assets

Checking/Savings

1000 · Prudent Reserve

1021 · (PR) First Rep. Bank CD 0429 (12 Mo. @ 1.49% (8/12/20)) 18,441.87

1023 · (PR) First Rep. Bank CD 3228 (12 Mo. @ 1.88% (9/10/20)) 17,206.93

1028 · (PR) First Rep. Bank CD 6955 (12 Mo. @ 1.34% (1/2/21)) 20,839.74

1029 · (PR) First Rep. Bank CD 8182 (10 Mo. @ .5% (6/9/21)) 15,493.93

1031 · (PR) First Rep. Bank CD 9158 (20 Mo. @ 1.54% (7/7/21)) 13,784.65

Total 1000 · Prudent Reserve 85,767.12

1010 · Petty Cash 127.32

1020 · First Republic Bank (Checking account) 31,277.06

Total Checking/Savings 117,171.50

Accounts Receivable

1110 · Accounts Rec - Group Deposits -2,520.66

Total Accounts Receivable -2,520.66

Other Current Assets

1250 · Literature Inventory 22,733.22

1310 · Prepaid Insurance 4,089.75

1499 · Undeposited Funds 1,312.03

Total Other Current Assets 28,135.00

Total Current Assets 142,785.84

Fixed Assets

1630 · Office Equipment 28,325.81

1640 · Office Furnishings - Asset 6,039.78

1641 · Less Accumulated Depreciation -31,558.84

Total Fixed Assets 2,806.75

Other Assets

1860 · Deposits 1,993.85

Total Other Assets 1,993.85

TOTAL ASSETS 147,586.44

Intergroup Central Office July Balance Sheet (cont'd)

	<u>Jul 31, 20</u>
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Credit Cards	
2075 · American Express	124.72
Total Credit Cards	<u>124.72</u>
Other Current Liabilities	
2240 · Sales Tax Payable (due quarterly)	70.35
2340 · Accrued Vacation	7,466.03
2600 · Unity Day	<u>2,721.53</u>
Total Other Current Liabilities	<u>10,257.91</u>
Total Current Liabilities	<u>10,382.63</u>
Total Liabilities	10,382.63
Equity	
3900 · Unrestricted Funds	138,708.46
Net Income	<u>-1,504.65</u>
Total Equity	<u>137,203.81</u>
TOTAL LIABILITIES & EQUITY	<u>147,586.44</u>

Intergroup Central Office July Profit & Loss

	Jul 20	Jul 19	Jan - Jul 20
Ordinary Income/Expense			
Income			
Stripe Sales	0.00	0.00	701.00
3030 · Contributions-General	19,830.93	17,893.35	103,313.17
3031 · Contributions - Birthday	280.30	0.00	1,831.30
3050 · Group Insurance (Group premium payments)	25.00	175.00	492.50
8010 · Literature Sales	760.50	3,690.16	13,155.54
8020 · Meeting Guide Sales	0.00	349.50	848.00
8055 · Central Office Events	0.00	210.00	0.00
8060 · Printing	0.00	413.40	1,276.69
Total Income	20,896.73	22,731.41	121,618.20
Cost of Goods Sold			
5000 · Cost of Goods Sold			
	663.38	2,903.83	10,867.30
	0.00	388.16	983.74
Total 5000 · Cost of Goods Sold	663.38	3,291.99	11,851.04
Total COGS	663.38	3,291.99	11,851.04
Gross Profit	20,233.35	19,439.42	109,767.16
Expense			
Stripe fees	0.00	0.00	75.15
Stripe Payment Processing Fees	0.00	0.00	24.41
6015 · Activities Committee Expense	0.00	0.00	1,460.28
6190 · Depreciation Expense	0.00	0.00	2,398.50
6220 · Insurance - Worker Compensation	-178.28	0.00	104.96
6225 · Insurance - Emp. Health Plan	753.39	662.71	4,911.01
6230 · Insurance - General Liability	-159.08	0.00	2,852.92
6240 · Employee HRA Plan	899.48	994.00	3,886.32
6330 · Office Expense	873.97	1,666.65	9,238.64
6380 · Payroll Taxes	524.67	744.89	4,456.88
6480 · Rent	3,504.86	3,384.50	24,331.30

Intergroup Central Office July Profit & Loss (cont'd)

	<u>Jul 20</u>	<u>Jul 19</u>	<u>Jan - Jul 20</u>
6540 · Salaries - Office			
	787.46	197.60	4,332.50
	0.00	0.00	0.00
	<u>6,693.42</u>	<u>9,670.42</u>	<u>53,116.94</u>
Total 6540 · Salaries - Office	7,480.88	9,868.02	57,449.44
6560 · Payroll Expenses	<u>218.48</u>	<u>125.23</u>	<u>1,085.47</u>
Total Expense	<u>13,918.37</u>	<u>17,446.00</u>	<u>112,275.28</u>
Net Ordinary Income	6,314.98	1,993.42	-2,508.12
Other Income/Expense			
Other Income			
8025 · Rebate	0.00	138.23	227.71
8030 · Interest Income	<u>75.76</u>	<u>45.15</u>	<u>775.76</u>
Total Other Income	<u>75.76</u>	<u>183.38</u>	<u>1,003.47</u>
Net Other Income	75.76	183.38	1,003.47
Net Income	<u>6,390.74</u>	<u>2,176.80</u>	<u>-1,504.65</u>