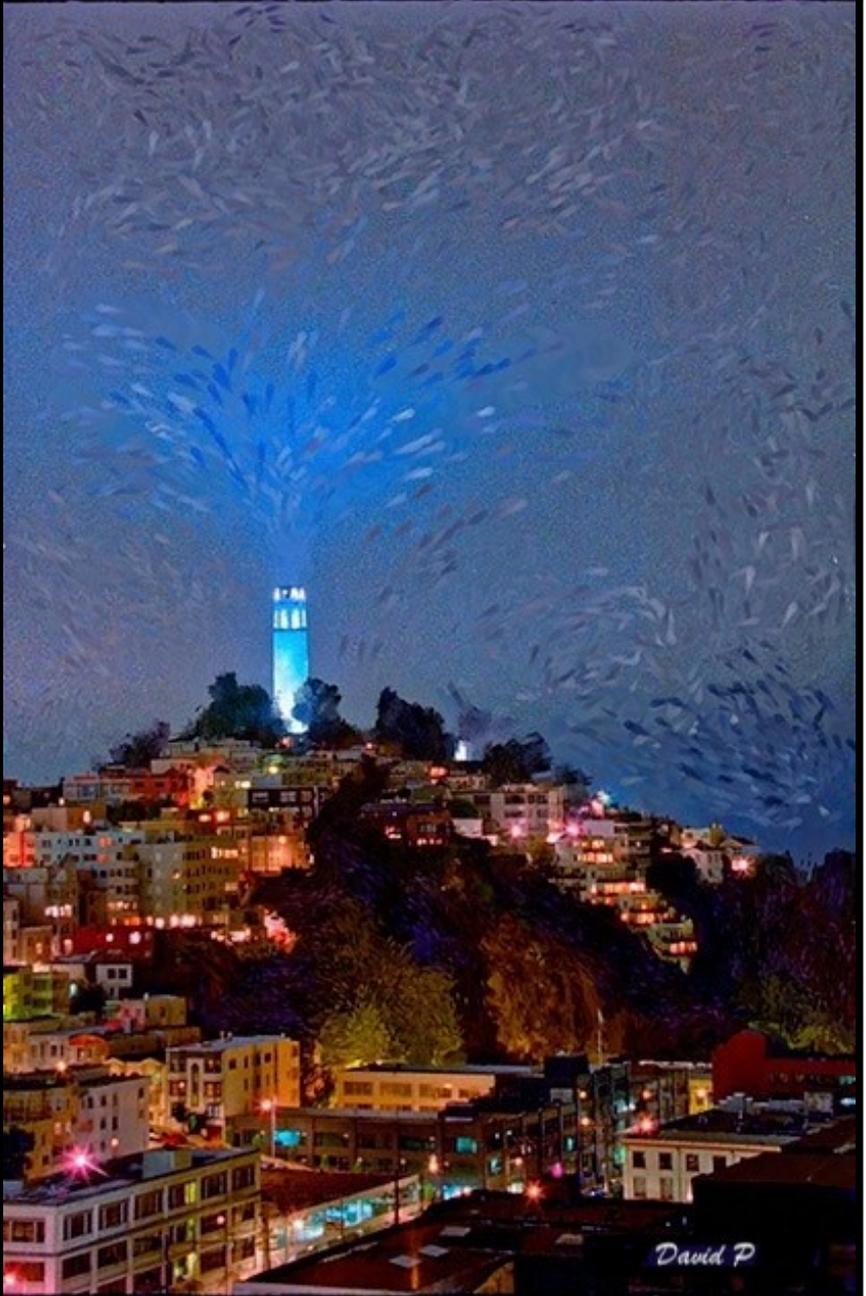


*In this September Issue: Step 9, Tradition 9, & Justice!*



*David P*

## 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.**

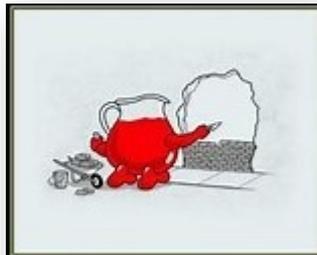
Please keep the Twelve Traditions of A.A. in mind as you write, and take special care to respect other members' anonymity. Have fun!

Send your contributions to: [coin@aaanjanose.org](mailto:coin@aaanjanose.org)

# Contents of this September COIN Issue:

Front Cover by David P: "Lady COIT in a Blue Dress" - mixed medium

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**COIN Editor: Mel M**

**Central Office Executive Director: Bruce K**

**Sunlight of the Spirit Art Corner: Elizabeth M, Website: Phil W**

*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.*

## Letter from the Editor

Dear Readers,

Fantastical lightning storms, smoky skies, and orange moons. Blazing, raging wildfires, a deadly virus, civil unrest, growing distrust and division, more unveilings of family court corruption, continuous disturbing dissemination of disinformation in politics. What else? Oh yeah, masked shoppers violating one-way grocery aisles. *Super annoying.*

Can we still manage to find gratitude and purpose in daily living? If we are sober members of alcoholics, working the program of A.A., the answer is yes. *Alcoholics Anonymous*, page 77, tells us, "Our real purpose [in life] is to fit ourselves to be of maximum service to God and the people about us." Sobriety provides us that opportunity to fulfill our purpose. I never thought I would say this, but I am genuinely grateful to be sober during these times. I have found a calmness and clearness of mind I have never had before in my life, and it shows in my behavior, attitude, and (mostly) responsible actions today. We, alcoholics, get unparalleled training in A.A. to learn to find peace and serenity amidst the storms raging around us. *If we work our program.*

In this ninth month of 2020, our September issue of the COIN covers Step Nine, Tradition Nine, and Justice. I want to thank all the members who contributed to this issue, starting with the beautiful original mixed medium artwork, "Lady COIT in Blue" on the front cover. Starting on page 6, a writer shares what she had to do to make her most difficult amends: forgiving herself. From a hospital bed, another writer discloses how his near-death experience helped him deliver amends he no longer needs to take to the grave. Another member teaches us how to transform gossip, criticism, and character assassination into understanding, empathy, and compassion. As she celebrates eight years sober (*Happy Birthday!*), a contributor shares how she stayed sober despite realizing her biggest nightmare in sobriety; she also shares her artwork with us on pages 16 and 17. Another contributor discusses special areas of focus for women in Step 9. And our submissions conclude with a gift of poetry on page 18. Happy Reading!

Sincerely,  
*Mel M*  
COIN Editor

### Next Month's Issue (October 2020)

Topics: Step Ten, Perseverance, & Tradition Ten

Please email all submissions to [coin@asaanjose.org](mailto:coin@asaanjose.org) by September 28th.

# Sunlight of the Spirit Art Corner



## Living My Amends

*"You don't have to see the whole staircase, just take the first step."*  
- Martin Luther King, Jr.

After many attempts to get sober, I can confidently say my two most significant obstacles were:

1. My inability to admit my powerlessness and
2. My inability to take one step at a time

"The steps are simple but not easy," I often hear at meetings. What does this mean? How do simplicity and ease differ? Luckily, we read through all twelve steps at the start of each meeting. Hearing all the steps gives me an idea of the step work coming up, but it does not mean I am doing every step at once. Doing the steps in order, at some point in time, we reach Step Nine. The Big Book of *Alcoholics Anonymous* says that we do not grovel in front of anyone during our amends: we state our wrongs done, we communicate our fears felt (depending on your sponsor's guidance), and we ask what we can do.

I believe in working the steps again and again, whether it be with my sponsor or a sponsee. Because I have experienced the relief that follows, I don't have too much of an issue making amends with others these days. Because I know I have done my part, I no longer fear rejection from the other side.

There is one person, however, to

whom I find it almost impossible to make amends: Myself. How can I make amends to me when I have not forgiven myself? How do I make amends to someone I have watched, sometimes seeming out-of-body, demolish the lives of so many others? I have carried so much guilt for so long. How do I feel compassion for myself when all I know is to mistreat myself and surround myself with those who mirror my feelings about myself?

---

**I believe in working the steps again and again, whether it be with my sponsor or a sponsee.**

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I learn from my sponsor, my friends, even my daughters. I listen to my feelings, and, with the guidance of my sponsor, I practice tolerance. Another bit of good news is that I am not alone. I have a sponsor I trust and a support group of "winners" I've personally selected. Thanks to online meetings, I also



## ...Amends (continued)

have a vast choice of meetings from around the world. In recovery from alcoholism, the only thing I need to change in my life is everything. Learning to make amends to myself is no exception. Where, then, do I start? In learning and listening, how can I make amends to myself?

I start by keeping my commitments. A.A. has taught me to show up when I say I will, keep promises, follow-through, and use my brain to think things through. I pray to my Higher Power, and I seek help from my support group, where there are people who can love me until I can love myself. My part in making amends is taking that love and following through with learning to love myself. I cannot afford to sit on my laurels. I must continue to grow, and part of that growth is loving myself, establishing boundaries, and clearly defining what I will accept in my world.

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### ***How can I make amends to me when I have not forgiven myself?***

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Boundaries help me establish and nourish healthy relationships that foster my growth. By loving myself, I can allow myself to attract those who love me as well. Today I choose to say yes to love and no to disrespect. "Stick with the winners" is a saying I have often hear in the rooms. Sticking with the winners is another way I choose to love myself.



My personally selected support group helps ease my journey instead of always feeling as though I am *trudging* an uphill battle alone. Having compassion for myself because of my humanity is crucial if I want to stay healthy and avoid shame. I must have more compassion than I have had in the past for my mistakes; personal intolerance for my mistakes was not working for me. Living angrily and drinking poison "at others" did not solve anyone's problems. Today, instead of complaining and absorbing shame, I choose the solution, sometimes quickly, sometimes slowly.

Thanks to the steps and practicing amends with others, I get to ultimately make amends to me and live a life of integrity. I know that things will be ok today if I am sober one day at a time and work the best program I can work. It is possible one step at a time.

- Rimi K

## The Resentments I *Didn't* Take to the Grave

In the world we live in today, the word “justice” can bring up a lot of images of police, violence, protests, or politicians and their policies. None of that is what I will write about today, and if I did, it would likely not make it to your eyes anyhow. When I think of the word justice, a concept I have written about many times comes to mind: cause and effect.



I am an American of East Indian descent, and karma is a foundational construct in Hindu tradition. The basis of karma is cause and effect. My drinking always had effects. There were short term effects (we can probably all relate to those), and there were long term effects. Some of us lost family members, some of us lost jobs, some of us lost our freedom and, sadly, some have lost their lives.

There is another side of the law of justice that I am experiencing today. It's been 25 days since I walked out of jail (7/30/20), and I feel very grateful that the debt I needed to pay to society with incarceration is complete. I also find myself incredibly thankful for the paradoxical experience that jail was and

the pain and blessings of the “justice” system.

Almost dying from COVID-19 while in jail gave me the spiritual push to make amends I never thought I would make. I was able to forgive some of the abusers who violated me when I was a child and subsequently myself for being a victim of the abuse. COVID was a powerful experience, me alone in a hospital bed. The doctors didn't know if I was going to live or die, and neither did I. What I did know was that it was time, no matter what happened, to finally forgive myself and those “monsters” from my childhood. I remember when I did forgive them, I didn't have a fancy ceremony where I burned some paper. I didn't have my sponsor, along with his sponsor, sit with me to pray. I didn't talk about it on Facebook or tell the world. There was a chain confining me to the hospital bed, and it was just God and me. I felt more connected and freer at that moment than I had felt in a long time. I finally let go of resentments I thought would stay with me forever. Once I let go of what others “should have done,” I was able to make the right amends.

I went into the amends with no expectations. Some people accepted the amends; others didn't. The most impactful amends were the ones with my parents. My parents love me dearly, and they have an “East Indian” way of showing it. (If you don't know what that means, *google it*, or ask one of your Indian friends.

## ...Grave (continued)

You're in Silicon Valley; you should have at least one.) I had subjected my parents to years of hell, and I had no idea how to make it right. So I asked them what I could do. My mom and dad did know. Without hesitation, they told me to "give away the education that was so freely given to you."



As I write these words, I still get emotional about that day and that conversation. I entered Elmwood as an inmate and got busy fulfilling my parents' request. It was a privilege to tutor five guys and watch them earn their GED's. I started a reading class, a science class, and a math class. Guys didn't seem to recognize the book, but I was using the *Twelve Steps and Twelve Traditions* (12x12) to teach vocabulary and reading skills. I was able to be of service and

to make my amends in that awful world of jail. I am grateful the Twelve Steps have given me a framework for life, and I am thankful that the spiritual path that began in Alcoholics Anonymous has led me outside of A.A. to a community where I feel connected and at home.

I have been able to explore Buddhist recovery, and I'm grateful I can take all that I have learned in A.A. to this new recovery community. Sometimes I look up at the sky and think the piercing bright lights are lightning bolts, coming to make my life hell. In reality, I've found that as long as I stay connected to the universe and trust the A.A. process, justice continues to smile down on me from the heavens, and I am showered with love that leaves me in awe, grateful, and full of peace.

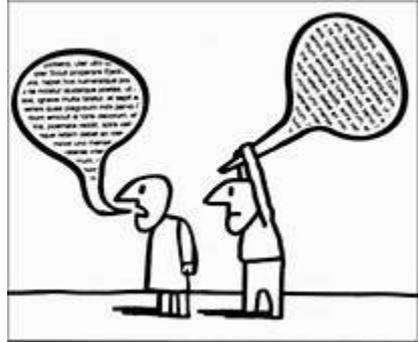
I would love to end with a heartfelt thanks to Toni F, the former editor of the COIN, for deciphering the chicken scratch I mailed her from Elmwood every month. I thank her for her patience in typing it up to publishing it in the COIN. I would also like to thank Mel M, the new COIN editor, for taking on this commitment. I am thankful for you both!

- Rahul A

## Gossip, Criticism, and Character Assassination *Understanding, Empathy, and Compassion*

Hanging on to resentments and criticizing the behavior of others are often noticeable characteristics of some members of the program who never seem to find the serenity and peace that is mentioned in the A.A. promises. For some people, it seems impossible for them to let their guards down. I think that most of us can understand, simply because we have all had to face this issue and deal with it, to one degree or another, as we go through the twelve-step process. I learned that keeping my guard up and criticizing others was linked to a self-esteem problem. To make myself appear normal, I over-corrected for my low self-esteem by pointing out the faults of others. As much as I tried to fix my self-esteem problem in this matter, I could not fool my *conscience*; things only got worse. I still worked through the steps and did what I could at the time. No one gets it perfect the first time, but we can make a second effort at it when we have established a track record of living by principles. A.A. meetings are a train-

ing ground for how we treat others, and if we can't accept the people there, we won't do it outside of the rooms.



Everyone who comes to A.A. brings his/her assortment of mental, emotional, spiritual, and material problems, and none of us is without these concerns. If we didn't have them, we wouldn't need this program. We all feel somewhat vulnerable, and with the assistance of our *egos*, we establish firewalls to protect ourselves from our perception of what those other people are doing, saying, and thinking. We each might develop hard and fast protective reactions, mentally and verbally, to protect our turf. With so many different personalities brought together in one group, it's tough to let down our guards. After all, we feel somewhat justified when pointing out the faults of others, a common characteristic of the alcoholic personality.

With the understanding that most forms of criticism and charac-

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**I learned that keeping my guard up and criticizing others was linked to a self-esteem problem...most forms of criticism and character assassination stem from low self-esteem.**

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## ...Assassination (continued)

ter assassination stem from low self-esteem, it occurred to me that I was just as guilty of the very things of which I accused others. I likened it to two older men in a convalescent home, hitting each other with their canes because one was not walking fast enough for the other. I had to step up to the plate and become strong enough to look deeper into their motives to understand what caused them to behave the way they did. Why did I feel threatened?



I cannot express, in words, the mental freedom that living by the principles of understanding, empathy, and compassion has brought me. When I see someone acting out, my first thought is no longer judgmental, but I now respond with empathy and compassion. My next thought is, "How can I help the person acting out?" This approach helps me come to terms with all the people that I interact with on a day to day basis, and I am no longer in conflict with anyone. To me, they are all like kids just learning how to do life. They all have problems, and I am not going to be one of their prob-

lems. I must be strong enough to replace words like resentment, judgment, and criticism with empathy, understanding, and compassion. Today I have no adversaries of whom I am aware, and peace of mind is the natural result of this approach.

I find no exceptions to living life this way, and I cannot be selective about who gets my compassion and empathy and who does not. *Everyone* gets amnesty in my book. All those mental gymnastics I used to do regarding "those *other people*" are distant memories. I cannot think of a single time that practicing the principles of the A.A. program did not serve me well. The only one that is sorry for this profound and life-changing transition is my *ego*, but about *him*, who am I to criticize?

- Rick R

## Sobriety as a New Normal

I have learned that the deadliest disease is spiritual poverty. *The disease of alcoholism almost claimed my life, but with A.A., I was able to surrender to my alcoholism.*

When I was in my active disease of addiction, all I could think about was drinking and using alcohol and drugs. I placed alcohol and drugs above everything else in my life. I thought the only things in life that could make any situation better were drugs and alcohol. I did not want to admit that drinking alcohol only exacerbates problems and limits my dreams and possibilities. Towards the bitter end of my diseases of addiction, I tried to convince everyone that I *chose* to drink and use drugs on my own accord.

After five years, I proved that I could not be trusted, and my mom switched the locks to our home. I had to find somewhere to sleep and was at the mercy of my “friends,” who did not mind my alcoholism. I thought I was in total control and that my painful experiences had absolutely nothing to do with alcohol. Three more years in the deep end of my alcoholism, and I had an apathetic attitude towards life. Why invest my feelings, emotions, or trust in anyone other than me? God was with me during my freshman year when I got severely depressed and wanted to kill myself. So why care and invest feelings in God or anyone else?

After a total of eight years dedicated to the drink and drugs, and

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**I did not want to admit that drinking alcohol only exacerbates problems and limits my dreams and possibilities. *The disease of alcoholism almost claimed my life, but with A.A., I was able to surrender to my alcoholism.***

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after a few near-death experiences, I surrendered on August 1, 2012. An inpatient facility 400 miles from my hometown accepted me. I did not know anyone at the inpatient facility. There was no one I could manipulate to fetch me my drugs and alcohol. I knew this was my last chance to get better. I knew that to have a *real* life, I needed to stop drinking and using drugs.



I immediately started practicing a new normal that included following the rules of the program at the inpatient facility; abstinence from alcohol and drugs was the most important rule there. In my third month at the inpatient facility, having an A.A. sponsor was the requirement. It was also mandatory to attend one A.A. meeting once a week.

I graduated from the inpatient

## ...Normal (continued)

program and was able to fulfill my dreams: I finished my undergraduate college education and received a B.A.; I provided services hours for the community and grew new friendships.



Above everything else, I knew I had to maintain my faith and relationship with God. Staying sober, including attending A.A. meetings and checking in with my sponsor, was and still is my highest priority. The last chip I received in the city of my inpatient program was my five-year chip. Shortly after, one of my greatest fears happened: Manic and psychotic episodes landed me in the hospital. My mom picked me up and brought me back to my hometown.

Throughout the years, my fear inventories always listed becoming insane and incapable of taking care of myself as number one on my list. I thought I'd be crippled and would lose my sanity if I went to the hospital again for psychotic episodes. I knew I was not just a vessel that needs to be satiated with drugs and alcohol anymore. I could have given up, but I knew the first thing I had to do when released from the hospital was to get a sponsor from A.A. and go to A.A. meetings.

During these times of COVID-19 pandemic shelter-in-place safety precautions, I am incredibly grateful to find a new sponsor in my hometown. For the first time, I feel completely loved and not judged for my dual diagnoses. We meet once a week over the phone. She has indeed been a Godsend from A.A. I also found a new A.A. homegroup, and I recently celebrated my eight years of sobriety with them. My homegroup meets through Zoom meetings five times per week, and seeing the fellowship virtually online reminds me how lucky I am to be able to identify as a grateful and recovering alcoholic. Thanks to A.A., I can see myself as a miracle, a person reborn in the sunlight of the spirit.



- S.C.

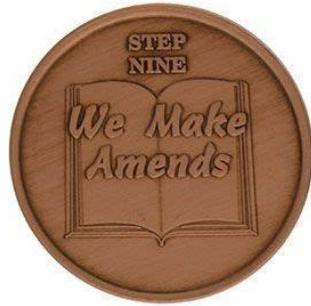
## Focus on Women: Step Nine

***Made direct amends to such people wherever possible, except when to do so would injure them or others.***

We have decided to go to any lengths to let go of alcohol and bad habits. We hope that we can face the world without so much fear. Step Nine enables us to achieve this freedom from addiction and its consequences.

Making amends means taking responsibility for our part, apologizing, and repairing the damage we have done. Sometimes it is not possible to apologize or correct. It may be that we would injure someone by trying. Or, the person has passed away or lost contact with us. We do what we can.

We may write a letter to the person then shred it. We can pay it forward by making a donation to a charity or being generous to someone else. We need to close the issue

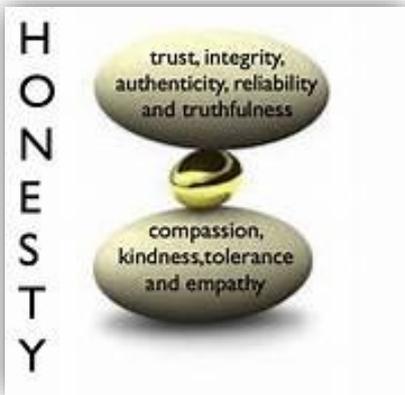


from guilt, shame, or regret of our past, freeing us to live in the present. It can give us, or another person, hope for a better future. While making apologies, we do not mention the other person's harm to us. But we may hold them accountable for their part sometime in the future, perhaps as a teachable moment when something arises.

We speak of the harm we've done without judging ourselves. We don't minimize our actions, but we don't dramatize them either. We speak matter-of-factly. Some A.A.'s remind us that "honesty without sensitivity is brutality." Even if we harbor a lingering resentment, we treat the other person with respect.

In apologizing, we relinquish outcomes and expectations. One person told me, "That's all right." I responded, "No, it was not all right. But now that I am sober, I won't do that again." Sometimes the other person apologizes back. We don't expect that at all. But we let them release their guilt or regret.

We can become financially responsible when we repay the money



and forgive ourselves.

Working Step Nine can free us

## Focus on Women: Step Nine



we stole or pay for things we shoplifted. Some of us go into the store, ask for the manager, apologize, and compensate for their loss. Others remain anonymous and mail the store a cashier's check. For a large sum, making and executing a payment plan over several months is an option.

Often, we need to make "living amends," an ongoing practice of adopting new, healthier behaviors. Many women feel guilty about how they didn't give proper attention to their children. When I was still drinking, I would check out from my family. After getting sober, I pay attention to them much better as living amends. If my son interrupts what I am doing, I drop it, look straight into his eyes, and listen. Sometimes living amends might mean being more respectful and kinder to others.

Many of us that would hide our feelings were *emotionally dishonest*. Our living amends may be to speak up for ourselves. By doing this, other people may be irritated by our change. But we owe it to others to be honest so that we can have a real relationship. Also, it is easier for us to stay sober if we avoid the resent-

ments that arise from not being our true selves. Family and friends may express resentment, not liking our new redefined selves. Their expression of their resentments doesn't mean we have harmed them. Our feelings are just as important as theirs.

"Making amends, we'll experience another paradox of recovery: strength can come from humility and vulnerability. We gain strength when we let other people see us as we are."

- Dr. Stephanie Covington, *A Woman's Way Through the Twelve Steps*

By making amends to ourselves and others, we can release guilt, shame, remorse, resentment, or regret of our past, freeing us to live in the present.

- Geena Louise

## Original Artwork



- S.C.

## Original Artwork



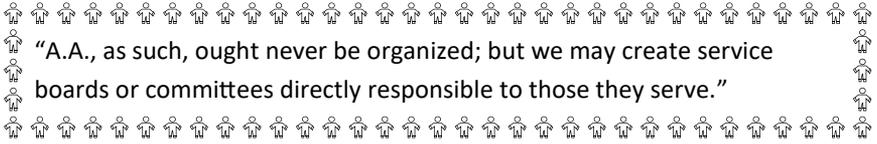
- S.C.

## The Gift of Desperation

*I awoke in Desperation a half a century ago  
I had squandered all my options, and I had no place to go  
Guilt and Shame and Loathing thoughts weighed heavy on my mind  
But I was used to waking up with dark thoughts of that kind  
My drinking used to mask those feelings that I had that day  
And if I ventured just one sip, they'd soon be washed away  
As I look back on that event, it's very plain to see  
The thought that gripped my conscience was, a New Reality  
It was my Day of Reckoning, and I cherish it today  
For without that Desperation, I may not have called A.A.  
Within moments of exposure to that kind and loving group  
The drink obsession vanished; Optimism closed that loop.  
Thinking someday I'd be tempted, I was watchful from the start  
And since it never happened, I thank God with all my heart  
For decades I have questioned why it works so well for me  
While watching others suffer through a life of misery  
When asked that simple question, I now answer with a smile  
It all happened when Desperation far outweighed Denial*

- Rick R

## Tradition Nine



“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

(Long Form) Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principle newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

## A.A. Traditions Checklist

1. Do I still try to boss things in A.A.?
2. Do I resist formal aspects of A.A. because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the A.A. program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any A.A. job I take?
5. Am I aware of all those to whom I am responsible in any A.A. job?
6. Why doesn't every A.A. group need a constitution and bylaws?
7. Have I learned to step out of an A.A. job gracefully when the time comes?
8. What has rotation to do with anonymity? With humility?

## Birthday Contributions



Birthday Celebrant	Years	Contributor	Birthday
Melissa T.	14	Melissa T.	08/06
Steve D.	16	John S.	8/11/04
Sal G.	10	John S.	8/21/10
Jaye S.	6	John S.	8/31/14
Jerry G.	55	Michael D.	9/1/65
Theresa H.	28	Carol B.	8/16/92

## *129 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: Saturday, September 12th, 6-8pm



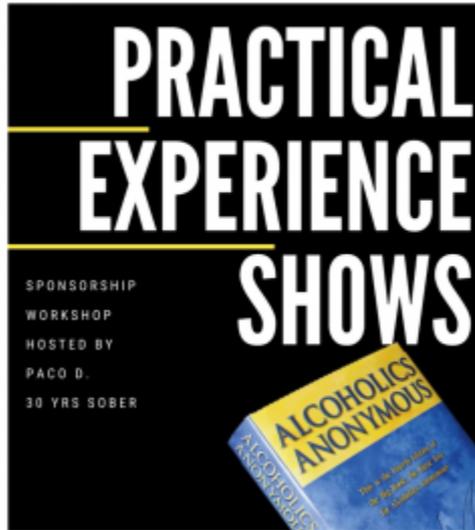
## Adventure of LGBTQ+ Sobriety Abroad *Speakers from around the world!*

Register for login info at [soberandfree.org](http://soberandfree.org) or directly to <https://forms.gle/TzhsHUpE9iHJuxCKA>.

Questions or comments? [info@soberandfree.org](mailto:info@soberandfree.org)

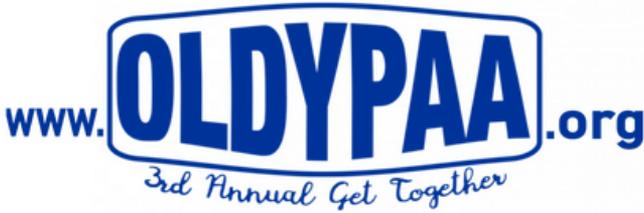
## Virtual Event: Wednesday, September 30th, 7-8pm

Practical Experience Shows  
(Speaker/Sponsorship Workshop) – Virtual (Zoom Only)



Zoom Meeting ID: 246-493-8656  
Conference Call Info #: 669-900-6833 / PW: 246-493-8656  
Secretary: Paco D.

**Virtual Event: Saturday, September 25th, 8am-5pm**



**ONLINE**

**\$Zero**

**SEPTEMBER**

**25-27, 2020**

**WE STILL NEED Y'ALL TO REGISTER**  
Questions:  
Lisa F-S 408-364-3197  
oldypaainfo@gmail.com



Fun and Fellowship Online

**INTERGROUP MEETING MINUTES**  
**Wednesday, September 2nd, 2020**  
Recording Secretary, Jill B

*The meeting minutes below have been edited to meet A.A. web publishing requirements honoring anonymity of all members.*

- 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 – Nancy A
- Reading of the Twelve Traditions—Diane O
- Introduction of New Intergroup Representatives  
(Meetings at 7pm, hosted by Alt. Chair Jaye)  
If you a new Intergroup Rep, please send your email address to the secretary so you can receive a New Representative Packet and you can get monthly COIN.
  - No new reps this meeting
- Visitors: Glenn E from Gilroy, Tim, Greg from Men Seeking Guidance
- Birthdays
  - Jaye 6 years on 8/31
  - Diane 46 years
  - Virginia 14 years on Aug 6th
  - Bonnie 35 years on Aug 9th
- Changes to today's meeting agenda: None
- Changes to last month's meeting mins in the August COIN: None
- 7<sup>th</sup> 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.

- Also, we will be keeping the meeting open for 10min after the close of the meeting for any questions and to give people extra time to get items of interest / links out of the chat.
- Tonight, the nominating committee will be presenting us with their nominees for the service positions within Intergroup as well as the Central Service Board.

### **Central Service Board (CSB)** - Robby

(Elected group overseeing Central Office Operations)

- Continuing to make good progress with Phil on the website: Central Service Board has thought carefully about meetings. See: [aasanjose.org](http://aasanjose.org) for current list of meetings.

### **Central Office (CO)** - Bruce K, Executive Director

- Financial support for the office is appreciated. Don't forget about H&I and supporting other services. Financial support for the office is appreciated. Curbside service continues on Saturdays, 10am-2pm, at Central Office. Shout out to Carol. The webchat team is doing a great job. Thanks to Kurt and the Unity Day Team! Central Office fares well.

### **IT Coordinator** — Phil W

(Responsible for updating the A.A. website)

- Not in attendance

### **Activities**—Tiffany, Alternate: Marquis

(Organize Central Office A.A. Events)

- No update.

### **Twelfth Step Committee**—Blake

(12 Steppers carry the message of A.A. Phone and visitation contact with callers in need)

- If you have 6 months of sobriety, you can be a 12-stepper. 12-steppers help with Diverter, Web Hotline.
- Workshop is every 3rd Saturday at 10am.
- 9/19th is next training.

### **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 ser-

vice 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 servi for any questinsce 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)

- No update.

#### **Secretary Workshop**—Cheryl

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

- We have not had a workshop the last couple of months, but will have one this Saturday (see website for details). Cheryl would like a resource on how to secretary a meeting in Zoom. Check with Amber.

#### **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.
- Need ambassadors to help.
- Get flyers to Bruce at Central Office.

**Newsletter Committee**—Mel M

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

- October topics: Step 10, Tradition 10, Perseverance by September 28th
- Please encourage your groups to write for the COIN! Need artwork, poems, stories or fun facts about AA.
- email [coin@aasanjose.org](mailto:coin@aasanjose.org)

**Nominating Committee**—Gloria

(Help with nominations and fill service roles)

- Presentation of Nominees for Central Service Board:
  - ⇒ -Steve D: Sober since May 5 1991, Attorney by profession since 1985, Need to give back to keep sobriety, brought meetings to James Boy Ranch, GSR, Hand!, secretary numerous times, spent time in Alcohol Recovery Homes (handled county funds for recovery homes). Spent 12 serving on the board of ARH (6 years as the director). Served in various other AA commitments. Facilitator for Mental Health organization. In the beginning process helping people get through the process to help in the jails
  - ⇒ -Mary D: IG rep for 6 years, Diverter volunteer, General Service, Unity day coordinator, meeting secretary numerous times, Going to Elmwood, setup/clean up. 30 years in business strategy/program management, managing a staff of over 350 people, manages a budget.
  - ⇒ -Mark K: Sober since October 4 1977 in Minnesota. No central office in Minnesota so published own phone number(with a few other people) and listed it in the phone book. Did outreach service in the Doctor's office, junior college. Various AA positions and have held every service position. Professional experience managed electronics company, owner of transportation service.
  - ⇒ -Wendy S: Sober since July 25 2013. Service: making coffee, IR, Secretary, H&I, secretary coordinator, Norcal finance chair, proposed 2021 budget for H&I . Supervise legal office (30 years), helped setup ways to work remotely, volunteered at 3 sons schools
  - ⇒ -Bill S: Sober since Jan 26 2002. GSR rep, Professional life - restaurant industry for 15 years. Manage 6 people, participate in the department budget, report to executives what is needed, in charge of a 6 million budget, collaborate well with others. Practice the principles
- Presentation of Nominees for Intergroup Chair:
  - ⇒ -Jaye S: Aug 31, 2014, 10-12 meetings per week, service: mtg secretary, chips, make snacks, recording secretary. Alt. chair for the last 2 years, covered for Francis while on maternity, Unity Day spokesper-

son. Loved being IG rep. Professional job: run kitchen administrative department for corporate catering department, manage 5 employees

- Presentation of Nominees for Intergroup Alt. Chair:
  - ⇒ -Jill B
- Presentation of Nominees for Intergroup Secretary:
  - ⇒ -Christopher J: sober since March 12 2017, coffee commitments, IG rep, weekly setup/breakdown, volunteer for mental health facilities, works for the school district (counseling and therapy). Secretary different meetings, attend business meetings. Works with sponsees. Bachelor degree in Anthropology, masters in ???, medical billing, good with computers, Google Apps, Empathic with others, loves to surf and go to the cinema.
- Presentation of Nominees for Alt. Intergroup Secretary:
  - ⇒ -Linda Y: Not in attendance. Jun 19 2007, IG rep
- Elections will be next month during IG

#### **Virtual Solutions Committee**—Joe and Lisa

- Our committee has officially built terms and submitted them.
- Updated Purpose Statement: The purpose of this committee is to be able to provide resources on [www.aasanjose.org](http://www.aasanjose.org) to help autonomous groups make autonomous group decisions during the current Covid-19 pandemic. The resources provided will relate to in-person meetings, online meetings, online/in-person (hybrid) meetings, and Covid-19 public health resources.
- A reminder to please share with your meetings/group the “Future In Person Meetings” tab on the [www.aasanjose.org](http://www.aasanjose.org) website.
- Since last month there have been no changes to SCC Public Health Order. If/when updates happen, which pertain to “Gatherings”, we will make appropriate revisions to the [www.aasanjose.org](http://www.aasanjose.org) website.
- Feel free to contact the committee at [aasjvsc@gmail.com](mailto:aasjvsc@gmail.com) with any questions.

#### **Old/Ongoing Business**

- None

#### **Motions**

- None

**New Business**

- None

**North County General Service (District 04)** - Lori

- Preparing for elections which will take place in October: electing area officers.

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

- No report

**Hospitals & Institutions**—Lisa

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

- Working on getting literature into institutions (hospitals and jails). 15 meetings/week.
- H&I Zoom meeting was bombed—very traumatic—working with Elmwood to process clearance.
- Mariposa Lodge was evacuated, but are back now and are going to try some in-person meetings.
- Contributions for July: \$997. YTD: \$29,951

**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.

- Just started joining facilities via Zoom.
- Meeting on 3rd Monday at 7pm.

**Public Information (PI/CPC)**—Luisa

(Our information voice to the general public & professional)

- No report

**Sober and Free**—Alex

- LGBTQ event is free (International event)

**SCCYP A.A.**—Ben

(Young People in A.A.)

- No report

**Unity Day (August 29th)**—Stuart

- No report

**Open Forum** - Everyone

(What's on your mind?)

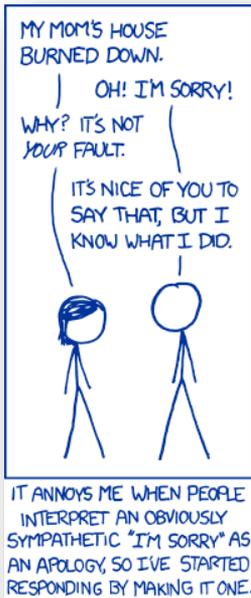
Larry is interested in web chat. Carol will check with Katy.

**Treasurer's Report**—Mary

- 7<sup>th</sup> Tradition: \$32

**Close with the Responsibility Statement**—Everyone

“Who is Responsible...”



# Intergroup Central Office Group Contributions

	<u>Aug 20</u>	<u>Jan - Aug 20</u>
1 INV Early Bird Group 70968	0.00	350.00
1 Inv Freedom Fellowship 70940	1,000.00	2,002.98
1 INV Fremont & Hollenbeck Group 70907	0.00	340.54
1 INV Gilroy Groups 70906	480.00	961.00
1 INV Men Seeking Guidance Group	200.00	200.00
1 INV One Day at a Time 70903	610.89	8,052.03
1 INV R and B Group 70972	0.00	1,785.07
1 INV South County Fellowship 70954	170.00	1,370.00
1 INV Spiritual Progress Group 70979	2,668.43	4,650.20
1 INV Sufficient Substitute 313	0.00	4,050.00
1 INV Sunnyvale Noon Fellowship 70975	1,120.00	3,780.00
1 INV Winchester Fellowship 70960	0.00	1,856.31
1010 Tuesday / Thursday	0.00	688.80
12 Step Discussion 855 (Fri.)	0.00	93.80
3rd Steppers Book Study (Wom) 610 (Thur.)	0.00	829.50
A Vision For You 687 (Sat.)	0.00	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.)	0.00	40.00
Back Of The Book 340 (Wed)	0.00	40.00
Beginners & Beyond LG 345 (Sat.)	116.66	431.66
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)	0.00	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
Chips and Dyps (Chips) 559 (Tues.)	100.00	100.00

# Intergroup Central Office Group Contributions (continued)

	<u>Aug 20</u>	<u>Jan - Aug 20</u>
Conscious Contact Mediation Grp LG 663	0.00	330.00
Daily Reflections 432 (Thur.)	0.00	60.00
Design for Living 200 (Tues.)	0.00	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.)	0.00	1,590.90
East Valley Group 322 (Fri.)	27.00	27.00
Eleventh Step Meditation 873 (Fri.)	0.00	140.00
Evergreen Group 884 (Thur.)	27.00	111.00
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	50.00	2,479.86
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.)	0.00	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.)	0.00	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.)	0.00	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.)	0.00	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

## Intergroup Central Office Group Contributions (continued)

	<u>Aug 20</u>	<u>Jan - Aug 20</u>
HOW Group 71 (Mon.)	0.00	305.00
Humbly Asked 87 (Sun.)	0.00	50.00
In the Solution 647 (Sat.)	0.00	742.70
Invaders Group 44 (Sun.)	0.00	163.00
Ladies Amethyst AA Study Group 749 (Wed.)	0.00	827.18
Live and Let Live 85 (Mon.)	0.00	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.)	0.00	189.15
Los Altos Group 225 (Thur.)	0.00	221.88
Los Altos Men's Group 59 (Mon.)	0.00	387.95
Los Gatos Big Book 664 (Mon.)	0.00	40.00
Men's 4th Step Group 320 (Fri.)	0.00	120.00
Men's Big Book (Caveman Gp) 659 (Sun.)	0.00	1,111.60
Men's Freedom from Alcohol 606 (Wed.)	0.00	50.00
Men's Honesty Group 26 (Sat.)	140.00	1,185.20
Men's Single Problem Study 89 (Mon.)	0.00	500.00
Men's Single Problem Study Gp 220 (Thur.)	0.00	1,528.50
Midday Women's Group 91 (Mon.)	0.00	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	0.00	467.25
Pass It On Group 418 (Sun.)	805.00	1,260.70
Personal 00911	4,127.00	23,132.25
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)	0.00	40.00
Saturday Morning Los Gatos 777 (Sat.)	1,500.00	1,625.00
Saturday Night Promises 847 (Sat.)	0.00	10.00
Saturday Night Young People (142) PA	0.00	897.19

# Intergroup Central Office Group Contributions (continued)

	<u>Aug 20</u>	<u>Jan - Aug 20</u>
Second Tradition Group Spkr 721 (Sat.)	0.00	2,250.26
Serenity Speaker Meeting 533 (Sun.)	509.20	1,139.25
Shared Gift, The (Women) 61 (Mon.)	1,271.59	1,271.59
Simply AA 301 (Tues.)	0.00	242.62
Single Problem Topic (Men's) 582 (Mon.)	316.73	616.73
Sisters Seeking Serenity 858 (Wed.)	0.00	560.00
Sober Mafia 204 (Sun.)	0.00	5.00
Sober Thoughts 499 (Wed.)	0.00	371.00
Society of the Second Chance 305 (Tues.)	0.00	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.)	0.00	1,582.11
St. Luke's Group 113 (Tues.)	0.00	200.00
Stanford Ave. Group (068)	494.20	494.20
Step Study (Women) LG 820 (Wed.)	0.00	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 SJ 217 (Thur.)	409.20	409.20
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.)	0.00	195.90
Trinity Group 370 (Sat.)	0.00	33.00
Tuesday Night Men's Mtg 525 (Tues.)	875.70	1,492.23
Tuesday Noon Step Study 556 (Tues)	0.00	385.98
University Beginners 176 (Wed.)	0.00	75.00
Unknown	596.00	1,292.21
Veterans of Alcohol 874 (Tues.)	0.00	356.22
Villages Group of AA, The 406 (Mon.)	27.00	421.00
We Have Arrived (Men's) 819 (Mon.)	0.00	36.45
Wednesday Night Big Book 576 (Wed.)	0.00	350.00
West Valley Fellowship 427 (Wed.)	302.50	302.50
West Valley Fellowship (Chips) 374 (Sat.)	0.00	100.00

## Intergroup Central Office Group Contributions (continued)

	<u>Aug 20</u>	<u>Jan - Aug 20</u>
Wisdom to Know 651 (Mon.)	55.20	55.20
Women's Brunch 640 (Sat.)	0.00	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
<b>TOTAL</b>	<b><u>17,999.30</u></b>	<b><u>121,312.47</u></b>



# 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) 32,023.07

Total Checking/Savings 117,917.51

#### 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 1,299.47

Total Other Current Assets 28,122.44

Total Current Assets 143,519.29

### 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 148,319.89**

(continued on next page)

# Intergroup Central Office July Balance Sheet (cont'd)

Jul 31, 20

## LIABILITIES & EQUITY

### Liabilities

#### Current Liabilities

##### Credit Cards

2075 · American Express 190.62

Total Credit Cards 190.62

##### Other Current Liabilities

2240 · Sales Tax Payable (due quarterly) 70.35

2340 · Accrued Vacation 7,466.03

2600 · Unity Day 2,721.53

Total Other Current Liabilities 10,257.91

Total Current Liabilities 10,448.53

Total Liabilities 10,448.53

### Equity

3900 · Unrestricted Funds 138,708.46

Net Income -837.10

Total Equity 137,871.36

**TOTAL LIABILITIES & EQUITY 148,319.89**

### Please Note:

The July Balance Sheet here and the July Profit and Loss on the following pages have been updated (revised from the numbers reported in the August COIN) with the most current information available.

To ensure complete accuracy in reporting, going forward, the August Balance Sheet will be published in the October COIN, the September in the November COIN, October in the December COIN, and so forth.

# Intergroup Central Office July Profit & Loss

	<b>Jul 20</b>	<b>Jul 19</b>	<b>Jan - Jul 20</b>
<b>Ordinary Income/Expense</b>			
<b>Income</b>			
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	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
<b>Total Income</b>	<b>20,896.73</b>	<b>22,731.41</b>	<b>121,618.20</b>
<b>Cost of Goods Sold</b>			
<b>5000 · Cost of Goods Sold</b>			
5100 · Cost of Inventory Sold	663.38	2,903.83	10,867.30
5150 · Cost of Meeting Directories	0.00	388.16	983.74
<b>Total 5000 · Cost of Goods Sold</b>	<b>663.38</b>	<b>3,291.99</b>	<b>11,851.04</b>
<b>Total COGS</b>	<b>663.38</b>	<b>3,291.99</b>	<b>11,851.04</b>
<b>Gross Profit</b>	<b>20,233.35</b>	<b>19,439.42</b>	<b>109,767.16</b>
<b>Expense</b>			
Stripe fees	0.00	0.00	75.15
Stripe Payment Processing Fees	0.00	0.00	24.41
<b>6015 · Activities Committee Expense</b>			
616 · Chili Cook-off Expense	0.00	0.00	650.00
617 · Sponsor Brunch Expenses	0.00	0.00	660.28
618 · Oldtimers Meeting Expenses	0.00	0.00	150.00
<b>Total 6015 · Activities Comm Expen</b>	<b>0.00</b>	<b>0.00</b>	<b>1,460.28</b>
6190 · Depreciation Expense	0.00	0.00	2,398.50
6220 · Insurance - Worker Comp	-178.28	0.00	104.96
6225 · Insurance - Emp. Health Plan	0.00	662.71	4,157.62
6230 · Insurance - General Liability	-159.08	0.00	2,852.92
6240 · Employee HRA Plan	899.48	994.00	3,886.32

(continued on next page)

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

	<b>Jul 20</b>	<b>Jul 19</b>	<b>Jan - Jul 20</b>
<b>6330 · Office Expense</b>			
6010 · Alarm Service	207.00	207.00	621.00
6070 · Bank Credit card charges	214.94	192.81	920.09
6120 · Computer Expenses	254.71	68.49	1,865.90
6160 · Copier Expense	13.54	443.42	1,103.18
6245 · Internet Access Charges	25.00	12.50	153.95
6350 · Office Furnishings - Expense	0.00	0.00	146.95
6360 · Archives	0.00	33.73	0.00
6370 · Office Paper Supply	0.00	0.00	752.63
6410 · Postage	0.00	0.00	801.00
6510 · Repairs & Maintenance	0.00	0.00	275.00
6600 · Signing Services	0.00	200.00	0.00
7050 · Telephone	253.34	344.97	1,573.55
9080 · Sales Tax (Sales tax paid on purchases)	1.15	-0.87	283.36
6330 · Office Expense - Other	0.00	164.60	837.74
<b>Total 6330 · Office Expense</b>	<b>969.68</b>	<b>1,666.65</b>	<b>9,334.35</b>
<b>6380 · Payroll Taxes</b>	<b>524.67</b>	<b>744.89</b>	<b>4,456.88</b>
<b>6480 · Rent</b>	<b>3,504.86</b>	<b>3,384.50</b>	<b>24,331.30</b>
<b>6540 · Salaries - Office</b>			
6541 · Vacation Pay	787.46	197.60	4,332.50
6542 · Sick Pay (Sick Pay)	0.00	0.00	0.00
6540 · Salaries - Office - Other	6,693.42	9,670.42	53,116.94
<b>Total 6540 · Salaries - Office</b>	<b>7,480.88</b>	<b>9,868.02</b>	<b>57,449.44</b>
<b>6560 · Payroll Expenses</b>	<b>218.48</b>	<b>125.23</b>	<b>1,085.47</b>
<b>Total Expense</b>	<b>13,260.69</b>	<b>17,446.00</b>	<b>111,617.60</b>
<b>Net Ordinary Income</b>	<b>6,972.66</b>	<b>1,993.42</b>	<b>-1,850.44</b>
<b>Other Income/Expense</b>			
<b>Other Income</b>			
8025 · Rebate	9.10	138.23	236.81
8030 · Interest Income	76.53	45.15	776.53
<b>Total Other Income</b>	<b>85.63</b>	<b>183.38</b>	<b>1,013.34</b>
<b>Net Other Income</b>	<b>85.63</b>	<b>183.38</b>	<b>1,013.34</b>
<b>Net Income</b>	<b>7,058.29</b>	<b>2,176.80</b>	<b>-837.10</b>