



April 2021
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A PUBLICATION OF THE INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY



In this April issue:
Step Four, Tradition Four,
and Courage 



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**SPECIAL WORKER POSITION
AVAILABLE AT CENTRAL OFFICE
OFFICE ASSISTANT**

Central Office is a friendly work environment, having as its primary goal, the providing of quality service to the A.A. Fellowship in Santa Clara County. We are looking for a part time Office Assistant, 20—25 hours per week, with a starting wage of \$15.00 per hour. If you are interested in making yourself available for this responsible and rewarding “Special Worker” position, send your resume, including A.A. service information, to Central Office (Bruce@asaanjose.org). If you have questions you are welcome to call Bruce at Central Office (408-478-0712).

JOB DESCRIPTION

The Office Assistant works at the direction and under the supervision of the Manager.

1. General office work such as data entry, filing, ordering supplies, etc.
2. Processing contributions and the sales of books and other inventory items.
3. Stocking shelves and general office order and cleanliness, including guest services such as coffee, kitchen and bathroom supplies, etc.
4. Handling all mailings, including bulk mailings.
5. Recruiting, training, and monitoring volunteers.
6. Database maintenance, including data entry and assuring accurate, current information.
7. Periodic book and merchandise inventory.
8. Prepare bank deposits and reconcile cash on hand.
9. Printing of Meeting Directories and the newsletter.
10. Maintaining an image of competence, courtesy, helpfulness, and a welcoming atmosphere at Central Office.
11. Attendance at Intergroup and similar meetings.

The Office Assistant will work closely with the Manager to accomplish the following:

1. Responding to member questions, concerns, and suggestions.
2. Cooperation and coordination with other AA service entities.
3. Staying abreast of local, General Service, H & I, and other A.A. matters
4. Honoring the Traditions in all activities and operations.

The Office Assistant will assume the necessary duties of the Manager during the Manager’s absence, including such duties as payroll, inventory orders, bank deposits, Intergroup and meetings, and other duties as directed by the Manager.

Desired requirements and skills:

1. A minimum of 5 years of continuous sobriety.
2. A comfortable understanding of our Traditions and the workings of Alcoholics Anonymous.
3. Substantial computer skills (knowledge of QuickBooks Online, Access Database, and Microsoft Cloud programs is very desirable).
4. A cheerful, helpful, customer oriented disposition.

Writing for the COIN

Q: Who writes the COIN articles?

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 about 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 have 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 send 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: What are the style guidelines?**A: We strive for consistency.**

We accept writings from a variety of authors, then edit them for style, length less than 900 words, correct spelling, fonts, and more. It is challenging to publish each issue in a timely manner. As editors, we do not change the message.

If you can follow some style guidelines, that would help us out a lot. Below is a non-exhaustive list of basic style guidelines.

1. Break all articles into several paragraphs, instead of one big paragraph.
2. Avoid long run-on sentences.
3. Use "A.A." and not "AA."
4. Carefully avoid long, run-on sentences.
5. In referencing A.A. books, please use the full titles for the first reference. Optionally include their nicknames for later references. Please italicize the full titles. Use "&" in "12 & 12", not "12 X 12".
 - *Alcoholics Anonymous* (or Big Book)
 - A.A.'s basic text *Alcoholics Anonymous* (or *Big Book*)
 - *Big Book* (*Alcoholics Anonymous*)
 - A.A.'s basic text *Alcoholics Anonymous*, affectionately nicknamed the Big Book
 - *12 & 12* (*Twelve Steps and Twelve Traditions*)
 - *Twelve Steps and Twelve Traditions* (or 12 & 12)

Q: What about Quality?**A: Don't worry about that.**

There is nothing more powerful than one alcoholic speaking with and supporting another alcoholic. Indeed, most of us never trusted a professional about our drinking. How could they possibly know about our drinking? But I believe other alcoholics. So, we are amateurs by design. So never worry about whether what you write is good enough. Just speak from the heart with honesty.

Q: Anything else?**A: Yes.**

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

Send your submissions to: coin@asaanjose.org

Letter from the Editor

Dear Readers,

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole." What does this mean? So many of the writings of A.A. are difficult to understand. Different members may interpret them differently. One reason A.A. meetings are so important is that we can discuss writings and come to a common understanding.

Over 30 years ago, a set of A.A. members wished to start the first LGBTQ+ A.A. meeting in Santa Clara County. Back in the sixties, the A.A. Conference named such meetings "Special Constituency" meetings. They recognized that such meetings provided an even higher level of similarities among attendees, while noting that all members should attend general constituency meetings also. Now there are Spanish, Women's, Men's, Secular, Young People, and more!

The LGBTQ+ group asked other meetings in the area for their blessing; it was happily granted. Now there are 15 LGBTQ+ meetings in this county. We have come a long way in our understanding.

But, there is still some lingering confusion. The A.A. Fact File recognizes 3 kinds of literature: (1) Conference Approved, (2) A.A. Literature Prepared by Local Groups, and (3) Outside Literature. Eight years ago, we founded the Women's Step Topic meeting and published our own book (See COIN April 2000). Eventually, some A.A. members objected to our Women's Step Topic meeting. One member proposed a motion at the Intergroup Meeting that our meeting be de-listed from the county's meeting guide. This motion failed 1-31, on the grounds that each group should be autonomous.

Using and selling Outside Literature is the only action that I can think of that would affect A.A. as a whole, aside from breaking other Traditions.

Sincerely,
Geena Louise
Your COIN Editor

COIN Editor: Geena Louise

Central Office Executive **Director:** Bruce K, **Website:** Phil

Sunlight of the Spirit **Art Corner:** Elizabeth M, **Cartoons:** Alicia L.

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.

COIN Schedule of Topics

Newsletter Issue Month	Submission Deadline	Step & Tradition	Virtue
January	15-Dec	1	Honesty
February	15-Jan	2	Hope
March	15-Feb	3	Faith
April	15-Mar	4	Courage
May	15-Apr	5	Integrity
June	15-May	6	Willingness
July	15-Jun	7	Humility
August	15-Jul	8	Love
September	15-Aug	9	Justice
October	15-Sep	10	Perseverance
November	15-Oct	11	Spiritual Awareness
December	15-Nov	12	Service

Next Month's Issue (May 2021)

Topics: Step Five, Integrity & Tradition Five

Please email all submissions to coin@aasanjose.org

Rewards of Step Four

Follow Direction

I faced Step Four with some trepidation, but my sponsor did not allow time for irrational fear to take over. He had me begin “Spontaneous writing” *immediately* after we prayed the Third Step Prayer. I was instructed to ask God to help me write down where I had been selfish, dishonest, resentful, or afraid. This process lasted about a week. At our next meeting we used this list to follow (*Read and do*) the clear-cut Step Four directions from *Alcoholics Anonymous* (Big Book). This session took only an hour or so—there was no reason for my previous apprehension.

When finished, I was amazed by the many unsuspected *rewards* I had



received! I had learned how to face and be rid of resentment and irrational fear. *What Great Rewards!* I also learned (*admitted*)

where I had harmed others though my selfishness and how my dishonesty was more prevalent than realized. Also, I had a list of persons I had harmed for upcoming Steps Eight and Nine.

I had asked God to relieve me of the “*bondage of self*” in Step Three but had little knowledge of what

that bondage was, but Step Four provided the answer! Not only had I truthful information to share with my sponsor in Step Five, but I then possessed a list of character defects and shortcomings to ask God remove in Steps Six and Seven! These rewards were not only helpful in my daily living but also paved the path to the many powerful A.A. promises. The main one of which is on page 85: “*The problem has been removed. It does not exist for us.*” The “problem” was, of course, the mental obsession, not the physical allergy. This release from desire to drink alcohol has been with me for many years, thanks to the rewards of Step Four.

— Bob S.

Focus on Women:

Step Four

Fear

The most common thing that holds us back from completing our Fourth Step is Fear. It will probably never go away completely. So we go forward and work on our Step Four with the fear, and not let it stop us. We can work on this step keeping in mind that we can embrace self-acceptance and let go of our past. We can make better choices now that we are sober.

The purpose of the step is really getting to know ourselves including our behaviors and feelings. It is a practice that leads to self-

knowledge, self-awareness, and eventually self-care. This will help us avoid mistakes of the past, the consequential resentments, and the drinking to numb our feelings.

Guilt

The most common feeling that women alcoholics share is guilt. Often, we think we should have known better, and that most things that went wrong for us were our own fault. We felt terrible about ourselves. But, nothing is just one person's fault. Each person in a situation owns a part of it. Sometimes due to inexperience, we couldn't have acted much differently. We didn't understand our choices. Step Four enables us to learn from past mistakes.

Putting guilt in perspective— getting it down to its right size— is not an easy thing to do. But letting it continue to overwhelm you is self-destructive. If you stay in a constant state of self-blame, you'll only continue to punish yourself unnecessarily.

— Dr. Stephanie Covington
A Women's Way Through the Twelve Steps, (Center City, MN: Hazelden Educational Materials, 1995).

Moral Inventory

Society has double standards for men and women. "Boys will be boys." In the 21st century, this attitude is being rejected. We're

embracing gender equality and women empowerment.



Don't let the word moral lead you in the wrong direction. In fact, drop that word entirely. Just think of Step Four as building a Life Inventory.

Not Defects of Character — Unhealthy Life Patterns

Women tend to be perfectionist and self-critical. Let's not go overboard looking for flaws and defects of character. Let's just try to identify our life patterns that hold us back. By knowing these patterns, we may be able to avoid repeating them. If we only think about The Seven Deadly Sins, we may fail to identify problems such as Submissiveness, Workaholism, and overly seeking Approval.

Women are often told by others of our flaws. We internalize these

ideas and become defensive. We are hard on ourselves for fear we will be rejected. My sponsors have said to me "Geena Louise, take your foot off your neck" and "You say sorry to much."

We may be people-pleasers, trying to hang onto relationships, resulting in taking blame when we shouldn't. This is not service to others, because we let them off the hook for things for which they should be responsible. It creates a burden for us making us more fearful, anxious, and inadequate.

An Inventory of our Past Actions

Remember, anything that you may have done in the past has a name because others have done the same. You are not alone. A few years ago, I sponsored a former gang member who admitted to me that he committed a Drive by Shooting. Your A.A. Sponsor will not judge you. She just wants you to lay all your cards on the table so you can see yourself more clearly.



We need to state our actions in a matter-of-fact way without judging ourselves. It is in the past. By getting sober we can make much better choices going forward.

—Geena Louise

God Leaves the Door Open for Everyone No Need to Overthink

The *Alcoholics Anonymous* (A.A.) program is open to anyone that has a desire to stop drinking. It makes no difference if you are an atheist, agnostic, Buddhists or a member of one of the vast number of religions in the world. All of us have the same opportunity to get well through the steps. They were fashioned that way to ensure that no alcoholic is left out.

We embrace everyone that walks through that door. If Step Two had been written to say, "Came to believe that God", rather than, "a Power greater than ourselves" could restore me to sanity, I wonder if A.A. would have succeeded in the way that it has. Especially when we consider the problems that the Oxford group had with this issue.

I have seen people talking of religion, and others that were irritated with any talk of God, yet we still hold hands at the end of the meeting and say a prayer and everyone leaves the meeting feeling a little better. I personally know priests and ministers in the program, and they seem to adjust to the diversity of the landscape. I wish that it could be simpler for each person, but there are no two people that are identical in this matter.

Speaking for myself, if I wanted

to be freed from the deadly obsession of alcoholism, I had to trust the guidance of the two books that are suggested, and the leadership of the more experienced members of the group, to come to terms with a concept of a power greater than myself. I was the one in the *Twelve Steps and Twelve Traditions* (12 & 12) that "tried religion and had found it wanting". I also read that, "even the militant atheist got through the hoop with room to spare".

I did not believe in the God of the religionist, in the same way, that I thought, they did, but I did not think I was an atheist either. The Power Greater than myself option, was a good start for me. Something happened to me within minutes after arriving at my first introduction to three people, sitting on a bench in the front yard of a little house in Los Angeles, where they held their meetings. I the obsession to drink was gone, and I have not had, nor wanted, a drink since then.

You might call that a miracle, and you might be right, depending on your definition of a miracle, but it came to me as a *profound Change of Perception* brought about by the Love,

Understanding and Compassion I sensed as they welcomed me. These experiences were a great way for me to start, but now, what about prayer? Who or what do I pray to? I

heard about doorknobs and icons, the ocean, and other such things. But that way of thinking did not set well with me. I did not want to be too glib about such an important matter.



Then I noticed that, in Step Two, it did not say that I had to believe in anything, only that I had to believe that a power

greater than myself, could restore me to sanity.

The collective wisdom of the A.A. program and the people in it have been the framework for my faith in a higher power. The experience that I had in that front yard, fifty-one years ago, was all I needed to know to get on with the rest of the program. I pray to God every day to show me what to do and to give me the strength to do it

I still do not know for sure, who or what God is. I use the word God, only to describe the spiritual influence that A.A. has had on this drunk. I pray to God as I understand God, and he expresses himself in my consciousness, the only thing left for me to do is to separate the wheat from the chaff.

— Rick R.

Courage is Not...

Courage is...

Courage is not about being brave against all odds. For me it's been about not drinking through life's challenges, turning over fear to something greater than myself, and doing the next right thing. Asking for guidance from sober men about the most simplest things was key. The tool of picking up that hundred pound phone and telling on myself did not feel natural at all. Learning humility has been the byproduct of this courage. I was truly sick and tired of being sick and tired. Juggling the unsurmountable realities of life had led me to a very dark place.



I was seeing a Psychologist to diagnose what exactly my problem was. It didn't help that I was blacking out from my drinking two to three times a week and waking up with the morning shakes. I would have to drink before my appointment. I was full of pride even though I didn't

know it. The world had wronged me. If only others would straighten up and fly right.

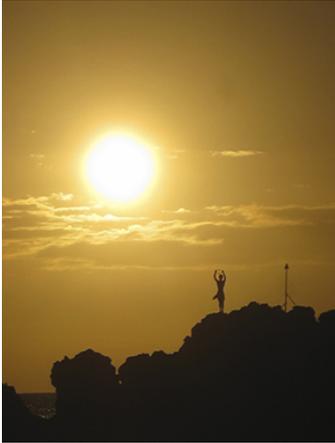
A.A. found me through being "12 stepped" by a roommate who was 15 years sober, Charles K. He was an aspiring writer being sponsored by someone in Los Angeles named Clancy. We were different in so many ways although when he spoke of alcoholic addiction, I knew he was sharing from his personal experience and from his heart.

I finally met my sponsor, Detroit Dave, who guided me through the steps. Relapse for me seemed a death sentence. He had seen me go through several other men and called me out, "Are you done?" He called his sponsees "pigeons" which I disliked very much. He could see right through me. He had what I wanted. He was at peace in his own skin.

I found I was calling him constantly and humbling myself. He would ask me the most basic questions. "Have you eaten today, have you slept today, have you been to a meeting lately? How are you doing with that fourth step?" He would tell me, "If you don't take the first drink you can't get drunk". That was a real head scratcher but so very true. He explained the phenomena of craving and that he was helping me so that I in turn would "pass it on".

Working with my sponsor and

sponsoring men through the steps of Alcoholics Anonymous, I discovered the true nature of this disease. I have a parasitic relationship with ethyl alcohol. If I take any amount into my body, eventually it will turn on me. I will be the host for King Alcohol, John Barleycorn, Jose, Jim or Jack.



I also discovered that my past was a real asset. I discovered that alcohol had stunted my development in every aspect of my life. My physical sobriety was just a start but I recognized later the window of opportunity to stop was extremely brief. From my physical sobriety, I could start to experience emotions I had no awareness of. I felt better, but I was feeling everything at once. I was raw. Getting through to the ninth step was no easy task, although life started making more sense. I started empathizing with others as they shared their struggles.

Spiritually I was growing. The
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more I cared for others, the deeper my experience became. I had found a sufficient substitute and a Spiritual Power that could solve all of my problems. I started recognizing that those that I come across in recovery and life have lessons to teach me, if I care to learn. I have been sober fourteen and a half years. Yet I feel as though I am just scratching the surface of what A.A. and my very broad concept of a Higher Power is teaching me. As I finish this little writing, someone is dying from this disease. But again maybe someone else will be reborn through this incredible way of life. May you be blessed on your journey.

— Bill

Tradition Four: Group Autonomy Let Them Sing

It is hard to fathom how well Alcoholics Anonymous (A.A.) has fared throughout its years of existence which began in 1935. Navigating the waters in those early days was a lot more treacherous than the average member of today's A.A. population would be aware of, since efforts of the founders have been proven to have weathered every storm that appeared on the horizon.

The A.A. members of that time did, however, have the experience of understanding the mistakes of their predecessors, The Oxford

Group. That group had some success recording over one-hundred thousand sober members before it ventured outside certain boundaries. It got off the track when religion seemed to become more of an agenda than sobriety. Then there was the similar experience when it came to the Washingtonians that also let outside influences like politics and outside money issues take over the agenda.

These mistakes did not go unnoticed by the early members of the A.A. program. These may have been the things that set the tone for being careful about sticking to our singleness of purpose. They also helped to structure the Fourth Tradition in a way that gives the individual groups as much leeway as possible. The purpose was to encourage diversity, yet stay on course when it comes to practices that would omit any alcoholic that wants to get sober.

Autonomy is simply a form of independence that gives each group the latitude to be creative in their own way. A group can appeal to certain constituencies of the alcoholic community at large so long as it doesn't cross over into making those painful mistakes that could lead us down that path that led to the dismantling of those groups that came before A.A.

Today we have meetings that

cater to specific segments of the A.A. population, such as: Men's Meetings, Women's Meetings, Closed Meetings (alcoholics only), Open Meetings, Gay, Lesbian, and Transgender Meetings, Step Study, Big Book, Spanish Speaking, and on and on. The common theme for all of these meetings is to carry the message to the alcoholic who still suffers.



I was serving in the U.S. Navy at the time when I got sober in late 1969. Shortly after my first-year sober celebration, I was on a plane heading to the Philippines to go aboard a fuel tanker. I spent the next four months hauling fuel out to the Tonkin Gulf and refueling the convoys of ships out there during the Vietnam War.

During that four-month period I was unable to go to a single A.A. meeting. I was cut off from the daily news concerning the A.A. program missing the sad news that Bill W. had passed away. By the time I

returned home it was no longer the topic of conversation, and I heard nothing about it. Shortly after I returned home, my wife and I attended an A.A. convention in California. To my surprise, the main event at that convention was the Bill W. Memorial Meeting, and I had no idea when he had passed away; it could have been ten years earlier for all I knew.

Ten of the most prominent speakers of that time told a five-minute story of their own personal experience with Bill. The one story that I still remember from that meeting goes something like this. On a request from some of his A.A. friends on the west coast, Bill was on a train going to California to speak at several well-planned meetings.

The members of A.A. in a small Midwestern town heard that his train would be stopping in their town and asked if he would consider stopping over for a day and speak at their meeting. He agreed to do it as he usually did in those days. When the train arrived, the town members expected Bill to arrive with an entourage of people assisting him, and they had arranged a welcoming with a band, a large crowd, and an all the town's dignitaries. When the train stopped, the only one that got off was Bill. He walked down the ramp alone with one suitcase. He proceeded to the planned meeting place. As the

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meeting began, Bill was somewhat shocked when the members started the meeting with several church hymns. Nevertheless, he fulfilled his promise and gave his talk. He was again disturbed when the meeting ended with several more hymns.

After completing his stay, he boarded a train, and continued on his way. On the train, what kept bothering Bill was what are they doing to A.A. with the hymns and it did not seem right. Then Bill started thinking about the size and the population of that small town, and about the large number of alcoholics that attended that meeting. He concluded that, per capita, that was probably the largest meeting in the country and if they wanted to sing hymns, well that is their business. Let them sing. I believe that Tradition Four leaves it up to the individual group's discretion to consider the different cultural influences that affect the makeup and the structure of the meeting format.

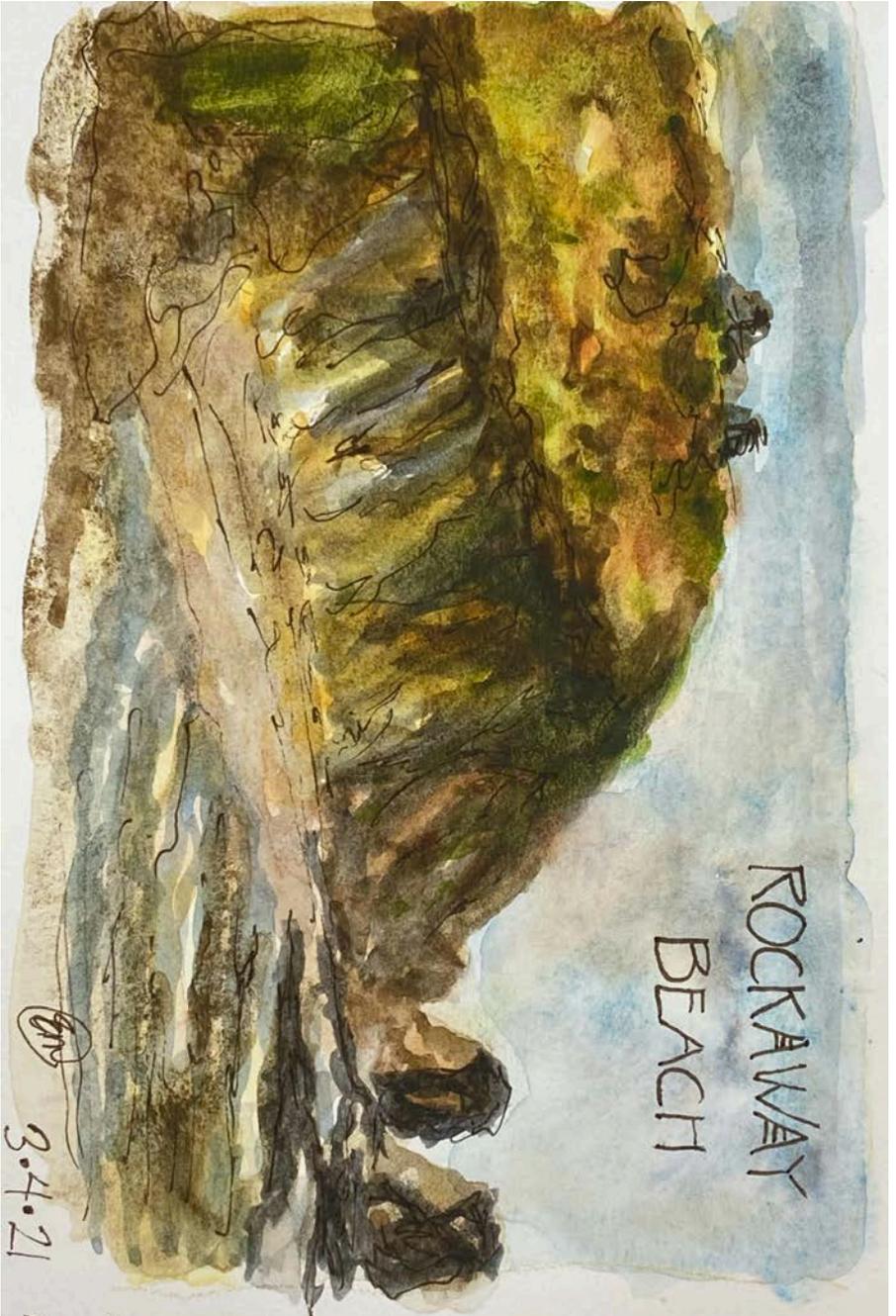
I believe that Bill got it right. What a group does is OK as long as it does not change the spirit of our primary purpose, to carry the message to the alcoholic who still suffers, and does affect other groups or A.A. as a whole.

— Rick R.

Quotes for the Sober

- *Continuous effort - not strength or intelligence - is the key to unlocking our potential.* — Winston Churchill
- *If you do not change direction, you may end up where you are heading.* — Lao Tzu
- *The only thing we have to fear is fear itself--nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance.* — Franklin Delano Roosevelt
- *You can sincerely believe there is no God and live as though there is. You can sincerely believe there is a God and live as though there isn't.* — Frederick Buechner, Christian Minister and Philosopher
- *Our greatest glory is not in never falling, but in rising every time we fall.* — Confucius
- *Truthful words are not always beautiful; beautiful words are not always truthful.* — Lao Tzu
- *Public opinion is a weak tyrant compared with our own private opinion.* — Henry David Thoreau
- *Striving for excellence motivates you; striving for perfection is demoralizing.* — Harriet Braiker
- *A pint can't hold a quart; if it holds a pint, it is doing all that can be expected of it.* — Margareta W. Deland
- *The teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind.* — Khalil Gibran
- *Happiness is when what you think, what you say, and what you do are in harmony.* — Mahatma Gandhi
- *She who controls others may be powerful, but she who has mastered herself is mightier still.* — Lao Tzu
- *The grace of God means something like: Here is your life. You might never have been, but you are because the party wouldn't have been complete without you. Here is the world. Beautiful and terrible things will happen. Don't be afraid. I am with you. Nothing can ever separate us. It's for you I created the universe. I love you.* — Frederick Buechner

Sunlight of the Spirit Art Corner — Elizabeth M



More Artwork — Kelly G.

“My art teaches me to look at the big picture. There are always tiny mistakes in art, and in life, but when you look at the whole, all your imperfections make up a great masterpiece. This idea is central to my sobriety.”



Tradition Four

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Long Form

With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the Trustees of the General Service Board. On such issues our common welfare is paramount.

Practice These Principles – Tradition Four

1. Do I insist that there are only a few right ways of doing things in A.A.?
2. Does my group always consider the welfare of the rest of A.A.? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in A.A., I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of A.A. tools with other members who may not have heard of them?

Calendar of Events

Until further notice these meetings and all future meetings will be conducted on Zoom.

April

Secretary Workshop – Virtual (Zoom Only)

April 3 @ 10:00 am - 11:00 am

[Join Zoom Meeting](#)

Meeting ID: 976 2387 0155

Highly recommended for new Secretaries

[Find out more »](#)

PI/CPC Workshop & Meeting

April 4, 2021 @ 6:00 pm - 7:00 pm

New member orientation starts at 5:30.

[Join Zoom Meeting](#)

Zoom Meeting ID: 745 839 980 Password: 903242

Urgent: PI/CPC committee chairperson needed; please click [here](#).

More information on the [PI/CPC Committee](#) page.

[Find out more »](#)

New Intergroup Rep Meeting-Virtual Zoom Only

April 7 @ 6:30 pm - 7:00 pm

[Join Zoom Meeting](#)

Meeting ID: 976 2387 0155

[Find out more »](#)

Intergroup Meeting-Virtual Zoom Only

April 7 @ 7:30 pm - 9:00 pm

[Join Zoom Meeting](#)

Meeting ID: 976 2387 0155

[Find out more »](#)

North County (District 04) General Service Meeting

April 14, 2021 @ 7:30 pm - 9:00 pm

New member orientation is at 6:45pm.

[Join Zoom Meeting](#)

Meeting ID: 825 266 6518 Password: Service

[Find out more »](#)

Sober & Free is San Jose's LGBTQ+ annual AA conference

April 10 @ 4:30-6:30pm

[Join Zoom Meeting](#)

Meeting ID: 856 5612 9619 Password: fellowship

[Find out more »](#) (see image below)

Bridging the Gap Meeting Virtual (Zoom Only)

April 19 @ 7:00 pm - 8:00 pm

[Join Zoom Meeting](#)

Meeting ID: 547 699 0102 Password: 481388

[Find out more »](#)

South County (District 40) General Service Meeting

April 20, 2021 @ 7:00 pm - 8:30 pm

[Join Zoom Meeting](#)

Meeting ID: 105 811 458 Password: 007835

[Find out more »](#)

Diverter/12th Steppers Workshop is Virtual (Zoom Only)

April 17 @ 10:00 am - 11:00 am

[Join Zoom Meeting](#)

Meeting ID: 172 445 181 Password: 019237

[Find out more »](#)

H&I Committee Meeting

April 27, 2021 @ 7:00 pm - 8:00 pm

[Join Zoom Meeting](#)

Meeting ID: 854 1395 3028 Password: area71h&I

[Find out more »](#)

May

Secretary Workshop – Virtual (Zoom Only)

May 1, 2021 @ 10:00 am - 11:00 am

[Join Zoom Meeting](#)

Meeting ID: 976 2387 0155

Highly recommended for new Secretaries

[Find out more »](#)

PI/CPC Workshop & Meeting

May 2, 2021 @ 6:00 pm - 7:00 pm
New member orientation starts at 5:30.

[Join Zoom Meeting](#)

Zoom Meeting ID: 745 839 980 Password: 903242

Urgent: PI/CPC committee chairperson needed; please click [here](#).

More information on the [PI/CPC Committee](#) page.

[Find out more »](#)

New Intergroup Rep Meeting-Virtual Zoom Only

May 5, 2021 @ 6:30 pm - 7:00 pm

[Join Zoom Meeting](#)

Meeting ID: 976 2387 0155

[Find out more »](#)

Intergroup Meeting-Virtual Zoom Only

May 5, 2021 @ 7:30 pm - 9:00 pm

[Join Zoom Meeting](#)

Meeting ID: 976 2387 0155

[Find out more »](#)

SOBER AND FREE PRESENTS...

ADVENTURE DOWN MEMORY LANE

5 Speakers speak to their over 100 years of strength in our SJ LGBTQ AA & Al-Anon fellowship.

Saturday, April 10th 4:30-6:30pm PST

ZOOM ID: 856.5612.9619
PASSCODE: fellowship

SOBERANDFREE.ORG

About our 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.



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Here's How it Works

- **Call** Central Office with your order. See hours above.
- We will take your order and credit card information.
- Your order will be available for curbside pick-up on:

Saturdays ONLY from 10am – 2pm