In this July issue:
Step Seven, Tradition Seven, and Humility

COIN Schedule of Topics .............................................. 2
Letter from the Editor .................................................. 3
Tradition of the Month ................................................. 4
Story, Art, Poetry, & Puzzle Submissions ......................... 5
Special Events ............................................................ 13
Writing for the COIN ................................................... 14
Central Office Information ............................................ 16
# COIN Schedule of Topics

<table>
<thead>
<tr>
<th>Newsletter Issue Month</th>
<th>Submission Deadline</th>
<th>Step &amp; Tradition</th>
<th>Virtue</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>20–12</td>
<td>1</td>
<td>Honesty</td>
</tr>
<tr>
<td>February</td>
<td>20–01</td>
<td>2</td>
<td>Hope</td>
</tr>
<tr>
<td>March</td>
<td>20–02</td>
<td>3</td>
<td>Faith</td>
</tr>
<tr>
<td>April</td>
<td>20–03</td>
<td>4</td>
<td>Courage</td>
</tr>
<tr>
<td>May</td>
<td>20–04</td>
<td>5</td>
<td>Integrity</td>
</tr>
<tr>
<td>June</td>
<td>20–05</td>
<td>6</td>
<td>Willingness</td>
</tr>
<tr>
<td>July</td>
<td>20–06</td>
<td>7</td>
<td>Humility</td>
</tr>
<tr>
<td>August</td>
<td>20–07</td>
<td>8</td>
<td>Love</td>
</tr>
<tr>
<td>September</td>
<td>20–08</td>
<td>9</td>
<td>Justice</td>
</tr>
<tr>
<td>October</td>
<td>20–09</td>
<td>10</td>
<td>Perseverance</td>
</tr>
<tr>
<td>November</td>
<td>20–10</td>
<td>11</td>
<td>Spiritual Awareness</td>
</tr>
<tr>
<td>December</td>
<td>20–11</td>
<td>12</td>
<td>Service</td>
</tr>
</tbody>
</table>

---

**Next Month’s Issue (August 2021)**

Topics: Step Eight, Love & Tradition Eight

Please email all submissions to coin@aasanjose.org

---

**Topics for July in this Issue**

**Step Seven**

*Humbly asked Him to remove our shortcomings.*

**Tradition Seven**

*Every AA group ought to be fully self-supporting, declining outside contributions.*

**Humility**

*Freedom from pride or arrogance. Modesty. Meekness.*


*“When pride comes, then comes disgrace, but with humility comes wisdom.”*  
— Proverbs 11:2
Letter from the Editor

Dear Readers,

One would believe that the Public Broadcasting Network (PBS) member supported, free of commercials would not be influenced by outside interests. Think again.

Many years ago, the television series This Old House featured a long-time host. When that host signed up to be the spokesman for Rickle Home Center, their competitor, Home Depot pulled their underwriting of the television series. PBS then fired the host and Home Depot restored their underwriting sponsorship.

If we in A.A. accept outside donations or gifts, then we are exposed to outside influences. We shouldn’t even accept free donuts for our meetings. An A.A. member may donate donuts as long as they paid for them. A.A. World Wide Services recommends that members should limit their A.A. donations to $3,000 per year.

We cherish the Seventh Tradition.

Sincerely,

Geena Louise
Your COIN Editor

The COIN is what the A.A. Fact File calls “A.A. Literature Produced by Local Groups.” The opinions are those of the individual authors and may or may not be representative of A.A. as a whole.
Tradition Seven

Every AA group ought to be fully self-supporting, declining outside contributions.

Long Form

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

Practice These Principles – Tradition Seven

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can’t afford it yet? How generous was I when tanked in a barroom?

2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?

3. If GSO runs short of funds some year, wouldn’t it be okay to let the government subsidize AA groups in hospitals and prisons?

4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate

5. Is a group treasurer’s report unimportant AA business? How does the treasurer feel about it?

6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?
Growing into Step 7

I have always considered steps 6 and 7 the most difficult for me - especially the seventh step. How could I possibly go to a Higher Power I didn’t believe in, much less understood, and then “humbly ask Him to remove our shortcomings”.

There were so many obstacles within just that suggestion that I was sure that even the asking was impossible. Any fleeting hope that the shortcomings would or could actually be removed would be squashed quickly.

As a result, the character defects that my sponsor and I identified when I did the fourth and fifth steps continued to be present for years, as well as being manifested in unwanted, unproductive behaviors. I remained sober all those years. But being unwilling to “humbly ask”, the shortcomings perpetuated themselves. I lived a life based on those identified fears for about two decades while sober.

Finally, the pain became a driving force, a touchstone. In various ways, other women suggested that I invite a Higher Power into my life. No matter how tenuous that relationship seemed, those suggestions have resulted in a much more recent willingness to ask, with a modicum of humility, for some relief from those same defects and fears.

My attempts at being humble and relying on a Higher Power to remove those shortcomings are imperfect at best. However now, 25 years later, there is a peace and serenity in actively practicing Step 7 that I had no idea was possible. I am quite sure the peace and serenity will only grow as my desire and ability to practice the 7th Step increases.

I am eternally grateful now for those who have already walked this path and continue to pave the way.

— Patty C
Focus on Women: Step Seven

When will we Change?

It’s up to our Higher Power and then our footwork. The best thing for us to do is cooperate with our Higher Power and be willing to change. Since you are aware of your behavior patterns, you will recognize a pattern before you act. Perhaps you will repeat the behavior before easing into letting it go. Don’t panic nor blame yourself. This is a learning process.

What is Humility?

It is an accurate picture of our abilities where we don’t minimize nor exaggerate our strengths. And we don’t minimize nor exaggerate our weaknesses. It is being right sized.

“The true way to be humble is not to stoop until you’re lower than yourself but to stand at your real height against some higher nature that will show you the smallness of your greatness.”

This is another paradox of recovery. We stand at our full height and claim the power that we do have: the power of choice, to take action, and to make decisions for ourselves. But we also know a Power greater than ourselves that is more vast than our individual selves. We can think of ourselves as a brilliant star—significant, yet small compared to the endless expanse of space around us.

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

Being humble means having a teachable mind and a coachable spirit. It involves listening to other people’s suggestions and acting on the suggestions that seem right for us. It our ability to be influenced by others. We remember that other people are human and imperfect. So we must still determine if those suggestions are good for us.

What Humility is Not

Humiliation it is not. Humiliation comes when we act selfishly, irresponsibly, recklessly, or carelessly in a way that harms others. In Steps 8 and 9 we get the
chance to make amends for those past behaviors. Step 7 enables us to avoid those issues going forward.

**Self-Acceptance**

Faithfully executing Step 6 gives us self-awareness. Practicing Step 7 enables us to grow into self-acceptance, giving up perfectionism, self-criticism, and fault finding. With growing self-acceptance, we can change. We accept that we can’t do everything ourselves. We don’t have to do it alone. We accept help from our Higher Power and our sobriety teammates.

**False Humility**

Many of us do not accept compliments gracefully. Someone might tell me that my shoes are beautiful and I might say “Oh, they are just from the discount store.” But, I am denying them the opportunity to be gracious. Instead I can simply say “Thank you very much.”

In a group of three, I told one person that the other person, with 25 years of sobriety, had a lot of sobriety wisdom. The complimented person objected saying “I don’t know about that.” When I said that wasn’t true humility, she got mad. I’m still not sure if I should have seized that as a teachable moment or not. She stays sober anyway. But I had to give up false humility for me to make progress.

- *Humility is not thinking less of yourself, it's thinking of yourself less.* — C. S. Lewis
- *Live as if you were to die tomorrow. Learn as if you were to live forever.* — Mahatma Gandhi
- *Pride makes us artificial and humility makes us real.* — Thomas Merton

— Geena Louise

**The Shopping-Cart Mental Attitude**

**Correcting My Neglectful Mental Shortcomings**

Directionless and defeated, bankrupt in every department, ashamed of all my many failures, I drank myself into oblivion every day/night wondering if things were ever going to change and where it was all going to end. How I got to that state of decline was a mystery, after all, weren’t my plans always noble. What went wrong?

What went right is the question I should have been asking myself. I had painted myself into the corner of life, and the booze had come to the end of whatever comfort it had afforded
me in the past. It was over for me and my flawed perception of life. Maybe I should try A.A., after all, what have I got to lose? (GOOD IDEA)

Amazed at what I heard in the meetings I was taking mental notes about how simple life was, and how my false vision of it in the past was my undoing. Maybe I should take a step back and not be in such a hurry to express my opinions, and to tell them how I do things. (GOOD START)

Listening to the metaphors, similes, and clichés, was extremely helpful, in that it kept reminding me that I had to change my way of looking at things. In the past, I usually did just the opposite of the things they were suggesting. Trying to catch myself doing something that I knew to be wrong, and correcting it on the spot, became a mission for me.

One day, about forty years ago, while trying to find a parking space in a crowded lot at the market, I found one, and as I pulled into it, I found that someone had pushed a shopping cart into the flower bed, and it impaired my access. I was a little perturbed at this when it occurred to me that this is what I would have done in the past myself. Next, I removed the cart, parked my car, and returned the cart to the rack, and went on about my business.

I have been doing this little discipline ever since and now, when I get out of my car, I almost always find a stray cart and return it to the rack. This is just one of my efforts that symbolize the unselfish mental attitudes that I should have had all along. I make my bed daily, I allow drivers in front of me on the highway, and I open doors for people when the opportunity presents itself. These actions cost me nothing.
Today, my conscience is clear and I no longer loath myself. This is what is important to me these days. My old selfish way of thinking would have me take every advantage to get ahead in a material way, but I would suffer in a spiritual sense. I need to stay vigilant at that level or I may let my ego return to the driver’s seat. Taking these disciplines into all my ventures of life has been a wonderful asset and I hope I never get complacent about these things.

Recently, I was handed an article from a sports newsletter written to instill character in the school sports programs and the writer commented that: “There are two kinds of people in the world, those that put the cart back in the rack, and those that make excuses for why they shouldn’t have to do it.” I mirthfully agree.

— Rick R.

Step 7 is a Conclusion

Step Seven Prayer: “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.” Amen.

There was true humility and deep surrender by asking God to “take all of me,” both the “good and bad.” This was an admission that I could not trust myself to differentiate between the two.

I almost drank after five months sobriety before going into the 12-step process with my sponsor. He wisely pointed out the obvious fact that my mind lied to me—It was not to be trusted! I needed a higher power (God) to see the truth about myself. What an ego-shattering revelation! Yet, it was necessary to give up on myself and trust God to take over my recovery. Someone said: “Self cannot rid self of self with self.”

I had asked God to remove the “bondage of self” in Step Three with only a scant idea of what that was, but Steps Four and Five provided a better view of my defects of character and shortcomings.

Bill W. stated that these words were to be used simultaneously or in the same context. Note that Step Seven on page 58 of Alcoholics Anonymous uses the word
“shortcomings” rather than “defects of character” as in the prayer above.

It is important to notice that the Seventh Step prayer concludes with the word “Amen” meaning “So be it” or indicating a conclusion. However, there is no “Amen” following the Third Step Prayer, or those in Steps Four, Five and Six! Why?

I think because Step Seven finally concludes the process. In Step Three we asked to be relieved of the bondage of self, but we did not know what that was until we did Steps Four and Five. But now, in Step Seven we know more precisely what we are asking God to remove from us as we go out to do his bidding. The process has been concluded, however, more will be revealed.

— Bob S

The All Encompassing Prayer
The Values I Learned as a Child

As I navigate my way through the program of Alcoholics Anonymous, with only a limited education, but a desire to learn all I can about life as it unfolds, it occurs to me that most of the things that the program teaches me are things I’ve have been taught before.

I learned the Ten Commandments in church. In the Boy Scouts, I learned that a scout is Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, and Reverent. In sports I learned of Teamwork and of Disappointment. In kindergarten, I learned to play fair in the sand box. I also heard of the Golden Rule. These things have been around long before me and even before A.A; so, where did I go wrong?

I, like most of us that come into the program, had a myriad of personal problems, and at first, I believed that those life issues including marital, legal, economic, physical, etc. were the cause of my drinking the way I did. At that time, I was not sophisticated enough to understand the ins and outs of these things. I am not sure that anyone can just drop what they have been conditioned to do just because they quit drinking. There must be more to it than that.

If at first, we are fortunate enough to envision the wonderful
life we can experience as the result of fully embracing this program, we will first, want to clear up the wreckage of the past. This we can do by thoroughly going through the steps in the spirit that they were intended, being careful not to hold back anything.

As we approach the twelfth step, we are introduced to the Saint Francis prayer in the *Twelve Steps and Twelve Traditions* (12 & 12). Francis was not a saint when he wrote this prayer, but he expresses that these virtues were the answer to all the misguided thinking of the past. Note that not one of his requests is for help with things that are of a selfish or material nature.

I am not affiliated with any religious organization, but I am not threatened by religious doctrines, and I agree with the statement on pg. 87 in the book *Alcoholics Anonymous* (Big Book). “Be quick to see where religious people are right. Make use of what they offer”.

I am sometimes honored when a newer member of the program asks for some guidance. I will usually suggest that he/she write out this prayer in long hand, paste it on his/her mirror and read it every day for a minimum of 30 days. I guarantee that it will influence your thinking for the rest of your life. It did for me. I do not know of a more practical thing to set the tone for a person’s interactions with others.

Thinking back on it, I always knew the right thing to do, but was not always strong enough to do it. I dismissed these things, not realizing the pain that would result as I lost my direction in life. The Saint Francis prayer is one of the ways in which the program suggests we revisit our early value system. It gives us some spiritual direction that deals with the change in our inner self, which, if we heal in that area, the material world will take care of itself. When faced with a sticky situation, I have a choice whether to escalate it or to back off and withdraw with love and understanding. After years of trying my best to live in the spirit of this prayer, it occurred to me that, as the result, I qualify in all those things I learned as a child, in church, in the Boy Scouts, in kindergarten, the golden rule, and in childhood sports. To me, it is an ALL-ENCOMPASSING SPIRITUAL roadmap.

— Rick R.
Practice these Principles and ...
## Birthday Contributions

<table>
<thead>
<tr>
<th>Birthday Celebrant</th>
<th>Years</th>
<th>Contributor</th>
<th>Birthday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sue H</td>
<td>10</td>
<td>Carol B</td>
<td>3/10/2011</td>
</tr>
<tr>
<td>David P</td>
<td>51</td>
<td>David P</td>
<td>3/15/1971</td>
</tr>
<tr>
<td>Wayne S</td>
<td>45</td>
<td>Wayne S</td>
<td>3/6/1980</td>
</tr>
<tr>
<td>Joyce B</td>
<td>30</td>
<td>Joyce B</td>
<td>4/19/1991</td>
</tr>
<tr>
<td>Paula D</td>
<td>13</td>
<td>John S</td>
<td>4/10/2008</td>
</tr>
<tr>
<td>Katie W</td>
<td>13</td>
<td>John S</td>
<td>4/30/2008</td>
</tr>
<tr>
<td>Kevin M</td>
<td>10</td>
<td>John S</td>
<td>4/11/2011</td>
</tr>
<tr>
<td>Louisa E</td>
<td>6</td>
<td>John S</td>
<td>4/1/2015</td>
</tr>
<tr>
<td>Cami L</td>
<td>16</td>
<td>John S</td>
<td>5/23/2005</td>
</tr>
<tr>
<td>Kelly A</td>
<td>13</td>
<td>John S</td>
<td>5/5/2008</td>
</tr>
<tr>
<td>Scott T</td>
<td>11</td>
<td>John S</td>
<td>5/25/2010</td>
</tr>
<tr>
<td>Terri G</td>
<td>1</td>
<td>John S</td>
<td>5/1/2020</td>
</tr>
<tr>
<td>Kate D</td>
<td>15</td>
<td>Carol B</td>
<td>5/1/2006</td>
</tr>
<tr>
<td>Anne S</td>
<td>9</td>
<td>Carol B</td>
<td>5/29/2012</td>
</tr>
<tr>
<td>William T</td>
<td>29</td>
<td>Anonymous</td>
<td>5/19/1992</td>
</tr>
<tr>
<td>Rebecca C</td>
<td>29</td>
<td>Carol B</td>
<td>6/22/1992</td>
</tr>
<tr>
<td>Sepi M</td>
<td>13</td>
<td>Carol B</td>
<td>6/15/2008</td>
</tr>
<tr>
<td>Elle B</td>
<td>10</td>
<td>Carol B</td>
<td>6/28/2011</td>
</tr>
<tr>
<td>Julie McC</td>
<td>12</td>
<td>John S</td>
<td>6/5/2009</td>
</tr>
<tr>
<td>Cameron O</td>
<td>12</td>
<td>John S</td>
<td>6/9/2009</td>
</tr>
<tr>
<td>Sonia C</td>
<td>11</td>
<td>John S</td>
<td>6/12/2010</td>
</tr>
<tr>
<td>Robbie R</td>
<td>59</td>
<td>Paul C &amp; Heidi R</td>
<td>6/11/1962</td>
</tr>
<tr>
<td>James K</td>
<td>51</td>
<td>James K</td>
<td>8/21/1970</td>
</tr>
</tbody>
</table>

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/contributions](https://aasanjose.org/contributions).
Special Events

Sampling of Single-Meeting Groups in Campbell

9:00 AM  Sun  Sizzler Group
12:00 PM  Sun  How is your Day Going
6:00 PM  Sun  No Matter What Your Present Circumstances
8:30 AM  Mon  Monday Miracles - Women
6:00 PM  Tue  Character Defect Freedom - Men
7:00 PM  Tue  Winchester Mystery - First United Methodist
8:30 AM  Wed  Wednesday Winners - Women
4:00 PM  Wed  We Will Recover, Young People's
8:30 AM  Fri  Friday Freedom - Women
5:30 PM  Fri  Newcomer Q&A
7:30 PM  Fri  Lesbians Living the Promises - Women
9:30 AM  Sat  Serenity Saturday - Women
12:00 PM  Sat  Steps to Sanity Edith Morley Park
8:00 PM  Sat  Principles in Progress Secular

Second Tradition Group

of Alcoholics Anonymous

Saturday Night 8PM Speaker Meeting

(Meeting will be on Zoom until Lincoln Glen opens)

Meeting ID: 959 843 175 Password: 214624
https://us02web.zoom.us/j/959843175?pwd=ZGhqb242Rk5aYmZTd0VqSmZbEpiQT09

Lincoln Glen Church, 2700 Booksin Ave., San Jose, CA

Upcoming Speakers.

<table>
<thead>
<tr>
<th>Date</th>
<th>Speaker</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 10th</td>
<td>Cindy C. from Los Angeles, CA</td>
<td></td>
</tr>
<tr>
<td>August 14th</td>
<td>Charlie H. from Searchlight, NV</td>
<td></td>
</tr>
<tr>
<td>September 4th</td>
<td>Claire H. from Dublin, CA</td>
<td></td>
</tr>
<tr>
<td>October 23rd</td>
<td>Karen T. from Antioch, CA</td>
<td></td>
</tr>
</tbody>
</table>

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
Danville – Diablo Speaker Meeting
Alcoholics Anonymous

1st Saturday of the Month
8:00 PM – Zoom Opens at 7:30pm PST

Birthday Celebration
Unfortunately, the Birthday Chip Drive Through has been CANCELLED JULY 2021 ONLY
See you Next Month!

General meeting inquiries or questions - danville.diablosm@gmail.com
Business Mtg – 1st Sunday at 4pm, Zoom 992 492 311, 121212. All are welcome to attend.

ZOOM ONLINE FORMAT
Zoom ID 948 2720 6866
Password 146975
Or Dial by your location
+1 669 900 9128 US (San Jose)

7th Tradition online contributions
at Zelle* and Venmo.

7th Tradition
Zelle account for electronic deposit:
Diablo Danville Alcoholics Anon
dsmsmtreas@gmail.com

*Zelle is affiliated with many banks. We recommend accessing through your online account.

Venmo account for electronic deposit:
Mark-Falgout-72
or QR Code

2021
July 3 – Wally P, Tucson, AZ
Aug 7 – Raymond M, Livonia, MI
Sept 4 – Baseball Dave, Concord, CA
Oct 9 – Jane L, Tallahassee, FL

NOTE: Oct Meeting is on the SECOND SATURDAY

Nov 6 – Kent C, Akron, OH
Dec 4 – Hillary R, Plano, TX

For Zoom link, more call in numbers, and 7th Tradition details visit web site:
dsmsm.org
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 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 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. 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!

Please see more details including style guide at https://aasanjose.org/writing-for-the-coin

Send your submissions to: coin@aasanjose.org
About our Central Office

Santa Clara County Central Office of A.A.
274 E. Hamilton Ave, Suite D
Campbell, CA 95008

Our Central Office is open 6 days per week for in-person book and literature sales, as well as other functions.

Monday, Tuesday, Wednesday 2:00 pm – 6:00 pm
Thursday, Friday, Saturday 10:00 am – 2:00 pm
Sunday: Closed

Details, Map, Calendar, Holiday Closings, and More:
https://aasanjose.org/central-office
408 889-1001 • info@aasanjose.org