In this August issue:
Step Eight, Tradition Eight, and Love

COIN Schedule of Topics ........................................... 2
Letter from the Editor ........................................... 3
Tradition of the Month ........................................... 4
Story, Art, Poetry, & Puzzle Submissions .......................... 5
Birthday Contributions ........................................... 16
Special Events ...................................................... 17
Writing for the COIN ................................................ 22
Central Office ....................................................... 23
COIN Schedule of Topics

Topics for August in this Issue

Step Eight

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

Tradition Eight

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Love

Strong affection for another arising out of kinship or personal ties. Affection based on admiration, benevolence, or common interests.

https://www.merriam-webster.com/dictionary/love

Next Month’s Issue (September 2021)

Topics: Step Nine, Justice & Tradition Nine

Please email all submissions to coin@aasanjose.org

<table>
<thead>
<tr>
<th>Newsletter Issue Month</th>
<th>Submission Deadline</th>
<th>Step &amp; Tradition</th>
<th>Virtue</th>
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<tr>
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<td>07–20</td>
<td>8</td>
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<td>08–20</td>
<td>9</td>
<td>Justice</td>
</tr>
<tr>
<td>October</td>
<td>09–20</td>
<td>10</td>
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</tr>
<tr>
<td>November</td>
<td>10–20</td>
<td>11</td>
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<tr>
<td>December</td>
<td>11–20</td>
<td>12</td>
<td>Service</td>
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Letter from the Editor

Dear Readers,

The A.A. 12-Step Program is simply stated, but hard to practice in real life. We may interpret the writings incorrectly. So, it’s important for us to share our experiences with others at group and individual meetings. A.A. literature has been written by imperfect humans. Only God is perfect.

Consider the Acceptance Paragraph from a personal story in Alcoholics Anonymous (the Big Book). It says “I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.”

The phrase “supposed to be” carries some baggage. One woman remained in an abusive relationship for another year since it seemed it was “supposed to be.”

A neutral way of expressing the idea is this: “I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is at this moment.”

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 Eight

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Long Form

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

Practice These Principles – Tradition Eight

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?

2. When I chafe about any particular Tradition, do I realize how it affects others?

3. Do I sometimes try to get some reward—even if not money—for my personal A.A. efforts?


5. Do I make an effort to understand what A.A. employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?

6. In my own A.A. life, have I any experiences which illustrate the wisdom of this Tradition?

7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet A.A. Tradition—How It Developed?
Focus on Women: Step Eight

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

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

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

— Helen Keller

Due to people pleasing, women may be driven to apologize inappropriately. “*False Urges to Apologize*” as Dr. Covington says. We may include people on our list to whom we did no harm.

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

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

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

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

— Attributed to many

When making amends, we do not discuss the other person’s harm to us. That would dilute our message. But we remember that we must hold others accountable. Everyone has responsibility in a relationship. Later, we may say something about how we were affected, but we risk coming across as resentful. A better approach is this: if a situation arises, we can take the opportunity to stand up for ourselves.
Without discounting another’s actions, we take responsibility for our actions. I often fell into the trap of cleaning my side of the street, then attempting to clean their side too. I was taking too much of the responsibility.

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

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

- She who does not trust enough, will not be trusted. – Lao Tzu
  — Geena Louise

I Used to Love Change

I knew that someday I would be the caretaker for my parents. I anticipated and accepted it. I knew this would be a chance to make living amends. When the time came for me to move in with them, I was relieved.

No longer did I have to explain again why their two-story townhouse was unsafe. No more wondering if the call from an unknown number was the hospital emergency room. No further worry about them causing a car accident. I could finally let go of my resentment that they wouldn’t let me, or my brother help them.

Although it was sad for me to leave my sober family in San Jose, I was willing to start a new life in Carlsbad (near San Diego). I’ve always welcomed geographic changes. I’ve moved over a dozen times in my adult life across four states and three time zones. I like exploring new places and experiencing new things. I get excited when things change.

To me, change is an opportunity to have life become bigger and better. I wonder, “What if this is best thing to happen to me? What if this turns out to be everything that I want?” I’m a cockeyed optimist. I like to focus on the possibilities in the future. It makes it easier to run away from my feelings about the past. Especially if those feelings are sadness and loss.

Once I arrived in Carlsbad, I did all the things that a sober member of
Alcoholics Anonymous should do. I attended 90 meetings in 90 days. I found a Sponsor and got a Sponsee. I chose a home group. I got into service as an Intergroup Rep. I started to look for my new “sobriety family.” I was hoping to find an LGBTQ fellowship to latch on to. I discovered that there is an LGBTQ+ Alano Club in San Diego, but it’s a 25-30 minute drive from Carlsbad and I didn’t want to be that far away from my parents. So, I attended meetings close to home. I was settling into sober life by making new friends, establishing a better relationship with my parents and brother, and enjoying a few trips to the beach.

My brother, his wife and son came over to celebrate my 55th birthday. It was March 15th, 2020. We discussed the unusual events that were happening in the world with the with the new coronavirus. A few days later, on March 19th, Gov. Newsom called for a Shelter in Place. In a flurry of Facebook, email, and text communication I found myself staring into eyes and living rooms of my San Jose brothers and sisters on my computer.

It was both bizarre and glorious. There were people I hadn’t seen in years. People that had moved out of San Jose a long time ago. Newcomers that were just starting their sober journey or coming back from a relapse. It was comforting to be at a meeting with people that I know and trust.

Fast forward to now, July 2021. Zoom meetings are closing as churches open up and welcome face to face meetings back into their buildings. My Sunday and Monday night meetings are no longer on zoom. My Saturday meeting will try to hybridize, but the technical part is proving to be challenging and I suspect it won’t be hybrid for long. Tuesday and Wednesday will likely go back to the brick and mortar rooms as soon as those facilities allow them back inside.

I find that I am saying goodbye to my San Jose sobriety family again. This time it’s deeper. This time I feel the sadness, the loss. I’m not distracted by the thrill of change. I’ve had a year and a half of seeing my friends every week. My friends. I didn’t have friends before sobriety. I never got too close to anyone. Cut ties and run. Just leave and don’t bring the memories. I didn’t want to feel the pain that comes with the loss of something reliable, dependable, steady.

Now the whole world is unsteady. Everything is changing every day and I
don’t like it. The one thing I could count on was my sobriety family, my friends. I realized that I’ve had relationships with these people for over 16 years. I loved them. I still do. I desperately miss hugging them, sitting next to one other at meetings, going to Coco’s after the meeting.

Now they are moving back to a semi-normal life. They’re together and I feel alone. I know I have my Higher Power and I have a San Jose meeting that will remain electronic. My heart feels heavy when I think about the people I won’t see every week.

This is the first time I’ve held the weight of loss and grief while at the same time gleefully holding the memories of the thrill I felt when I saw my friends on zoom meetings. The delight when newcomers got 30, 60, 90 days. The gentle joy, peace and ... serenity of knowing that I am never alone. I used to love change. Not so much anymore.

— Linda M.

Finding a New Home

Ideally, home is a safe place where one can retreat and recharge in order to return to the outside world to work, play, and grow. For many of us, our recovery “home” is the facility where we got sober and/or where we regularly attend meetings. The pandemic has denied us access to our recovery “homes,” but thankfully we were able to stay connected virtually. As society begins to re-open and meetings return to be in-person or hybrid, many of us look forward to returning to our place(s) of comfort where we can connect with other recovering alcoholics.

Unfortunately, for those who considered St. Mark’s Church their recovery “home,” we will not be able to return to that safe place with its brown tiled floor, tall windows that provide a view of those beautiful redwood trees that line the building, and the colorful mural that donned the back wall. St. Mark’s has been closed and will likely be sold in the near future.

I, like many others, got sober at St. Mark’s and for more than 30 years have been attending meetings there. I was overcome with sadness and struggled to accept that I would never return to that familiar room; but my grief lifted as one of my regular meetings found a new home. I joined the committee that worked to open a hybrid meeting starting June 19, 2021.

On that first Saturday morning, I walked in to the large, community meeting room at the Santa Clara First Baptist Church and knew I was home.
The room began to fill with the joyful sounds of connection that I had been missing during the pandemic. The room is light-filled and comfortable; it’s perfect.

Five meetings have made their new home at the Santa Clara First Baptist Church (SCFBC) located at 3111 Benton Street, Santa Clara.

The church sits across the street from Santa Clara High School on Benton in between Pomeroy and Kiely Blvd. There are large parking lots on the west and east side of the church buildings. The meeting room is adjacent to the east parking lot and you enter off the recently improved park that sits in the center of the church campus.

The five meetings are:

- **Monday 1:00 pm**
  Midday Women’s Group†

- **Wednesday 12:00 pm**
  Serenity Discussion†

- **Thursday 8:00 pm**
  Night G.O.D. Meeting

- **Friday 1:00 pm**
  Big Book Study

- **Saturday 9:30 am**
  Get Up & Go Women’s Meeting†

†Hybrid

All of these meetings have long histories of meeting in Santa Clara and are grateful for their previous hosts and to have found a new home at a convenient location within the city limits.

**Monday Midday Women’s Meeting**

The Monday Midday Women’s Meeting began over 50 years ago on Madison Avenue in Santa Clara. This location was host to many early meetings in Santa Clara. The women’s meeting later moved to Our Savior’s Lutheran Church at 1224 Winchester Blvd. in Santa Clara and met in the small nursery room upstairs. In 1978, the meeting moved essentially down the street and around the corner to St. Mark’s Church located at 1957 Pruneridge Ave. Santa Clara.

Originally, the meeting started at noon and lasted 90 minutes with a 10 minute break part way through to allow members to greet the newcomers. The meeting was attended by a potpourri of women: retirees, working professionals, stay-at-home moms, students, and those in between.

Later the meeting was shortened to 60 minutes as more and more members were working and could only
attend for their allowed lunch “hour.” The meeting time was moved from 12:00 to 1:00 to accommodate the families who picked their children up at St. Mark’s Preschool.

This meeting has celebrated birthdays the last Monday of every month by providing chips, presenting the birthday celebrants with a cupcake and enthusiastically singing “Happy Birthday.” This group has been a regular meeting for many women with long-time sobriety and has always focused on recovery studying the steps and traditions on a regular basis.

At its height, over 100 women attended every Monday – finding it a great way to start their week. At the start of the pandemic there was an average of 45 women attending every Monday gathering to share their experience, strength and hope with one another.

They began hosting a hybrid meeting on June 21, 2021 at SCFBC and look forward to the day when they can resume their monthly cupcake tradition.

**Wednesday Serenity Discussion Group**

As of 1980, this co-ed group was meeting at the First Presbyterian Church of Santa Clara at the corner of Homestead and San Tomas. Early members remember it being attended by 10-15 people in the early 1980’s. Over the years, it grew in membership attracting a wide variety of people, many professional working people. In the 1990’s, if you did not arrive early enough, you were left standing in one of the two doorways or the kitchen to take in all of the wisdom and enthusiasm that was shared by the speakers and members during one of the quickest hours of the week. The excitement for recovery was palpable and kept many of us coming back for more. The room was filled with laughter and hope.

In 2011, the church expanded their on-site school and the meeting had to move the members were determined to find a new home within the city limits. They were successful and found a new home at the S.E.S Hall on Lafayette Street in the Old Quad area of Santa Clara. Following the move, the meeting attendance waned, but a committed group of attendees continued to make this one of their regular meetings. Currently, approximately 25 people meet every Wednesday to share their stories and carry the message of recovery to those still suffering. On June 30, 2021, they
began hosting a hybrid meeting at SCFBC.

Thursday G.O.D. Meeting

This co-ed meeting used to meet at St. Mark’s Church on Thursday nights at 8:00 and an Al-Anon meeting met across hall. The A.A meeting was started in 1958 by Ben E. at St. Marks Church and was called the Thursday Night St. Mark’s Group. It remained at the same location for nearly 60 years when it moved to the Santa Clara First Baptist Church and was renamed G.O.D.

This group paved the way to finding the new home at SCFBC for many meetings. It continues to be a speaker discussion meeting and is attended by many Santa Clara residents. This group is now meeting in person and approximately 20 people regularly attend.

Friday Big Book Study

The Big Book is what we affectionately call our basic text *Alcoholics Anonymous*. This group was started in 2009 by members who missed the Big Book and the Step Study meetings that previously met on Tuesdays and Thursdays at St. Mark’s Church. These meetings had been started by Johnny O. and at one they focused on the steps and the other the Big Book.

At the Friday Big Book Study there is no speaker; they spend the hour reading from the Big Book. Each member reads a paragraph or two from the Big Book and then comment on what they just read. When they finish the book, they start all over again. They are known for their focus on recovery, study of the book, and great snacks. The meeting is usually attended by an average of 25 people. They did not meet during the pandemic and are excited to be back in person at the SCFBC.

Saturday Get Up and Go Women’s Meeting

This meeting informally began in the mid-1980’s at the chemical dependency treatment center operated at the O’Connor Hospital Annex that was located at the corner of Winchester Blvd. and Hamilton Ave. H&I brought meetings to that facility on Thursday nights where a few women would gather to talk about recovering from alcoholism. When the in-patient treatment program moved from the Annex to the 4th floor of O’Connor Hospital on O’Connor Drive, women “from the outside” began to
meet with patients on Saturday mornings either in a small meeting room or an alcove on the 4th Floor of the hospital. In the spirit of Step 12, A.A women came “from the outside” to share their experience, strength and hope with the patients beginning their recovery journey.

The first time the meeting was listed in the A.A Meeting Directory was in the Spring/Summer 1993 edition printed by Central Office. At that time it was named the “Get Up and Go Women’s Meeting.” They remained at O’Connor Hospital for many years but steadily outgrew the available space. In the spring of 2005, the meeting moved to St. Mark’s Church.

Unlike some meetings that wax and wane in attendance, this meeting has steadily grown in size but has never strayed from its primary purpose of carrying the message of recovery to other alcoholic women. When the meeting quickly transitioned to meeting via Zoom, there were regularly 120 women in attendance every Saturday mornings. Throughout the pandemic, attendance remained steady. Since meeting in a hybrid format, approximately 70 women are attending in persona and 70 women are attending via Zoom. Despite its larger size, this group continues to make carrying the message of recovery and welcoming women to the group a priority. The new space at SCFBC is a perfect new home for this large group of women who “get up and go” every Saturday morning.

Welcome Home

All of the groups now meeting at SCFBC are grateful to their prior hosts, particularly St. Mark’s Church, for their decades of hospitality. The Santa Clara First Baptist Church has generously opened their doors to so many groups and providing much needed technical support for those groups hosting in a hybrid format.

We are a program steeped in tradition and look forward to many years of meeting at the SCFBC, a place many will come to know as their recovery “home,” where lives are touched, connections are made and transformation occurs. You are invited to join us as we settle into our new home at 3111 Benton St. in Santa Clara.

— Annie K., a longtime member who sobered up in 1989 at the Monday Midday Women’s Group at St. Mark’s Church and attended all five of the meetings who have found their new home at Santa Clara First Baptist Church.

With Jill B., Kathy S., Fran H.
Step Eight: Making a list
How I Leveled the Playing Field

Like most of the steps, when I first surrendered and came to Alcoholics Anonymous (A.A.), I did not have a clue about the depth I would have to delve into my past behaviors to free myself from all the guilt and shame that resulted from them. I thought that all I would be talking about was my drinking habits.

When faced with the 12 steps I had my own way of being selective about what part of the suggestions I would embrace and which suggestions I would simply dismiss as *ok for you but not necessary for me*. I did not think my problems were about mental, emotional, and spiritual matters. If I could just stop drinking things would be just fine. It didn’t take long for me to realize what they were explaining to me about the wreckage of the past and how to relieve myself of the horrible memories that extended all the way back to my adolescent years.

I was one of the fortunate ones that lost the obsession to drink from the very first day so that was never a problem for me. I had taken Step One. I dismissed Steps Two and Three as being ok for the religious folks but I could do without them. Steps Four, Five, Eight and Nine were the ones that I did not want to face.

But by the time I was sober for about two years I finally let down my guard and did Steps Four and Five. The relief I got from being fearless and thorough about those two steps gave me the desire and courage to proceed through Steps Six and Seven. Those steps will never be finished as they are basically about spiritual growth concerning my thoughts and actions.

Then came Step 8 and the need to identify those people that I had harmed in the past to whom I would have to make amends. Can they be serious? I don’t think that a day ever went by during my drinking days that I didn’t do something to harm someone. This list would be endless.
With that thought in mind, I delayed doing it until I settled down and came up with an understanding that I could start my list and see where it would lead to.

I began with the people I let down the most such as my first wife, my son, my siblings, my mother, and my closest friends that were like family to me. Then I spiraled outward to the people I worked with or played with, such as golfing and fishing, etc. Then, as I started to remember all of those drinking buddies, bar tenders and girlfriends through all those years and I had to be realistic about it.

To do this, I could spend the rest of my life chasing people down to apologize and that is when I had to step on the brakes. Thinking that I would need to chase down all of those ships in the night was what held me back from doing it.

What I finally did was first, to be sure that I no longer did those regrettable deeds of yesterday so that I was not being hypocritical about it.

Then I handled the ones that were renting room in the front of my brain box. Then as I said, I spiraled outward and handled the ones that were closest to me. As time went on I found the occasion when I would run into an old friend and if I had anything left undone, I would ask him, “Have you ever done something that you really regretted?” His answer is usually, “Hell yes, who hasn’t? Then I say “Can we talk?” This leveled the playing field. Who can fault a person who, like him, has made mistakes, but then corrected them, made restitution and lives an honest unselfish life?

None of us are perfect. Do not be bogged down by over thinking this step. But on the other hand, be prepared to jump at the opportunity when it arrives.

— Rick R.
Sunlight of the Spirit Art Corner — Elizabeth M

Evolve and Grow in surprising ways.
Birthday Contributions

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

13th ANNUAL
LOS GATOS AA GROUPS

Picnic

Hosted by Saturday Morning Los Gatos & Los Gatos Spiritual Progress Group

SATURDAY, SEPTEMBER 11TH
11:00 AM to 4:00 PM

OAK MEADOW PARK
Picnic Areas 5 & 6 | 233 Blossom Hill Road

TICKETS $15
Includes BBQ & drinks. Kids under 10 are free.
Net proceeds benefit Central Office.
Please use Venmo code to purchase tickets
Please notate “picnic ticket”

RAFFLE PRIZES
Don’t miss out on our famous raffle prizes. Raffle tickets cost $1 each or $5 for 7. Available for purchase day of Picnic.

To donate raffle prizes or bring a side dish, please email spiritualprogress95030@gmail.com
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 - danvillediablosm@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.
Zelle account for electronic deposit:
Diablo Danville Alcoholics Anon
ddsmtreas@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:
ddsm.org
July 17th!!! - Come join us and help get Second Tradition up and running!
(We will be meeting in person at Lincoln Glen and on zoom!)
Meeting ID: 959 843 175 - Password: 214624

Lincoln Glen Church
2700 Booksin Ave.
San Jose, CA

Upcoming Speakers

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<tr>
<th>Date</th>
<th>Speaker</th>
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<td>(In person &amp; virtual) Hilda F. from Tujunga, CA</td>
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<td>Bruce E. from Eau Claire, WI</td>
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<td>Michealine F. from San Diego, CA</td>
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<td>Alison G. (in-person) from Salinas, CA</td>
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</tr>
<tr>
<td>November 6th</td>
<td></td>
<td>Jeffrey N. (in-person) from Novato, CA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>And many more…. (Missing dates are TBA)</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.
### Sampling of Gilroy In-Person Meetings

<table>
<thead>
<tr>
<th>Time</th>
<th>Day</th>
<th>Event</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00</td>
<td>PM</td>
<td>Mon Courage to Heal</td>
<td><a href="https://aasanjose.org/aa-meetings?courage-to-heal">https://aasanjose.org/aa-meetings?courage-to-heal</a></td>
</tr>
<tr>
<td>8:00</td>
<td>PM</td>
<td>Mon Monday Night Survivors</td>
<td><a href="https://aasanjose.org/aa-meetings?monday-night-survivors">https://aasanjose.org/aa-meetings?monday-night-survivors</a></td>
</tr>
<tr>
<td>6:30</td>
<td>AM</td>
<td>Tue Faith at Work</td>
<td><a href="https://aasanjose.org/aa-meetings?faith-at-work-4-2">https://aasanjose.org/aa-meetings?faith-at-work-4-2</a></td>
</tr>
<tr>
<td>7:30</td>
<td>AM</td>
<td>Tue Soon to be Named</td>
<td><a href="https://aasanjose.org/aa-meetings?faith-at-work-4-3">https://aasanjose.org/aa-meetings?faith-at-work-4-3</a></td>
</tr>
<tr>
<td>7:30</td>
<td>AM</td>
<td>Wed Soon to be Named</td>
<td><a href="https://aasanjose.org/aa-meetings?faith-at-work-5-3">https://aasanjose.org/aa-meetings?faith-at-work-5-3</a></td>
</tr>
<tr>
<td>6:30</td>
<td>AM</td>
<td>Thu Faith at Work</td>
<td><a href="https://aasanjose.org/aa-meetings?faith-at-work-3-2">https://aasanjose.org/aa-meetings?faith-at-work-3-2</a></td>
</tr>
<tr>
<td>7:30</td>
<td>AM</td>
<td>Thu Soon to be Named</td>
<td><a href="https://aasanjose.org/aa-meetings?faith-at-work-3-3">https://aasanjose.org/aa-meetings?faith-at-work-3-3</a></td>
</tr>
<tr>
<td>6:00</td>
<td>PM</td>
<td>Thu Thursday Discussion</td>
<td><a href="https://aasanjose.org/aa-meetings?thursday-discussion">https://aasanjose.org/aa-meetings?thursday-discussion</a></td>
</tr>
<tr>
<td>6:30</td>
<td>AM</td>
<td>Fri Faith at Work</td>
<td><a href="https://aasanjose.org/aa-meetings?faith-at-work-6">https://aasanjose.org/aa-meetings?faith-at-work-6</a></td>
</tr>
<tr>
<td>7:30</td>
<td>AM</td>
<td>Fri Soon to be Named</td>
<td><a href="https://aasanjose.org/aa-meetings?faith-at-work-7">https://aasanjose.org/aa-meetings?faith-at-work-7</a></td>
</tr>
<tr>
<td>9:00</td>
<td>AM</td>
<td>Sat Wake Up Meeting</td>
<td><a href="https://aasanjose.org/aa-meetings?wake-up-meeting">https://aasanjose.org/aa-meetings?wake-up-meeting</a></td>
</tr>
</tbody>
</table>

### Sampling of Saratoga Meetings

<table>
<thead>
<tr>
<th>Time</th>
<th>Day</th>
<th>Event</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15</td>
<td>PM</td>
<td>Tue Night Saratoga Group</td>
<td><a href="https://aasanjose.org/aa-meetings?meeting=tuesday-night-saratoga-group">https://aasanjose.org/aa-meetings?meeting=tuesday-night-saratoga-group</a></td>
</tr>
<tr>
<td>10:00</td>
<td>PM</td>
<td>Tue Ten O’Clock High</td>
<td><a href="https://aasanjose.org/aa-meetings?meeting=ten-o'clock-high">https://aasanjose.org/aa-meetings?meeting=ten-o'clock-high</a></td>
</tr>
<tr>
<td>7:30</td>
<td>PM</td>
<td>Wed 12 Keys to Freedom</td>
<td><a href="https://aasanjose.org/aa-meetings?meeting=12-keys-to-freedom">https://aasanjose.org/aa-meetings?meeting=12-keys-to-freedom</a></td>
</tr>
<tr>
<td>10:00</td>
<td>PM</td>
<td>Thu Ten O’Clock High</td>
<td><a href="https://aasanjose.org/aa-meetings?meeting=ten-o'clock-high-2">https://aasanjose.org/aa-meetings?meeting=ten-o'clock-high-2</a></td>
</tr>
<tr>
<td>6:30</td>
<td>PM</td>
<td>Fri We Agnostics 12-Step Meeting</td>
<td><a href="https://aasanjose.org/aa-meetings?meeting=we-agnostics-12-step-meeting">https://aasanjose.org/aa-meetings?meeting=we-agnostics-12-step-meeting</a></td>
</tr>
</tbody>
</table>
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. 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@aasanjose.org
Santa Clara County Central Office of A.A.
274 E. Hamilton Ave, Suite D, Campbell, CA 95008
Open 6 days a week for in-person book and literature sales, and more.

**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