

In this September issue:  
Step Nine, Tradition Nine,  
and Justice

It's going to take  
as long as  
it takes  
so  
be gentle  
on yourself

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# COIN Schedule of Topics

## Topics for September in this Issue

### Step Nine

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

### Tradition Nine

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

**Justice** <https://www.merriam-webster.com/dictionary/justice>

The maintenance or administration of what is **just** especially by the impartial adjustment of conflicting claims.

**Just:** acting or being in conformity with what is morally upright or good.



*“There is a higher court than courts of justice and that is the court of conscience. It supersedes all other courts.” – Mahatma Gandhi*

## Next Month’s Issue (October 2021)

Topics: Step Ten, Tradition Ten, & Perseverance

Please email all submissions to [coin@aasanjose.org](mailto:coin@aasanjose.org)

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

## Letter from the Editor

Dear Readers,

Tradition Nine states *"Rotating leadership is the best."* This applies to all service positions: secretary, coffee maker, intergroup representative, COIN Editor, and more.

A leadership role should not exhaust people. Roles should rotate to bring out the best of the team. Not rotating roles creates a dependency towards so-called experts that can drive group-thinking. When team members challenge the 'experts' — growth and innovation happen.

Like others, I have inspirations, preferences, blind spots, and priorities. I may leave a lasting mark on the COIN or maybe not. About 10 years ago, I submitted an article to the COIN. The editor of the COIN at the time rejected the article. Just last year, the then COIN Editor decided to publish that article. I was thrilled.

Now, amazingly enough, I am the COIN Editor. " I complete a candidate issue, the Director of Operations reviews it, I make changes, and then we publish.

Using Jewish terminology, A.A. members might be Orthodox or Reformed. As the United Church of Christ says *"God is still speaking."* A.A. must evolve. We must avoid stagnation and complacency. A.A. needs to be dynamic and growing into the 21<sup>st</sup> Century, yet still be united. *"For on AA unity depend our lives, and the lives of those to come."*

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.

**COIN Editor-in-Chief: Geena Louise**

**Director of Operations: Toni, Website: Phil**

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

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## **Tradition Nine**

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

### **Long Form**

Each AA group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary.

The trustees of the General Service Board are, in effect, our AA General Service Committee. They are the custodians of our AA Tradition and the receivers of voluntary AA contributions by which we maintain our AA General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principle newspaper, the AA Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in AA are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

### **Practice These Principles – Tradition Nine**

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

## Focus on Women: Step Nine

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

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



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

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

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

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

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

We pay for things we stole. Some of us go into the store, ask for the manager, apologize, and compensate for their loss. Others remain anonymous and mail the store a cashier's check. For a large sum,

making and executing a payment plan over several months is an option.

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



Many of us that would hide our feelings were emotionally dishonest. Our living amends may be to speak up for ourselves. By doing this, other people may be irritated by our change. But we owe it to others to be honest so that we can have a real relationship.

Also, it is easier for us to stay sober if we avoid the resentments that arise

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

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

— Dr. Stephanie Covington, *A Women’s Way Through the Twelve Steps*

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

— Geena Louise

## **I am Just Learning How to do Life.**

### **Right Back at You Grand-Pa**

When my grandson was in preschool, and after many hours with him, we talked about everything from stars and space to bugs and animals, I tried to give him the best perspective I could about how to respond to life issues at a level that he could understand.

He came home from school one day and told me that one of the boys in his

class was being bad and had gotten into trouble. I tried to explain to him that the boy was not bad, he was just misbehaving and that he was too young to be bad. (5yrs. old) I explained to him that maybe that boy did not have someone who could teach him how to behave properly.

He continued the conversation and asked, *“Grandpa, if someone said I was a bad boy.”* I stopped him in midsentence and asked, *“Who said that you were a bad boy?”* He replied, *“No one, but if they did?”* I stopped him again and said, if anyone says that you’re a bad boy, you can just say, *“I’m not a bad boy, I’m just a kid learning how to do life.”*

At a meeting shortly thereafter, the topic was on resentment. For lack of a better analogy, I told the story of my grandson and how I look at everyone in the same way. Most people act out to compensate for deeper rooted emotional problems. None of us are perfect. We all have shortcomings. For me to condemn someone else, who may be plagued by these things and has not resolved them yet, would be like piling on. I always feel worse when I resort back to those old behaviors.

I should never let my emotions, or my ego draw me into conflict with other troubled people. I must always try to take the high road in these

situations. But what about when other people cross my boundaries in a negative way. Do I have to be a doormat? No, I do not have to participate in it with them, if there is a way to remove myself from the situation, but I should not be judgmental either. I must refrain from pointing out that other person’s faults.



To me, they are like my grandson’s little classmate. They are all similar to kids learning how to do life. For me to engage in criticism in that situation would be like two old men in a care facility hitting each other with their canes because one was not walking fast enough for the other. It sounds funny, but we do it every day. I am no better or worse than the next man. I may be further along the path than him, but no better. I pray for understanding and compassion in these situations. I must never judge a person on their surface behavior. I must have the strength to look deeper.

We are all just like those to kids learning how to do life.



A few months .” that discussion with my grandson, we were running a little late taking him to his Taekwondo class. He was in his child seat behind us in the car. I was bickering with my wife about getting there on time when he interrupted us saying “Guys, I can hear you.” I responded by saying, “You should have been ready yourself.” He responded, “Grandpa, I am not a bad boy, I am just a kid learning how to do life.” My wife and I broke out in laughter. God, I love that kid.

— Rick R.

## Reborn

*Alcoholics Anonymous* (The Big Book) amazingly promises that we will be “reborn” (p. 63).

In Big Book context, Bill Wilson may have been referring to Dr. Carl Jung’s description of a spiritual experience: “*Ideas, emotions, and attitudes, which were once the guiding*

*forces of the lives of these men are suddenly cast to one side and replaced by a completely new set of conceptions and motives ...*” (p. 27) Of course, Bill himself had a near similar experience at Towns Hospital (p. 14).

I had a similar experience when I was about three months sober but had not yet worked the steps.



One late night while meditating on a pier of rocks protruding into the ocean in Santa Monica, California, I was overcome with a tremendous surge of energy and joy that sent me sprinting down the beach. This lasted a long time but had dissipated by the next morning. It occurred to me that I had experienced the same as Bill Wilson on page 14—perhaps, I too had become “reborn!”

Alas, two months later I marched into a bar and almost ordered a gin and tonic. Thank God I didn’t. I certainly had not had the Big Book definition of a spiritual experience: “*A personality change sufficient to bring*

about recovery from alcoholism.” (p. 567).



But as time passes, I realize that God has removed the mental obsession to drink alcohol so long as I remain in a fit spiritual condition. Indeed, the 10<sup>th</sup> step promise on page 85 has happened: *“The problem (mental obsession) has been removed. It does not exist for us.”* In this context, I have been reborn!

– Bob S.

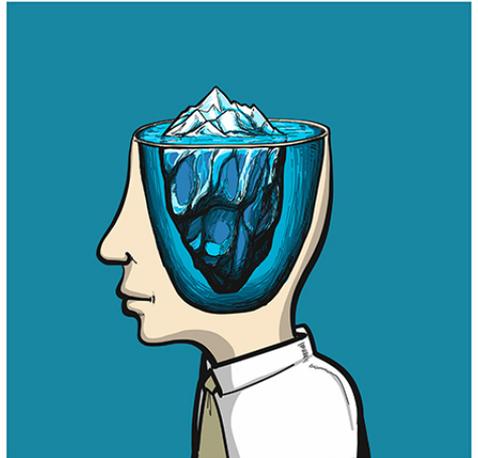
## Step Nine: The Promise of Intuition

### We Will Know Peace

*“We will intuitively know how to handle situations which used to baffle us.”* (Alcoholics Anonymous, p. 84) How many times in your life have you been faced with a decision, and you did not know what to do about it? Then a day and a half later, you awakened in the middle of the night, sat up in bed, and said to yourself, *“A-hah”*, and went

right back to sleep? Somehow the answer came to you without having to go through days of research.

In the early days of 1970, I was going through a course on human behavior and the instructor was trying to describe how the brain functions. He explained that the human brain has approximately ten billion cells and we only use about one billion of them. He then explained that these cells store everything we experience in our lifetime. The more current events are easier to remember than the things that are off in the distant past, but they are all in there somewhere.



He then likened it to a file system where, if you ask a question, the more current answers come immediately, but for those more distant memories, the brain starts searching the files and it may take a while eventually the answer will come.

With all the mental chaos that we bring with us when we enter the A.A. program, we have a lot of, what I refer to as, unlearning to do. We go through the process of trying to rid ourselves of alcoholic thinking and to replace it with sound principles and values. If we are fortunate enough to buy in completely, and do a thorough job of house-cleaning, so to speak, we can start using the ideas that we hear of, and others used successfully, and we get a surprisingly good result.

We may hear as many as twenty or thirty people share at any given meeting. Can we remember everything we hear? To me, the answer is yes. I could come up with a dozen boilerplate A.A. clichés about how the answers come to me but it does not get any simpler than the mental file cabinet theory.

Sometimes it seems to me that I am learning when I am not even listening. It is like getting it through osmosis. If you have ever heard of the police trying to get a witness to remember a license plate number by hypnotizing that person, you understand what I mean. It is in the unconscious and there is a curtain-like screen between the conscious and unconscious mind. This is what keeps us from going mad due to the busyness of it all.

I never underestimate the capacity of my mind when it comes to problem solving. Attending A.A. meetings on a regular basis, interacting with the people who have had similar experiences, and have found similar solutions to their problems – gives me a very encouraging outlook for the future.



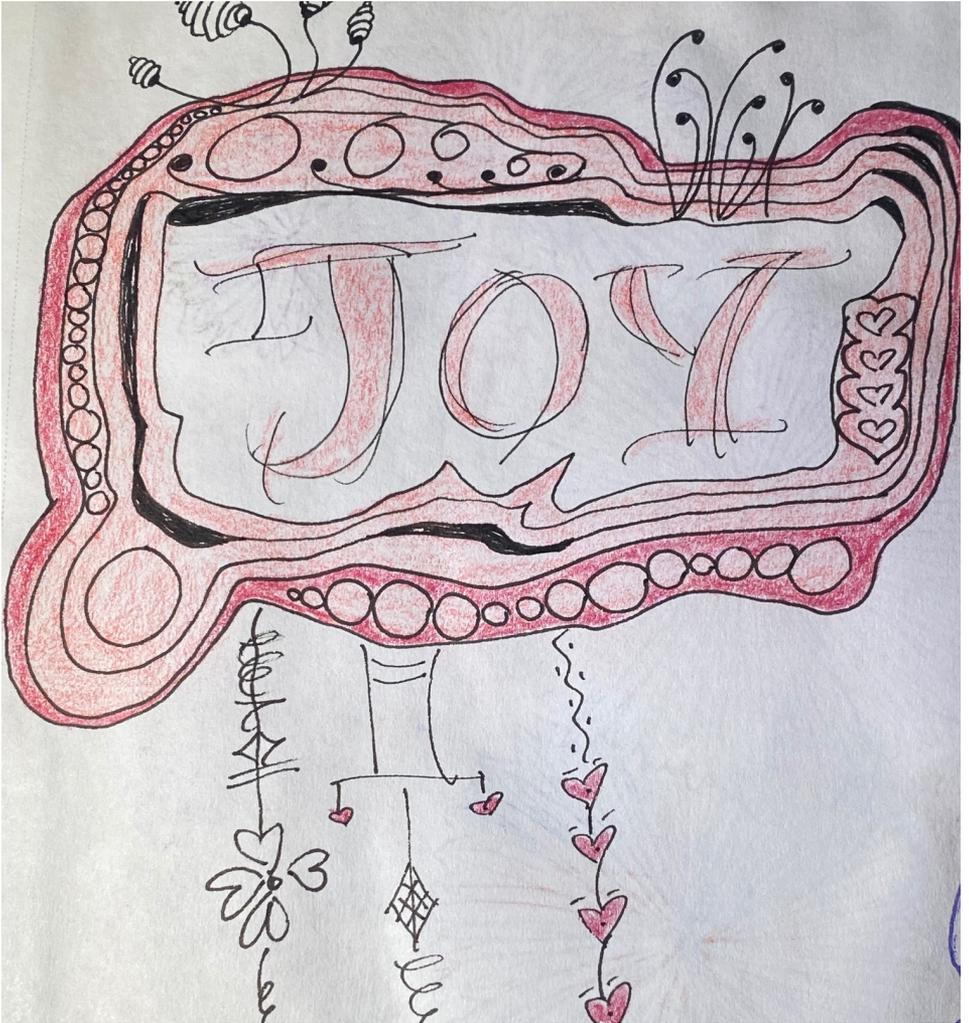
Many of the answers that I am seeking are right in front of my face and some are deeper in the file cabinet. Most of the time, when faced with the dilemma that is causing me any kind of distress, I can refer to my simple request of my higher power. God, please show me to do and please give me the strength to do it. I do not do well on my own. It is surprising how often I awake in the middle of the night, say “A-hah”, and go back to sleep again. It seems that intuitively the answers come.

— Rick R.

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Sunlight of the Spirit Art Corner — Elizabeth M

Happy, Joyous, and Free.



# Birthday Contributions

Birthday Celebrant	Contributor	Birthday	Years
Carol B.	Theresa H.	8/16/1992	29

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>.

## 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](mailto:spiritualprogress95030@gmail.com)



# Danville – Diablo Speaker Meeting

## Alcoholics Anonymous

1<sup>st</sup> 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!

6/6/21

General meeting inquiries or questions - danvillediablosm@gmail.com  
Business Mtg – 1<sup>st</sup> 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)

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**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

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



# **Second Tradition Group**

of Alcoholics Anonymous

*Saturday Night 8PM Speaker Meeting*

**July 17<sup>th</sup>!!! - 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***

<b>July 17<sup>th</sup></b>	<b>(In person &amp; virtual)</b>	<b>Hilda F. from Tujunga, CA</b>
<b>July 24<sup>th</sup></b>		<b>Bruce E. from Eau Claire, WI</b>
<b>July 31<sup>st</sup></b>		<b>Michealine F. from San Diego, CA</b>
<b>August 7<sup>th</sup></b>		<b>Alison G. (in-person) from Salinas, CA</b>
<b>August 14<sup>th</sup></b>		<b>Charlie H. (in-person) from Searchlight, NV</b>
<b>August 21<sup>st</sup></b>		<b>Paul Mc. from Rockaway Beach, NY</b>
<b>September 4<sup>th</sup></b>		<b>Claire H. (in-person) from Dublin, CA</b>
<b>September 11<sup>th</sup></b>		<b>Bob D. (in-person) from Las Vegas, NV</b>
<b>September 25<sup>th</sup></b>		<b>Luther B. (in-person) from San Jose, CA</b>
<b>October 16<sup>th</sup></b>		<b>Mike D, (in-person) from Castic, CA</b>
<b>October 23<sup>rd</sup></b>		<b>Karen T. (in-person) from Antioch, CA</b>
<b>November 6<sup>th</sup></b>		<b>Jeffrey N. (in-person) from Novato, CA</b>

*And many more.... (Missing dates are TBA)*

*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 Willow Glen Meetings

7:00 PM	Sun	<a href="https://aasanjose.org/aa-meetings?meeting=grupo-2">https://aasanjose.org/aa-meetings?meeting=grupo-2</a>	Grupo un Regalo de Vida
8:00 PM	Sun	<a href="https://aasanjose.org/aa-meetings?meeting=sunday-night-recovery">https://aasanjose.org/aa-meetings?meeting=sunday-night-recovery</a>	Sun Night Recovery
12:00 PM	Mon	<a href="https://aasanjose.org/aa-meetings?meeting=sufficient-substitute">https://aasanjose.org/aa-meetings?meeting=sufficient-substitute</a>	Sufficient Substitute
7:00 PM	Mon	<a href="https://aasanjose.org/aa-meetings?meeting=no-somos-santos">https://aasanjose.org/aa-meetings?meeting=no-somos-santos</a>	No Somos Santos
12:00 PM	Tue	<a href="https://aasanjose.org/aa-meetings?meeting=sufficient-substitute-2">https://aasanjose.org/aa-meetings?meeting=sufficient-substitute-2</a>	Sufficient Substitute
7:00 PM	Tue	<a href="https://aasanjose.org/aa-meetings?meeting=enciende-una-luz-mujeres">https://aasanjose.org/aa-meetings?meeting=enciende-una-luz-mujeres</a>	Enciende Una Luz - Mujeres Women
7:00 PM	Tue	<a href="https://aasanjose.org/aa-meetings?meeting=spiritual-awakening">https://aasanjose.org/aa-meetings?meeting=spiritual-awakening</a>	Spiritual Awakening
7:30 PM	Tue	<a href="https://aasanjose.org/aa-meetings?meeting=free-to-be-me-2">https://aasanjose.org/aa-meetings?meeting=free-to-be-me-2</a>	Free to be me - Women
12:00 PM	Wed	<a href="https://aasanjose.org/aa-meetings?meeting=sufficient-substitute-3">https://aasanjose.org/aa-meetings?meeting=sufficient-substitute-3</a>	Sufficient Substitute
6:00 PM	Wed	<a href="https://aasanjose.org/aa-meetings?meeting=women-on-the-move">https://aasanjose.org/aa-meetings?meeting=women-on-the-move</a>	Women on the Move
6:00 PM	Wed	<a href="https://aasanjose.org/aa-meetings?meeting=d-i-v-a">https://aasanjose.org/aa-meetings?meeting=d-i-v-a</a>	D.I.V.A. - Women
6:00 PM	Wed	<a href="https://aasanjose.org/aa-meetings?meeting=better-way-of-living">https://aasanjose.org/aa-meetings?meeting=better-way-of-living</a>	Better Way of Living
6:30 PM	Wed	<a href="https://aasanjose.org/aa-meetings?meeting=gay-daily-reflections-meeting">https://aasanjose.org/aa-meetings?meeting=gay-daily-reflections-meeting</a>	Gay Daily Reflections
7:00 PM	Wed	<a href="https://aasanjose.org/aa-meetings?meeting=grupo-un-regalo-de-vida-3">https://aasanjose.org/aa-meetings?meeting=grupo-un-regalo-de-vida-3</a>	Grupo un Regalo de Vida
12:00 PM	Thu	<a href="https://aasanjose.org/aa-meetings?meeting=sufficient-substitute-4">https://aasanjose.org/aa-meetings?meeting=sufficient-substitute-4</a>	Sufficient Substitute
7:00 PM	Thu	<a href="https://aasanjose.org/aa-meetings?meeting=womens-step-topics">https://aasanjose.org/aa-meetings?meeting=womens-step-topics</a>	Women's Step Topics
7:00 PM	Thu	<a href="https://aasanjose.org/aa-meetings?meeting=no-somos-santos-2">https://aasanjose.org/aa-meetings?meeting=no-somos-santos-2</a>	No Somos Santos
5:30 PM	Fri	<a href="https://aasanjose.org/aa-meetings?meeting=happy-hour">https://aasanjose.org/aa-meetings?meeting=happy-hour</a>	Happy Hour
7:30 AM	Sat	<a href="https://aasanjose.org/aa-meetings?meeting=women-to-women">https://aasanjose.org/aa-meetings?meeting=women-to-women</a>	Women to Women
7:30 AM	Sat	<a href="https://aasanjose.org/aa-meetings?meeting=in-the-solution">https://aasanjose.org/aa-meetings?meeting=in-the-solution</a>	In the Solution
1:30 PM	Sat	<a href="https://aasanjose.org/aa-meetings?meeting=gratitude-group">https://aasanjose.org/aa-meetings?meeting=gratitude-group</a>	Gratitude Group
6:00 PM	Sat	<a href="https://aasanjose.org/aa-meetings?meeting=newcomers-oldtimers">https://aasanjose.org/aa-meetings?meeting=newcomers-oldtimers</a>	Newcomers, Oldtimers - Women
6:30 PM	Sat	<a href="https://aasanjose.org/aa-meetings?meeting=gay-lesbian-topic-discussion">https://aasanjose.org/aa-meetings?meeting=gay-lesbian-topic-discussion</a>	LGBTQ+ Big Book Topic Discussion
7:00 PM	Sat	<a href="https://aasanjose.org/aa-meetings?meeting=grupo">https://aasanjose.org/aa-meetings?meeting=grupo</a>	Grupo un Regalo de Vida
8:00 PM	Sat	<a href="https://aasanjose.org/aa-meetings?meeting=second-tradition-group-speaker-meeting">https://aasanjose.org/aa-meetings?meeting=second-tradition-group-speaker-meeting</a>	Second Tradition Group Speaker

## 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@asaanjose.org](mailto:coin@asaanjose.org)



*For all the cruelty and hardship of our world, we are not mere prisoners of fate. Our actions matter, and can bend history in the direction of justice.*

– Barak Obama

Santa Clara County Central Office of A.A.

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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**



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