



In this October issue:
Step Ten, Tradition Ten,
and Perseverance

COIN Schedule of Topics	2
Resources	3
Letter from the Editor	4
Tradition of the Month	5
Story, Art, Poetry, & Puzzle Submissions	6
Sampling of Meetings	14
Writing for the COIN	15
Central Office	17

COIN Schedule of Topics

Topics for September in this Issue

Step Ten

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition Ten

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Perseverance <https://www.merriam-webster.com/dictionary/perseverance>

The quality that allows someone to continue trying to do something even though it is difficult.

“Success is not final, failure is not fatal: It is the courage to continue that counts.” – Winston Churchill

Next Month’s Issue (November 2021)

Topics: Step Eleven, Tradition Eleven, & Spiritual Awareness

Please email all submissions to 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

Resources

- **Contributions**
<https://aasanjose.org/contributions>
- **Calendar of Events**
<https://aasanjose.org/events>
- **Service Opportunities**
<https://aasanjose.org/service>
- **Financials/Minutes**
<https://aasanjose.org/central-office-financials-and-intergroup-minutes>
- **Celebrating Sobriety Birthdays**
<https://aasanjose.org/celebrating-birthdays>
- **Meeting Guide**
<https://aasanjose.org/meetings>
- **Central Office Information**
<https://aasanjose.org/central-office>
- **COIN – Central Office Intergroup Newsletter**
<https://aasanjose.org/coin>
- **Intergroup Information & Orientation**
<https://aasanjose.org/intergroup-orientation>

Letter from the Editor

Dear Readers,

The Tenth Tradition keeps A.A. out of disputes with the rest of society. We have no agenda on outside issues such as alcohol laws, voting rights, marriage definition, immigration policy, environmental protection, pandemic mandates, and others.

Many of us have personal opinions about these issues, but we speak on them as individuals without bringing the name of A.A. into it. Many of us disagree about these things. We don't want those differences to get in the way of helping each other to stay sober. We agree that working the 12 Step A.A. program is the solution to the drink problem.

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

The COIN is published on behalf of the Santa Clara County Intergroup Service Group of Alcoholics Anonymous (Intergroup). Opinions expressed are the writers', and publication of any article, event, or other information does not imply endorsement by Alcoholics Anonymous, Intergroup, or Central Office. Quotations from A.A. books and pamphlets, and the Twelve Steps and Twelve Traditions are reprinted with permission of A.A. World Services, Inc.

Tradition Ten

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Long Form

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Practice These Principles – Tradition Ten

1. Do I ever give the impression that there really is an “A.A. opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “A.A. opinion?”
3. What in A.A. history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own A.A. life?
5. What would A.A. be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside A.A.? Inside A.A.?

My Pot of Gold At the End of My Rainbow

The discovery of A.A., these groups of drunks, who are like me, who speak my heart story, is like manna from heaven. I never knew I could ever be part of something like this.



My journey with A.A. has been up and down since entering it through zoom a year ago. There really is no other place my misfit self feels at home. I have never had true women friends in my life, and to find the few women I have is incredible.

This is not to say my A.A. experience was perfect. I am dually-diagnosed with depression and other mood disorders. I also had to discern which A.A. groups were for me. I had and still have a lot of black and white thinking with groups in A.A.. I have grown so much since being in A.A. because in the beginning my aim was

to be able to speak in every single meeting and if I didn't, then the women were against me and didn't like me.

This kind of stinking thinking did not deter me from doing 90 meetings in 90 days. Something inside of me kept trying different meetings and that to me is my higher power working in my life. I was on a pink cloud in the beginning and it continues to ebb and flow, but drinking will never be the same after coming into these rooms. I have had these "aha" moments and each time I don't discredit it. A.A. is still my pot of gold at the end of my rainbow.

– Cat

Where Is the Hamburger? The Real Problem Lies Between Our Ears

The disease of alcoholism is difficult to understand in a world that looks at everything in a logical way. Many of the members of Alcoholics Anonymous spend years struggling to find the answers to this complicated malady. Our behavior while drinking often becomes the focus of our attempt to deal with this problem. It is logical to think that a person can just quit drinking when it starts to become a problem. We know that this kind of logic does not work on alcoholism, but

why not? If you remove the alcohol from the equation, someone's problems should diminish and things should return to normal, right? That seems logical but the real problem lies between our ears.

I was listening to a local sportscaster on the radio talking about his sparse college days when he was cramming for exams and working long into the night. He got hungry and ran out to the market to pick up something he could heat up for a quick meal. He purchased a box of Hamburger Helper, ran back to the dorm and opened the package. The first thing out of his mouth was, "*Where's the hamburger?*" He was not aware that there is no hamburger in Hamburger Helper. All the ingredients were there; all he needed to do was to add the hamburger; then he would have a meal.

That scenario is like the way I have come to understand the disease of alcoholism. Many of us may have been alcoholics long before we ever took our first drink. All the ingredients of alcoholism were there, and all we needed to do was to add the alcohol; then, we had a meal.

The ingredients for alcoholism are not all that obvious. They are often intangible; however, *The Big Book (Alcoholics Anonymous)* and *The*

12&12 (Twelve Steps and Twelve Traditions) have addressed most of them. They are referred to as spiritual maladies, fears, immaturity, grandiosity, selfishness, dishonesty, guilt, shame etc. These things, and many other subtler issues, are the root cause of our inability to function without the use of alcohol or other mind-altering drugs. The term "mind altering" is a clue to where the trouble starts.

I believe that alcohol worked temporarily by the relief it gave me as it masked all those irrational fears that we alcoholics experience and the peace of mind we experienced midway through our second drink. Alcoholism is a progressive disease. It requires us to increase our intake to keep up with that progression until we are out of control, and try as we might, we can never regain that control. That is the delusion that all alcoholics are faced with. I am not sure that any of us can pick the day that we can abandon that delusion.

When that day comes, if we remove the alcohol from the menu, but fail to address the other difficult ingredients in a systematic way, we have little chance of experiencing a happy and successful recovery. Just knowing about them is not enough. We will need to practice the principles of *Alcoholics Anonymous* on every one of

these destructive character traits if we are to experience the freedom of the spirit that we all seek.

Our problems did not just appear, they have evolved over a long period of time, and it will take time to heal them. Patience, perseverance, unselfishness, understanding, faith, and honesty are a few of the new ingredients that we will need to add to our plate if we plan to be around when the desert is being served.

“The promises are being fulfilled among us---sometimes quickly, sometimes slowly. They will always materialize if we work for them.” (Big Book pg. 84) HAMBURGER! WHO NEEDS IT?

– Rick R.

Step Ten in Action

As a Los Angeles taxi driver during the 1980s, many adventures took place calling for immediate use of Step Ten. For instance, drunks vomiting in the back seat, passengers who take off running to avoid paying. One mentally ill guy announced he had no money but just wanted to go for a ride which cost me about ten dollars on the meter, a rich family after a thirty-mile trip to LAX which included my heavy luggage handling left no tip.

After these adventures, I was naturally experiencing anger. Maybe worse!

Luckily, A.A. had taught me that repeated thoughts of anger (resentment) could threaten my sobriety—but what to do?



This is where page 84 from the Big Book (*Alcoholics Anonymous*) came in handy. It said to ask God, at once, to remove my anger and then to discuss my defect/shortcoming with someone. LA has clubhouses galore so *at once* was no problem. Lastly it suggests: *“We resolutely turned our thoughts to someone we can help.”* I think this could be a prayer for someone or even planning a birthday gift. Bill Wilson’s Oxford Group mentor, Reverend Sam Shoemaker, summed up A.A. as: *“Out of self, into God, into others.”*

A.A. has provided the ability to control my mind, to some degree, at

least better than before. I like to *think before I think!* When I feel thoughts of selfishness, dishonest, resentment or fear coming to consciousness, I go to God for help. A simple statement such as, *“Be still and know that I am God,”* seems to calm me down enough to stymie destructive thoughts. What freedom!

I have learned that when negative emotions begin to take over, Step Ten has taught me what to do. Step Ten is indeed an all-day-long step! Its rewards are beyond belief: *“The problem (mental obsession) has been removed. It does not exist for us”* (page 85). That is so long as I remain in a fit spiritual condition. Step Ten allows this to happen.

– Bob S.

Continued to Take Personal Inventory Examine My Motives for All That I Do

If someone were to ask me what brought me to the doors of the Alcoholics Anonymous my answer would be: *“Alcohol had got the best of me, I was desperately circling the drain, and I didn't want to die young.”* Not everyone that comes to A.A. has that degree of desperation. I got sober on

October 15,1969. That was just before alcoholics were being offered rehabilitation clinics. Up to that point most of our members came here were looking for answers.

The success rate at that time, according to the foreword to the second addition of *Alcoholics Anonymous* (affectionally nicknamed The Big Book) says that 50% of those who came here looking for answers got sober and never drank again, 25% got sober after a few relapses and stayed that way, and the other 25% showed improvement. To me, 75% sounds like a surprisingly good ratio of success.

Tradition Three says *“The only requirement for A.A. membership is a desire to stop drinking.”* Not everyone who comes to A.A. from the Court System or from a rehab environment has the same amount of desperation as those original members had. This does not mean that they are not invited, for we treat them with respect. But a large percentage of them do relapse and we welcome them back with open arms so they don't feel to be an A.A. failure. Eventually many of them do stay sober.

The depth of the desperation is often consistent with the depth of thoroughness a person is willing to go through as they take the steps. When I was faced with this suggestion that I do a *“Fearless and Thorough Moral Inventory”* in the fourth step, I began to resist and did what I would call a shallow facade just to get my ticket punched.

Being in the navy at the time I was abruptly flown out to the western Pacific during the Vietnam War and assigned to a tanker replenishing the fuel on ships in the Tonkin Gulf fleet. I had four months to think about what I was going to do on my returned home.

My conscience told me to discard my original inventory and do it right the second time around. That, I think, is what made the rest of this program easy for me. Being willing to take responsibility for all those disgusting behaviors of yesterday and to make restitution has been the answer to all those alcoholic behaviors in the past. If we have completed a good 4th and 5th step and again on the 8th and 9th step, how do we approach the tenth step which suggest that we *“Continue to take personal*

inventory and when we were wrong promptly admitted it.”

Early in my sobriety, my wife came home from an Al-Anon meeting excited about the topic they shared. She said that *“We should examine our motives for all the things we do.”* That made perfect sense to me. I have been living a life based on unselfish principles; I am never finished examining my motives. All my outside behaviors (short-comings) are the result of my thinking (motives). So long as I am willing to continue this path, it has taken all the fight out of me.

“Selfishness--Self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity we step on the toes of our fellows, and they retaliate.” (Big Book, pg. 62) What a profound statement! Living a life based upon unselfish motives has restored my self-esteem. The final and most important result is peace of mind. Never thought that would happen!!! This is my understanding of Step Ten.

– Rick R.

Check Outside Issues at the Door

When I saw the 12 Traditions hanging on the wall, they bugged me.

More things to do? More A.A. rules? And why are you reading them at the start of the meeting?

Before going to A.A. meetings, I'd heard about the twelve steps, so they seemed fair to me. But not the Traditions.

After a while, I got used to them. Especially when I realized my sponsor rarely talked about them. Later, years later, I began to appreciate their value. I read our history and attended a meeting that discussed a tradition the last week of every month.

Times were different then. The World Wide Web was the new thing. Cameras used film. Our country hadn't been to war for years.

In 2008, I moved to this area to go to graduate school. At one of my first meetings, I saw someone wearing a button with the name of a presidential candidate. That made me feel good. And, surprisingly, it made me feel bad. Good, because that was the person I was supporting. Bad, because a newcomer with different political views might see that button and feel unwelcome, or even unsafe.

After the meeting, I went up to the person and gently suggested he might not want to wear it to meetings. He reminded me of his first amendment rights and told me where to shove it. Chastened, I extricated myself from the situation and vowed to not act like the tradition police.

Refer to page 9 of this COIN issue to see the long form of the 10th Tradition:

Today, our country is torn apart by political divisions. We hear about our differences daily. One of the first things I remember hearing at an A.A. meeting was that we need to *"listen for the similarities, not the differences"* when people share. That simple idea changed everything for me.

Listening for the similarities made it possible for me to identify with drunks who were superficially different from me.

Our traditions make A.A. a safe place for newcomers, and for those of us who aren't new but rely on the fellowship as a vital part of our sobriety.

I love entering a new meeting and knowing that all our outside differences don't matter. In A.A., we stay focused on our experience, strength, and hope — and check our political beliefs at the door.

– Tom L.

Sunlight of the Spirit Art Corner — Elizabeth M



Special Events



OCT. 30TH **ENDS 12^{AM}**

MAIN SPEAKER:
GABE C.
• OAKLAND •

CO-HOSTED BY:
• ACYPAA •
• EBYPAA •
• GGYPAA •
• SNL •

OPENING SPEAKER:
TBD
• ACYPAA •

SCCYPAA PRESENTS
BAYWIDE

PARKING – MEETING 6PM – DANCE 8PM – LIVE DJ –
COSTUME CONTEST – KARAOKE – HAUNTED WALK –
POOL TABLE – FOOD & DRINKS FOR SALE
–\$20 SUGGESTED DONATION–
1122 FAIR AVE. SAN JOSE, CA. 95122

Sampling of Meetings

Santa Clara

6:30 AM	Sun	Sunrisers -- In Person	https://aasanjose.org/aa-meetings?meeting=sunrisers-in-person
6:30 AM	Sun	Sunrisers -- Online	https://aasanjose.org/aa-meetings?meeting=sunrisers-group
7:30 PM	Sun	Twelve & Twelve Book Study	https://aasanjose.org/aa-meetings?meeting=twelve-twelve-book-study
6:30 AM	Mon	Sunrisers -- Online	https://aasanjose.org/aa-meetings?meeting=sunrisers-group-2
7:00 PM	Mon	Joy of Living	https://aasanjose.org/aa-meetings?meeting=joy-of-living-group
6:30 AM	Tue	Sunrisers -- Online	https://aasanjose.org/aa-meetings?meeting=sunrisers-group-3
6:30 AM	Wed	Sunrisers -- Online	https://aasanjose.org/aa-meetings?meeting=sunrisers-group-4
12:00 PM	Wed	Serenity Discussion	https://aasanjose.org/aa-meetings?meeting=serenity-discussion
8:00 PM	Wed	Just a Suggestion Big Book	https://aasanjose.org/aa-meetings?meeting=just-a-suggestion-big-book-discussion-group
6:30 AM	Thu	Sunrisers -- Online	https://aasanjose.org/aa-meetings?meeting=sunrisers-group-
6:30 AM	Fri	Sunrisers -- Online	https://aasanjose.org/aa-meetings?meeting=sunrisers-group-6
5:30 PM	Fri	On the Field	https://aasanjose.org/aa-meetings?meeting=on-the-field
7:00 PM	Fri	Friday Night Discussion	https://aasanjose.org/aa-meetings?meeting=friday-night-discussion-group
6:30 AM	Sat	Sunrisers -- In Person	https://aasanjose.org/aa-meetings?meeting=sunrisers-in-person-2
6:30 AM	Sat	Sunrisers -- Online	https://aasanjose.org/aa-meetings?meeting=sunrisers-group-7

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

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