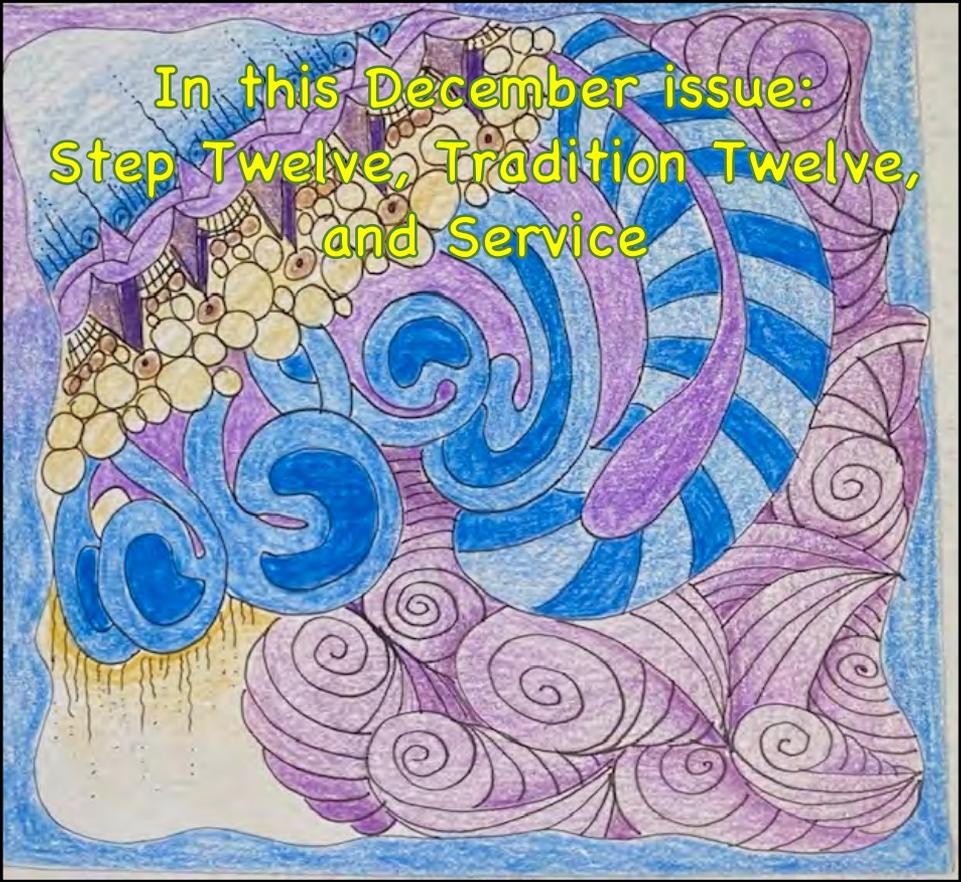




A PUBLICATION OF THE INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY



In this December issue:  
Step Twelve, Tradition Twelve,  
and Service

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# COIN Schedule of Topics

## Topics for December in this Issue

### Step Twelve

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

### Tradition Twelve

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

### Service

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

Contribution to the welfare of others

## Next Month's Issue (January 2021)

Topics: Step One, Tradition One, & Honesty

Please email all submissions to [coin@asaanjose.org](mailto:coin@asaanjose.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**

### **COIN – Central Office Intergroup Newsletter**

<https://aasanjose.org/coin>

### **Financials/Minutes**

<https://aasanjose.org/central-office-financials-and-intergroup-minutes>

### **Calendar of Events**

<https://aasanjose.org/events>

### **Celebrating Sobriety Birthdays**

<https://aasanjose.org/celebrating-birthdays>

### **Meeting Guide**

<https://aasanjose.org/meetings>

### **Contributions**

<https://aasanjose.org/contributions>

### **Intergroup Information & Orientation**

<https://aasanjose.org/intergroup-orientation>

### **Service Opportunities**

<https://aasanjose.org/service>

### **Central Office Information**

<https://aasanjose.org/central-office>

## About the COIN

The COIN is the Central Office Intergroup Newsletter. It is what the *A.A. Fact File* calls “*A.A. Literature Prepared 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:** Geena Louise

**Director of Operations:** Toni F., **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,

### A.A. Literature

A substantial body of literature describing and interpreting the A.A. program has developed. This material may be classified under three headings:

(1) Conference-Approved Literature

Material in this classification, prepared at the General Service Office under the supervision of representative committees, carry the words “*This is A.A. General Service Conference-approved literature.*”

(2) A.A. Literature Prepared by Local Groups or Regional Committees

A number of local groups have produced pamphlets, books, and other material which, although excellent in many respects, are not considered representative of A.A. as a whole.

(3) Non-A.A. (Outside) Literature About A.A.

Material in this category includes articles in mass circulation media and technical journals and books in which the recovery program is described by non-A.A.s.

## Tradition Twelve

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

### Long Form

And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

### Practice These Principles – Tradition Twelve

1. Why is it a good idea for me to place the common welfare of all A.A. members before individual welfare? What would happen to me if A.A. as a whole disappeared?
2. When I do not trust A.A.'s current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other A.A.s, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain A.A. group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an A.A. group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the Sixth Tradition--or belie it?
7. Do I do all I can do to support A.A. financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain A.A.s' behavior--especially if they are paid to work for A.A.? Who made me so smart?
9. Do I fulfill all A.A. responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give A.A. critics real ammunition?
11. Should I keep my A.A. membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of A.A. so attractive that other drunks want it?
12. What is the real importance of me among 500,000 A.A.s?

# Articles

## A Life of Joy and Happiness I Reap More Than My Share

Understanding is the key to right principles and attitudes. Right action is the key to good living. Therefore, the joy of good living is the theme of A.A.'s Twelfth Step. See [Twelve Steps and Twelve Traditions](#) (or 12 & 12) pg. 125.

How appropriate it seems that there are twelve months in a year, and we have twelve steps in the program. The joy of good living is the theme, and it blends right in with Thanksgiving in November, all the religious holidays in December, and is topped off with the New Year's Eve celebration. The Holiday season does bring a lot of joy to most of us. But it also brings distress to some of the less fortunate ones who have not yet been blessed with the gift of sobriety and peace of mind, inside and outside of Alcoholics Anonymous.

I used to be uncomfortable about the holidays as I never knew how to act around normal people. I felt like a charity case and never got into the spirit of reaching out to others. My family always celebrated Christmas. But, I always (due to my discomfort) would put a damper on it by complaining about the tacky gifts that people would buy for each other, the mad rush to go

shopping, and all the commercializing it had become. I explained this to a dear friend once. He asked, "*Does the rest of the family enjoy it?*" I said "Yes." He then said, "*Why don't you just take a back seat and watch the joy in their eyes as they experience these things?*" I did that exact thing and have been doing it ever since. It has changed my appreciation of this time of year.



This change of attitude has inspired me to apply the unselfish lessons that I have come to understand. I spend the holiday season looking for the opportunity to brighten the lives of those less fortunate than myself. I often do these things anonymously and without fanfare. I also consider how I used to feel when I was the one on the receiving end of a charitable gesture and am very careful to do these things

in a way that preserves their dignity. I do not have to wait for the holidays to do these things. Every day is Christmas at my home.

More recently I started to contemplate the difference between Joy and Happiness. I always thought that they were synonymous, and they are in some respects, but they do have some different qualities. I am a happy person as the result of being very diligent when it comes to working the steps of the program and practicing the principles in all my affairs.

I am not without the little inconveniences and irritations that come with my day to day living activities, but they are nowhere near the problems I encountered prior to becoming a member of Alcoholics Anonymous. They do not lower my level of happiness because I simply take them as they come. Over a period, as I mature in this journey, my mean level of happiness continues to rise, and I am generally very happy as the result.

When I look at the word *joy*, I do not feel that I am in a constant state of joy, but I do have many little things that happen on a day-to-day basis that rise above my state of happiness, and sometimes bring tears to my eyes. We all can identify with the term “*tears of joy*.” Even unhappy people can have tears of joy occasionally. I was

introduced to the principle that “*happiness is a byproduct of right living and not an end in itself*.” I have been living by that principle ever since and you can believe me when I tell you that I reap more than my share of joy.

—Rick R.

## Reflections on a visit to Elmwood

“*Service is power*,” an incarcerated man declared during a meeting. I wrote his words down because I believe them and value the passion with which he said them. I needed the support of those words because I was nervous about going into Elmwood. I struggle with impostor syndrome when I go to connect with those inside.



My entitlement is a burden that separates me from those whom I am called to serve. It’s easy to feel hopeful and optimistic when you are free to come and go, and have the wealth and privilege that comes with a middle class upbringing. I do not want my words to be hollow to the people I hope to serve. I do not want to be a condescending hypocrite. Ugh!

Sometimes my ego gets swirled into my well intentioned service and I wonder, since I doing all these good works, how come I'm still cranky little me? I'm working hard; God owes me grace. Ummm, no, actually. Grace comes to those for whom it has been prepared. It is not earned; there is no contract. I do not get two ounces of grace for two hours of service. Nope.

During that particular visit to Elmwood, a man raised his hand and asked, "*Are you truly happy?*" I stopped, thought, and said what I believe. The desire and seeking of happiness makes me unhappy. When I compare my life to other's and see that they are happier than I, I feel cheated, left out, and cut off from God's grace.

The problem is not God's neglect; it is my perception that I am receiving less than I deserve. My ego is telling me I am owed more. This makes me unhappy and a little bit desperate. Will I ever be at peace? If I can't earn God's grace, how do I get it?

The man's questions continued, "*If I were out in the world, I would not choose to be in church. What made you choose to take the time to come here?*"

Answering honestly always feels a little like leaping off a high dive. I want to precede my words with a disclaimer that this is just *my* truth. I don't speak

for A.A. and none of this is in the Big Book ([Alcoholics Anonymous](#)).

I pushed through my misgivings and said, "*I came because this brings me happiness. I see faith in action when you gather to listen and share the concerns of your heart. You don't have to join the circle. Incarceration is traumatic and anger is a logical response. But you choose to join us and consider hope instead. Happiness is not our default emotion; suffering is. Injustice, dissatisfaction, and boredom cause suffering as does the pursuit of happiness. It is when we reach out to relieve the suffering of another that we connect and anchor ourselves in the joy of being alive. That is what makes me happy and that is what brought me here today.*"

He responded. "*If you ever wonder if you're making a difference. You are.*"

And with those words I knew we had connected. I felt held and carried. I had broken the barrier of privilege and allied myself with someone who had what I needed. I am left with one question: *Who was doing the serving?*

—Catherine

## Conference-Approved Book Written by Women?

Not yet. But, our Women's Step Topics Group prepared a new Big Book for women called Alcoholics Anonymous by the Women Ourselves.

*"It was four whole years before A.A. brought permanent sobriety to even one alcoholic woman. But as the communication was perfected, mostly by the women themselves, the picture changed."*

—Bill W., Grapevine, Oct. 1959

We are now reading our new book at our meeting.

We found that certain common A.A. suggestions for men are misleading for women. This includes discussions of self-forgetting, morality, perfection, and more.

For many men, self-forgetting is helpful. But women are often caretakers of others and neglect self-care, putting ourselves last.

I recall one woman shared this: *"I was worried about my (1) son's schoolwork, (2) husband's job, and (3) father's health. But I have to get less selfish about my problems and get into service for others."*

I silently noted that she just mentioned three people that were not her. Many women don't recognize

themselves, go overboard with service to others, and put themselves last.



Self-forgetting is a character defect women must overcome by giving up selfishness or self-will and practicing self-care and self-discovery.

We eliminated the word "moral" since there is a double standard for men and women. A man may be called a stud, but a woman with that behavior is called a slut.

Although claiming progress not perfection, the Big Book often tells us to strive for perfection. Women tend to be perfectionist and self-critical. *"Striving for excellence motivates you; striving for perfection is demoralizing."* For "perfection," we substituted the word "excellence."

We included many helpful quotes.

*"Humility is not thinking less of yourself, it's thinking of yourself less."*

—C. S. Lewis



This past year, I serialized the Women's Step Topics that we have been reading at our meeting for the past 9 years. To follow copyright law, I *paraphrased* text from the book [A Women's Way Through the Twelve Steps](#).<sup>†</sup>

In The COIN (Central Office Intergroup Newsletter) each month, I published an article "*Focus on Women: Step X.*" See January 2021-September 2021, then October, November, and December 2020.

We changed all the Big Book text to female pronouns and names. We deleted from the Big Book the suggestions that lead women in the wrong direction or are just bad advice

for us. Then, we interleaved the topics and revised big-book text.

Among the Women's Step Topics we discuss are:

- Perfectionism
- Mother Guilt
- Surrender not submission
- Victims of abuse
- Self-critical tendencies
- False urges to apologize
- What we own and what we don't
- Personalizing our prayers

Please join us for very interesting discussions about the steps. Thursdays 7pm via Zoom and in-person.

<https://aasanjose.org/meetings?meeting=womens-step-topics>

<sup>†</sup> Dr. Stephanie Covington, [A Women's Way Through the Twelve Steps](#), (Center City, MN: Hazelden Educational Materials, 1995).

We couldn't include all the wisdom from this book. We highly recommend reading it.

Here is link to the book [Alcoholics Anonymous by the Women Ourselves](#):

<http://www.aaagnostics.org/aaw/aaw-book.pdf>

—Geena Louise

## The Importance of Step Twelve

### Freedom from all Unresolved Mental Issues

Chapter 11, *A Vision For You* (in Alcoholics Anonymous or Big Book), starts off by reminiscing about the early days of an alcoholic's drinking. How it gave us the feeling that life was good, but not so in the later times. It then talks about the hideous four horsemen, *Terror, Bewilderment, Frustration, and Despair*. The next line is: *Unhappy drinkers who read this page will understand.*"

When I read that Chapter, I knew that I was qualified, as it was the blueprint of my life, up to that moment. What I didn't understand was that drinking was but a symptom of a much deeper-rooted emotional problem. After many years of sobriety, I still had trouble articulating how one caused the other.

The first paragraph of Step Twelve in Twelve Steps and Twelve Traditions (12&12) talks about finding *emotional sobriety*. What emotions are we talking about? That's what I wanted to know? As a child, I had very little supervision and I grew up in a dysfunctional environment. I did a lot of things that I was ashamed of, but I never knew how these things would come back to haunt me later in life.

As I started drinking, it immediately relieved me of the guilt and shame. It even gave me license to continue acting badly as long as I could rationalize and lie about my behavior. The only thing that I hadn't considered was that I couldn't hide from my *conscience*. It plagued me until I couldn't sleep at night without drinking myself into oblivion. I had been a taker all my life. I never got enough of what I thought I needed. I was insecure. I had no self-esteem. No one had any respect for me except for the (want to be) losers like myself. Guilt and shame, brought on by a hundred forms of fear ruled my mind. Not a happy way to live!

When they ask me what freedom I cherish the most as the result of practicing the program, most of my fellow members would expect me to say freedom from alcohol but, they would be mistaken. I would reply that the freedom from all those unresolved mental issues that plagued me to the point that only a drink would quiet my mind. The hope that I experienced the minute I embraced this program, at the level of my innermost self, removed the obsession to drink alcohol and it has never returned.

I no longer have any fear of alcohol. Having cleaned up the wreckage of the past by thoroughly taking the steps and ridding myself of the selfish motives,

my conscience is clear. My self-esteem is high, and the feeling of wellbeing is my constant companion. I'm so glad that I didn't fall into that category that become complacent and think that I could rest on my laurels (as they say) at any point. I understand the meaning of Step Twelve suggests *Practicing These Principles in all our Affairs*.

I try always to be an asset and never a liability. I am neither a victim nor perpetrator. I am always willing to make things right as best I can. I can be trusted and relied upon. I feel that I am on the positive side of the ledger. Peace of mind and a quiet heart have been my goal ever since I entered A.A. I am happy to say that I haven't been disappointed. One of my favorite prayers is: *Thank You God; it's everything you promised it would be.*

—Rick R.

## **Step Twelve Service Suggestions for Success**

One of the many phrases we hear in the rooms of A.A. that sounds like a paradox is *"We keep our sobriety by giving it away."* Sobriety is not something that we use up. The more we practice it, the larger it gets. Sobriety is not a physical object, but rather it is a spiritual entity.

## **We are all Recovery Amateurs**

For us, there is so much power in one alcoholic helping another. Many of us have had conversations about our drinking with family and doctors only to exclaim *"You don't get it. How can you possibly understand the complexities of my life?"*

But when speaking with another alcoholic, we hear believable similarities. An alcoholic in A.A. does not have special interests as a family member might. They are not a paid professional with an agenda. They are just an alcoholic who has found a solution to the drink problem by practicing the A.A. 12-Step Program.

We share our stories of shame, humiliation, anger, or depression. We realize we are not unique and don't have to try to get sober alone. Sobriety is a gift that helped us get our life back. It is fulfilling to share this gift with those who are still suffering from the alcoholic disease.

## **Carry the Message, Not the Alcoholic**

In carrying the message to other alcoholics, we describe our recovery journey of experience, strength, and hope. We don't try to save them, give them advice, nor criticize them. We offer the wisdom that we ourselves

learned from other alcoholics who stay sober.

One of the Promises says, *“God is doing for us what we could not do for ourselves.”* Unsaid is that “God will not do for us what we can do for ourselves.”

We must remember that we carry the message, not the alcoholic. Also, we need to continue to practice self-care to stay sober. As they announce on airplane flights, *“Put on your own oxygen mask before assisting others.”*

### **Spiritual Awakening**

A “spiritual awakening” sounds like a big mystical event such as a “burning bush.” It is rarely that dramatic and usually happens gradually as an educational experience. Sometimes we may have an epiphany: a sudden realization, understanding, or enlightenment. These essential awakenings take on many forms among different people, but also within a single individual. We awaken to the idea that alcohol gets in the way of our freedom to make good life choices.

You may feel that your spiritual journey is confirmed and validated as you hear other people speak of their own spiritual awakening. You may recognize new aspects of your spiritual awakening as you hear similarities in other people’s stories.

### **We Carry the Message in Many Ways**

In some circumstances, we may make a 12-Step Call either in person (with another sober member) or over the phone. We speak to someone in need of support about how our recovery works for us. We explain what it was like, what happened, and what we are like now.

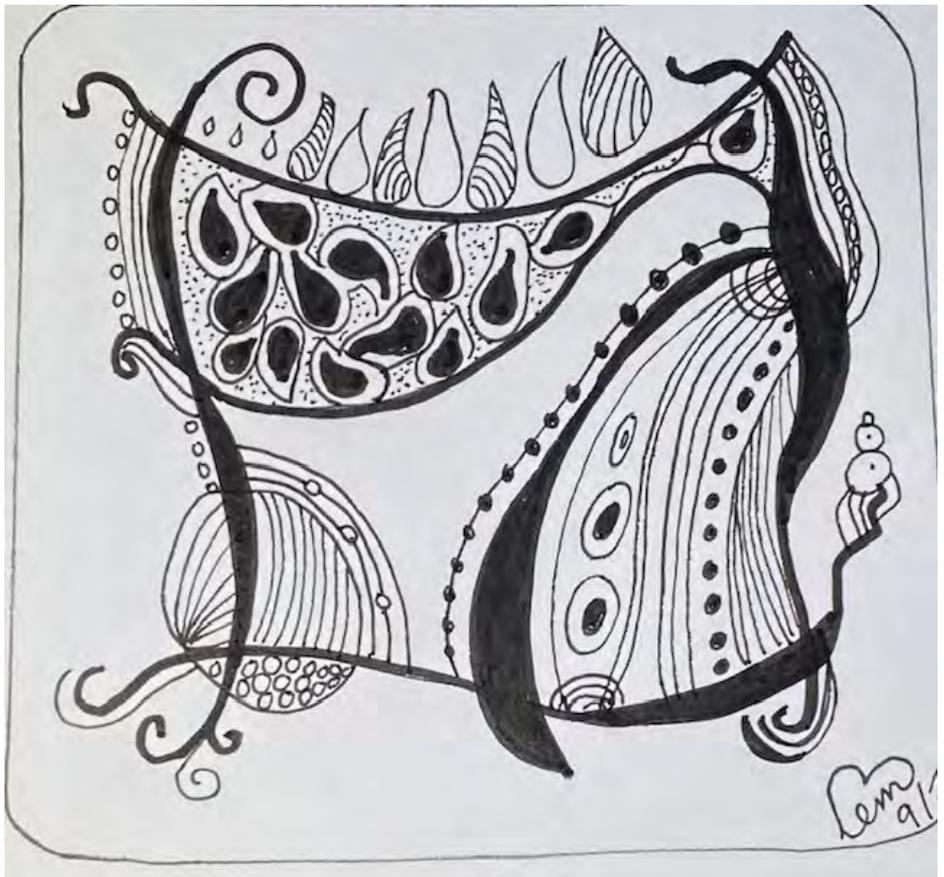
If needed, we can reassure them that A.A. is not a religious program. Emphasize that they can forget about other people’s idea of God and truly form their own concept of a Higher Power.

There are many ways we carry the message. We may share a 15-40-minute summary our whole recovery story such as when we are the main speaker (chairing) at a meeting. But most often, we carry the message in 3-4 minute nuggets of wisdom in topic discussion, step study, or book study meetings. When we are an A.A. Sponsor working the steps with another member, we carry the message in our one-on-one meetings. Writing an article to be published in the COIN carries the message to many people.

We allow ourselves to depend on others and enable them to depend on us. We don’t have to try to do it all alone.

—Geena Louise

Sunlight of the Spirit Art Corner — Elizabeth M



## Special Events

### **29<sup>th</sup> Annual Spiritual Progress Retreat – Admission Free! DEC 4th 2021**

**Meeting ID: 858 7763 3693      Passcode: 289034**



**Remember to wear something in the Holiday Spirit for the Retreat and Sing-a-Long! We will have the Venmo Digital Basket for the 7th Tradition and contributions!**

#### **Agenda:**

- 2:00 - Start of Retreat (Meet and Greet)**
- 2:10 - SPG Jeopardy Game (Phil W)**
- 3:20 - Break and mingle time**
- 3:30 – Guided Meditation time (Fran H)**
- 3:50 - Break and mingle time**
- 4:00 - 11th Step Panel (Gloria V)**
- 5:10 – Main Speaker (Hilda F)**
- 6:15 - Quick Break**
- 6:20 – Christmas Sing-a-Long (Mary M)**
- 6:45 – Gratitude Sharing time**
- 7:00 - End of a Great Day**



# Sobriety by the Bay



Friday, January 7<sup>th</sup> - Sunday, January 9<sup>th</sup> 2022

Grace Cathedral; 1100 California St  
San Francisco, California



REGISTER: [SobrietyByTheBay.org](http://SobrietyByTheBay.org)

\$30 before January 1<sup>st</sup>/ \$35 after January 1<sup>st</sup>

### Friday 1/7

5:00 pm Set-up

7:00 pm Speaker

Greg H. Brentwood, CA  
(Gresham Hall)

### Saturday 1/8

8:00 am Too Early Big Book  
(Gresham Hall)

10:30 am Speaker

Samantha B. Santa Barbra, CA  
(Gresham Hall)

2:00 pm 4th Step Workshop  
(Gresham Hall)

7:00 pm Speaker

Chris R. Ingram, TX  
(Nave)

### Sunday 1/9

11:00 am Speaker  
Terri M. Sunnyvale, CA  
(Gresham Hall)

Our mission statement is in accordance with the Fifth Tradition, which states,

"Each group has but one primary purpose – to carry its message to the alcoholic who still suffers."

*Sobriety by the Bay will be compliant with all CDC guidelines, including protocols specific to San Francisco.*

*\*masks and vaccination cards will be required\**

## Open Intergroup Positions

If you are interested, please email [jayezdaisy@yahoo.com](mailto:jayezdaisy@yahoo.com) with a short bio, sobriety date and why you would like the position. Looking forward to hearing from you!

### Activities Chair

**2 Years Sobriety**

**2 Year Commitment**

- Coordinate and oversee activities sponsored by Intergroup. Act as responsible party for budget and communication of events to Santa Clara County.
- Sit on ad-hoc committees for additional special activities as directed by Intergroup Chair.
- Attend monthly Intergroup meeting to report on upcoming activities, ask for help with communication and build up excitement.
- Suggested events: Chili Cookoff, Sponsor Brunch, Old Timers Meeting, Annual December Intergroup Potluck at Intergroup meeting.

### Outreach Committee Coordinator

**2 Years Sobriety**

**2 Year Commitment**

- The purpose of the Outreach Committee is to encourage each meeting in Santa Clara County to have an Intergroup Rep. Committee members attend physical meetings (or Zoom meetings) to recruit Intergroup Reps.
- Coordinate the monthly Outreach Committee Workshop, held the 1<sup>st</sup> Wednesday of the month at 6:45 (prior to the Intergroup meeting).
- Attend the monthly Intergroup meeting to give a report on the Outreach Service and ask for volunteers to attend meetings and recruit Intergroup Reps.
- Assist in maintaining the accuracy of the Santa Clara County Meeting Guide by reporting to Central Office any changes to individual meeting details or meetings which are no longer in existence.

## Sampling of Morgan Hill Meetings

7:30 PM	Sun	Sunday Night Survivors	<a href="https://aasanjose.org/aa-meetings?meeting=sunday-night-survivors">https://aasanjose.org/aa-meetings?meeting=sunday-night-survivors</a>
12:30 6:00 PM	Mon	As Bill Sees It	<a href="https://aasanjose.org/aa-meetings?meeting=as-bill-sees-it">https://aasanjose.org/aa-meetings?meeting=as-bill-sees-it</a>
6:00 PM	Mon	Joy of Living	<a href="https://aasanjose.org/aa-meetings?meeting=joy-of-living">https://aasanjose.org/aa-meetings?meeting=joy-of-living</a>
12:30 7:00 AM	Tue	New Life Daily	<a href="https://aasanjose.org/aa-meetings?meeting=new-life-group">https://aasanjose.org/aa-meetings?meeting=new-life-group</a>
7:00 AM	Wed	Reflections	<a href="https://aasanjose.org/aa-meetings?meeting=daily-reflections-3">https://aasanjose.org/aa-meetings?meeting=daily-reflections-3</a>
12:30 PM	Wed	Take the Next Step	<a href="https://aasanjose.org/aa-meetings?meeting=take-the-next-step">https://aasanjose.org/aa-meetings?meeting=take-the-next-step</a>
6:00 PM	Wed	Faith & Freedom	<a href="https://aasanjose.org/aa-meetings?meeting=faith-freedom">https://aasanjose.org/aa-meetings?meeting=faith-freedom</a>
12:30 PM	Thu	Brown Baggers	<a href="https://aasanjose.org/aa-meetings?meeting=brown-bagger">https://aasanjose.org/aa-meetings?meeting=brown-bagger</a>
12:30 PM	Fri	B. Y. O. B.	<a href="https://aasanjose.org/aa-meetings?meeting=b-y-o-b-2">https://aasanjose.org/aa-meetings?meeting=b-y-o-b-2</a>
6:00 PM	Fri	Better Late Than Never	<a href="https://aasanjose.org/aa-meetings?meeting=better-late-than-never">https://aasanjose.org/aa-meetings?meeting=better-late-than-never</a>
9:00 AM	Sat	Saturday Reflections	<a href="https://aasanjose.org/aa-meetings?meeting=saturdays-reflections">https://aasanjose.org/aa-meetings?meeting=saturdays-reflections</a>

## Sampling of Mountain View Meetings

8:00 PM	Sun	8pm Nightly	<a href="https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting-4">https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting-4</a>
8:00 PM	Mon	8pm Nightly	<a href="https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting-2">https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting-2</a>
7:00 PM	Tue	Early Tuesday	<a href="https://aasanjose.org/aa-meetings?meeting=early-tuesday-group">https://aasanjose.org/aa-meetings?meeting=early-tuesday-group</a>
8:00 PM	Tue	8pm Nightly	<a href="https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting-6">https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting-6</a>
8:00 PM	Wed	8pm Nightly	<a href="https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting-7">https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting-7</a>
8:00 PM	Thu	8pm Nightly	<a href="https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting-5">https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting-5</a>
8:00 PM	Fri	8pm Nightly	<a href="https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting">https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting</a>
8:00 PM	Sat	8pm Nightly	<a href="https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting-3">https://aasanjose.org/aa-meetings?meeting=8pm-nightly-meeting-3</a>

## 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 “A.A..”
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)

**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>

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