COIN Schedule of Topics

Topics in this Issue

Step Six

Were entirely ready to have God remove all these defects of character.

Tradition Six

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Willingness

Inclined or favorably disposed in mind, accept by choice or without reluctance, prompt to act or respond.

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Please email all submissions to coin@aasanjose.org
Resources

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Central Office Information
https://aasanjose.org/central-office

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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.
Tradition Six

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Long Form

Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A.- and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.

Practice These Principles – Tradition Six

1. Should my fellow group members and I go out and raise money to endow several A.A. beds in our local hospital?

2. Is it good for a group to lease a small building?

3. Are all the officers and members of our local club for A.A.s familiar with “Guidelines on Clubs” (free from GSO)?

4. Should the secretary of our group serve on the mayor’s advisory committee on alcoholism?

5. Some alcoholics will stay around A.A. only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

These questions above were originally published in the A.A. Grapevine in conjunction with a series on the Twelve Traditions from November 1969 through September 1971.
**Articles**

**Who Holds the Key to Willingness?**

The Control Room is in my Brainbox

By Rick R.

There are many proven, practical suggestions in *Alcoholics Anonymous* (A.A.) literature that, if followed, would lead to a life of serenity and peace of mind. We hear these suggestions every day in the A.A. meetings that we attend.

It seems that we all place different degrees of importance on these suggestions. This might simply be based on how desperate we were when we entered the program. Desperation was the main motivation that brought many of us to *Alcoholics Anonymous* voluntarily in the first place. Unfortunately, some members get to a certain comfort level, then we see them settling into a pattern of just attending meetings and falling into that “*Half Measures*” rut. This is a routine that can go on indefinitely, but that is their choice.

On page 35 in *The Twelve Steps and Twelve Traditions* (12&12) it states that willingness is the key. But when I was in my early days of sobriety, I resisted looking deeper into those embarrassing behaviors of the past, and the present. This slowed down the pace of my recovery, but thank God, it did not bring it to a complete stop.

I then learned that I was not the one making decisions about my willingness, for I had another power hijacking that function of my brain box. I had to come to terms with something that never occurred to me on my drinking days. Most of my errant behavior was the result of an ego...
driven mindset. My ego did not want me to be willing to do any of the altruistic principles that the A.A. program encourages, and it selfishly ran the show, for the most part.

I recognized this many years ago. I decided that until I got my ego under control, I was going to be one of those unfortunate souls that falls into that complacency mode. I seem to approach the ego deflation problem by imagining it as a separate control room in my brain, so to speak, right next to another control room labeled “Conscience”. My Conscience says, “Make your bed.” and my ego says, “Don’t be a Wimp.” Next, I make my bed.

The more I do what my Conscience suggests, the more I render my ego irrelevant. All my ego-driven actions were of a selfish nature, and all my Conscience driven action are unselfish in spirit. If I had not given due diligence to all the Twelve Steps and had let my ego talk me out of it, I would, most likely not have gotten to this level of understanding.

I had to start with simple suggestions like, “restraint of pen and tongue” (12&12, pg. 91) and, “drop the word blame from my speech and thoughts” (12&12, pg. 47). I find it rewarding to be willing to brew and serve coffee, pass out the books at the step study meetings, take out the trash bags, etc. I can also smile, open a door for someone, let someone in on the highway, and help with an occasional hand out to the less fortunate. Some may misunderstand my motives for why I do these simple little gestures. But I never let myself be deterred simply because, if I did, I would be letting my ego get another foothold. I am just not going to let that happen here. I am simply dropping the dead weight from my Conscience.
Today, I do not have to think about doing these deeds as they have become second nature and part of who I am these days. When I do these things without fanfare, I get a warm feeling in my heart that replaces those old neglectful, negative emotions of the past. No “Half Measures” here. My Conscience is my guide. Night-night ego, it is time to take your nap now.

Hints for Newcomers (and Others)

Reprinted from Volume 1 Issue 1 January 2006
By Anonymous

Bottom is relative. You can drown in the ocean, you can drown in a swimming pool, you can drown in your bathtub. It doesn’t matter how deep the bottom is, it matters that you are in over your head!

Worrying about something that may never happen is like paying interest on money you may never borrow.

The true meaning of life is to plant trees under whose shade you do not expect to sit.

Use our 12 Traditions as a guide to your relationships. Be self-supporting emotionally, have no opinion on outside issues, put principles before personalities.

You can’t give away what you don’t have. You have to give it away to keep it.

Hurt people hurt people.

Acceptance is not endorsement.

Sometimes we need the Courage to leave alone the things we can change! You don’t have to plant weeds, that’s why meetings are important!

Steps 1, 2, 3: I can’t, He can, I think I’ll let Him.

You do the work and let God do the worrying!

I came, I came to, I came to believe.
There is no situation so bad that a drink won’t make it worse.
Pick up the phone before you pick up a drink.
Look for the similarities, not the differences
Utilize, don’t analyze. Analysis leads to paralysis.
You can’t out give God

If you’re too busy to go to meetings, you’re too busy Don’t let the life A.A. gave you take you away from your A.A. life
It’s not what you do between the preamble and the serenity prayer that counts; it’s what you do between the serenity prayer and the preamble that matters.

Sometimes I wake up and think, it can’t get any better than this and I reach out, and it does.

12-Step Clear-Cut Directions Are Not on the Wall

By Bob S.

Before studying the Big Book (Alcoholics Anonymous), I thought if I memorized the Twelve Steps from the clubhouse wall or from pages 59 and 60 and practiced them every day that mental obsession would finally disappear. It didn’t work! After five months sobriety I marched into a bar with gin and tonic on my lips. I was in deep chicken fat trouble! I didn’t order that drink, thanks to God, but I was terrified! Returning home, I immediately prayed to be shown the path to sobriety. God answered with a new sponsor who taught me the clear-cut directions directly out of the Big Book.

We read on page 29 that: “Further on Clear-cut directions are given showing how we have recovered.” We then read the “outline” on pages 59 and 60. It was explained the these are not the clear-cut directions of recovery; the 12 Steps hanging from the meeting room
walls are also not the program of recovery! Both these are simply a description of what the Big Book is going to explain further on.

Bill Wilson tells you what he is going to tell you (as above); then he tells you the directions on Pages 60 thru 103, then he tells you what he told you on page 164—3rd full paragraph.

Please notice how many directions exist in Step 3. Step 4 has more than I can count—Plus it shows how to face and be rid of our defects, etc. Step 10 has five directions.

I believe a newcomer is being short-shrimped when taught that the steps on the wall are sufficient for recovery. Here are a few important bits of information not found on the wall:

**Step Three:** The 3rd Step promises, the 3rd step Prayer, and who to do it with, or not. That Step 3 is only a beginning.

**Step Four:** When to begin Step 4. Why we need to do this step. How to face and be rid of resentment by using a spiritual tool and a logical tool. How to be rid of irrational fear. How to develop a new sex ideal.

**Step Five:** When to do this step and where it comes from. Whom to do it with. Precautions about sharing particulars. Why this step is so important. Discover the 5th Step promises.

**Step Six:** When to be convinced we are ready to allow God to remove defects blocking our sobriety. Suggested prayer for help.

**Step Seven:** A humble request for God to remove the “bondage of self,” now that we realize what they are.

**Step Eight:** Explains where our list comes from. Offers a prayer to help to complete this list.
Step Nine: When to begin making amends. Why to make amends. How to prepare how to present your amends. How to handle financial amends. How to avoid jail time for alimony. What amends are inappropriate. Forgiveness.

Step Ten: Explains this step is for a lifetime. On the wall and page 59 and 60 there are only two directions, but on page 85 there are five clear-cut directions. We learn the important 10th Step promises.

Step Eleven: How to pray at night, morning and through the day. How to find forgiveness. 11th Step promises.

Step Twelve: Prerequisites for 12-stepping. Rewards for carrying this message. What message to carry. How to prepare before approaching a newcomer.

Step Six Experiences

By Fran H.

My first experience with Step Six was when I was six months sober. I went home after my 5th Step and meditated. I was perfectly willing to have God remove my defects of character. The problem was I had limited information. What I know today is my part is owning to my God what, where, when, I am in my defects, whether in thought, words, or actions.

In the Twelve Steps and Twelve Traditions it states this is the step that separates the women from the girls. This means a level of spiritual maturity has been reached, if I am willing to use this step beyond my drinking. “Entirely ready” underlines the fact that we want to aim at the very best we know or can learn.

I love the sentence in the 12 & 12 that lets us know the “difference between striving for a self-determined objective and for the perfect objective which is of
God”, equals the difference between the women and the girls. This is a life-long process.

**Remembering the Start of Alcoholics Anonymous**

I asked Bud if it is important to remember June 10th. Bud looked at me and said, "*Why of course it is. It is by remembering our past that we understand how we got here.*"

Bill was at the Mayflower Hotel wanting a drink, but chose to make a phone call instead. He spoke with Walter Tunks and ended up speaking with Henrietta Sieberling who persuaded Dr. Bob and Anne to come and meet with Bill.

A bond was formed between two alcoholics and finally on June 10th, 1935, Dr. Bob took what would be his last drink and started making amends. Dr. Bob and Bill began to look for another drunk to help and the work was underway.

Many great teachers throughout history all the way through the Washingtonians and the Oxford Group have had words of value for alcoholics. But on June 10th, 1935, Dr. Bob and Bill Wilson began to do the work of what is now known as *Alcoholics Anonymous*. 
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Special Events

12th Annual

Remembrance Day

Let’s join together to pay tribute to those no longer with us who were instrumental in our sobriety.

Potluck: bring your favorite dish (side or main) or dessert
Hot dogs, hamburgers, chips & drinks will be provided
We will be honoring names of people who have passed sober
Bring pictures and names to share

Speaker line up

Patty C. with 26 years from Morgan Hill
Cary O. with 13 years from Gilroy
Loyd P. with 34 years from Hollister

JUNE 4, 2022

San Juan Bautista Mission Grove

Potluck at 11 AM
Speakers at 1 PM

Carry this message to other alcoholics! BB page 89
JULY 8 - 10, 2022
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Sept. 16 - 18, 2022

PACIFIC REGIONAL FORUM

Mariott Downtown @ City Creek
75 W Temple St., Salt Lake City, Utah

RECOVERY ELEVATED
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.
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”

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:
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