

COIN Schedule of Topics

Topics in this Issue

Step Eight

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

Tradition Eight

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

Love

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

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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

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>

COIN Editor: Geena Louise R.

Sunlight of the Spirit **Cover Art:** Elizabeth M.

Central Office Lead: Jody W.

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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 of the Month

Tradition Seven

Every A.A. group ought to be fully self-supporting, declining outside contributions.

Long Form

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing.

Practice These Principles

1. Honestly now, do I do all I can to help A.A. (my group, Central Office, GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it can make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize A.A. groups in hospitals and prisons?
4. Is it more important to get a big A.A. collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant A.A. business? How does the treasurer feel about it?
6. How important is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

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

Brief

Two-thirds of the U.S. population consumes alcohol, but 10% of drinkers drink half of all alcohol consumed!

<https://www.inc.com/jeff-haden/the-top-10-percent-drink-way-more-than-you-think.html>

The Wings to Soar

— Omie B

I left my sponsor's house after reading her my Step Five Inventory. Then, I went home to open the Big Book (Alcoholics Anonymous) to find and follow the instructions for Steps Six and Seven. After a couple of contemplative hours and really getting in touch with this new found God face to face, I emerged and was now on Steps Eight and Nine.

These *house cleaning* Steps were taken from my resentment list done in Step Four. I was not directed to look at the list and become willing to make amends to all, as the list was too long, the offenses too terrifying, and the task was too daunting. I was simply asked to pick one and write what I would say to this person. Then, I was to read that to my sponsor. She would overhaul it and really teach me



what an amend was and what my part was mine. Then, to pray for that person and go face to face and carry out Nine. I was to repeat this with each person and was told that my only job was to be in that list and working on that list each and every day, which I did.

I was to come upon a few amends that I could not summon the willingness to make. I prayed and prayed and willingness did not come. I read further in the Big Book and I saw where it talked about what happened to those who failed to thoroughly clean house....THEY DRANK!!

It was through the acceptance of that stark fact as truth that I grew the wings to soar. My sponsor led me to the edge of a cliff and said “*There is a God and he has a plan, and it is good...now jump!*”

The weight of cowardly shame built by years of destructive drinking would dissolve within weeks and I would feel the magic of this program along with the faith and courage to look my fellows in the eye. I would stand shoulder to shoulder with those around me. I was finally on my way to joining the human race.

Step Eight Freedom

— Bob S.

I was hesitant and puzzled when I began my Eighth Step list because what about people whose feelings might be hurt or harmed if I admitted all. My Step Four inventory had several of those. Luckily, my sponsor informed me that Step Eight is not Step Nine, and I should not leave these activities off my list. But obviously, this did not mean that I make these harmful amends while doing Step Nine. This information may be useful in asking God for forgiveness in a later Step.



My Eighth Step information came mostly from my Step Four inventory. But also, my sponsor had me do spontaneous writing earlier on. This included asking God over and again to reveal where I had been selfish and dishonest—not just from regular memory, but from my deepest inner self. Spontaneous! This function brought to light many secrets I had kept from myself for many years. They needed to be written down!

I had seldom even considered the anguish my wonderful Christian parents must have felt to see their son's name in the newspaper for public intoxication year after year. Or my younger sister who, four years later, attended the same high school with my devil-may-care reputation still remembered by the teachers. I had never felt guilty about that loan company I had never paid back or the time when I, as a teen, tried out a motorcycle from a used a lot and wrecked it. I was able to wobble it in and jumped on my bicycle and away I went.

There was a temptation to leave out certain of my misbehaviors because, after all, I had been sober for five whole months, and intended never to drink whisky again! I was obviously now in the category of what is called “living amends!” How my sponsor pointed out that the Big Book (Alcoholics Anonymous) makes no

mention of “living amends;” it jokingly dispels that idea at the bottom of page 82—*“Ain’t it grand the wind stopped blowin?”*

I believe the honesty revealed in my Eighth Step list was a vital and crucial part of my recovery.

Practice! Practice! Practice!

— Mike I.

Let me begin by saying that doing the 8th Step is very easy to do when you can't be honest with yourself, God, and others! You just throw some kind of half-ass list together and act like you're ready to make those amends. Sometimes it works; maybe you can fool your sponsor and even yourself for a while. I'm talking from my experience. I have done this a couple of times. What I received from doing the Steps that way, was a lot of guilt, misery, and I almost drank again. Here is the deal: I didn't want to drink again! My sponsor was smart enough to recognize that I had not been rigorously honest with him, God, and myself. Trust was a big problem for me.



I was ready to drink, but somehow I had enough guts to call him before I did. He said for me to come right over to his house. I followed that direction! He told me that if I didn't get rigorously honest with myself and get off all that stuff I was carrying around in my head, that it was just a matter of time before I drank again. He said he knew that I hadn't been honest in my 4th Step.

I started over, did all the Steps, from the 1st. I had the attitude of desire. I had to be truthful with God, my sponsor, and myself, if I was to stay sober. This time it was an entirely different journey—the truth. That's a major change! Here is the way it went when I finally got rigorously honest in all the Steps. I let down the distrust barrier and let it all go when sharing my 5th Step. We did Steps 6 and 7 that same day. I was waiting for a miracle. I thought all my character defects would just disappear—I guess. He told me to make my 8th Step list using my 4th & 5th as a guideline. But there were many others I had harmed that didn't show up in those Steps. Just be honest and come back to him and we would decide who to actually make amends to. It is very hard to just talk about the 8th Step alone. All the Steps before made it possible for me to do an honest 8th Step.

I left my sponsor's house thinking about the list. Suddenly I remembered, I just did Steps 6 & 7 before 8. I was entirely ready to have my "defects of character" removed, had prayed, and humbly asked God to remove my shortcomings.

The thought came to me that there were some people to whom I was not going to make amends to. They were wrong—it was their entire fault. Sound familiar? This is where I discovered that just because I prayed for my character defects to be removed that it didn't mean they were gone. I had a choice to make. I could continue with the character defects I had practiced—pretty much all my life—or I could start to change.

I chose to change. I started trying to look at myself, to catch my character defects as I practiced and I became conscious of them. I have to practice this every day! I have to try to see myself the way other people see me! I also have to be willing to learn how to forgive others and myself, praying for my enemies. This also takes a lot of practice. I made an honest list, including the ones I wasn't willing to make amends to. This was the real beginning to peace and serenity. Thank God for Step 10, though. I couldn't remember everyone that I had harmed at that time. As I remember things, sometimes years later, I promptly made my amends.



Living In My True Identity

— S.C.

This is my own definition of love: *“despite contriving evidence and circumstances, something special exists.”* Even when I acted like a horrible person and failed at so many things in life, A.A. (*Alcoholics Anonymous*) has helped me come back to that, *something special*, which has allowed me to come back to love and my true identity as a child of God.

I'm more than just the symptoms of my bipolar disorder and alcoholism. Ever since I was four years old, I knew that a power greater than myself existed. I would talk, sing, and even make poems and draw pictures about God when I was seven

years old with my oil pastels. I had confidence in God as well as a healthy fear of God which helped me do the right things while I was growing up.

However, when my mom remarried my relationship with God was tested. Growing up I never felt, *good enough* for my parents. I never felt smart enough, pretty enough or successful which was all that seemed to matter to them. As an only child when I got in trouble with my parents, I felt like they were a team of two that enjoyed bullying me and telling me what was wrong with me and how disappointed they were when I didn't not achieve their goals. I don't recall a time

when both of my parents praised me for anything I ever did.

The message I got was this: "Don't be yourself; be someone that is better!" From fifth grade on, I would depend less on God and more on high academic performance, my outward appearance to look good, and having an ocean of friends to account for my self-esteem. Eventually my freedom was tied to how people saw me and how successful I looked. I thought that as

long as everything looked good on the outside that this must mean I'm happy and that God was on my side. I never thought something like bipolar disorder can happen to someone like me because I had so many friends, got good grades, was active in clubs and sports, and was mostly happy. I was basically the, *social director* and would make fun plans for me and my crew of friends each week.

I thought how happier and freer I would be once I go off to college. However, in my freshman year of college I experienced my first major depression which led me to experience my first whirlwind of mania. In my first depression, I felt the world was so far away. But when I experienced my first mania, I felt like I owned the world and that I could walk on water. I was so irate and furious at God for giving me bipolar disorder. I thought that having bipolar disorder meant that I cannot live a happy, successful, meaningful, or valuable life anymore.



In 2001, I challenged God and said, “*What’s the point of trying to be good anymore? I’m switching sides and I’m going to be friends with the devil.*” And with that nihilist attitude I began to use alcohol and drugs that kept leading me further and further into the dark. After twelve years of living in total madness, shame, and guilt I was able to get some real recovery.

In those twelve years I went through a lot of pain, but what made me feel the most shame and guilt in my disease of alcoholism was the hurtful and terrible things I’ve done to myself and others. Step Eight has helped me to be *right-sized* and ask God for help when I make amends to the people I have harmed. When I can ask God for help and face people whom I have hurt in the past I can look in the mirror and face myself with compassion, kindness, and love.

I have learned that God loved me even when I was out there running amuck with dangerous people while also using alcohol and drugs to fan the fire of horrible choices. I hurt so many people including myself. One of the most freeing concepts I’ve learned in A.A. is that if God loved me when I was sick in my alcoholism, that God also loves all the people whom I am trying to forgive today.



All of our true identities are that we are first and foremost children of God. I am so lucky that since August 1, 2012, I have been able to participate in my own recovery with A.A. and receive God’s gifts of sobriety today. What I love most about A.A. is how everyone shares their story of conversion of who we used to be and who we get to be in the program. Step Eight has helped me realize that I am more than just an alcoholic and that my bipolar disorder does not define me.

They say nothing grows in the dark but I think decay and mold does. I was slowly dying because I could not accept my bipolar disorder and used alcohol and drugs to escape from my own stigma. Thank you, A.A., for helping me come back to life and to love with so I do not have to hide and can be united with my fellows, myself, and God.

Just Make a List

— John P.

When I look back at my 8th Step list, what I think helped me the most was having the right sponsor. In early sobriety I had a couple of sponsors who I took the Steps with and after Steps 5, 6 & 7 told me I had my 4th Step list so I could make amends now.

I didn't understand how I had harmed anyone based on what I heard from others at meetings. I would listen to people talk about how they had to make amends



because they had damaged the property of others, stole money and goods from their employer did not show up for work, ran up bar tabs and didn't pay them off *etc.*, things I didn't do. I worked for myself, was a commission salesman and didn't hang out in bars. I drank at home by myself mostly and didn't think I bothered anyone. Although one night a neighbor brought me a John Denver record at midnight because he couldn't sleep with the music

I was playing. He said he was sick of listening to the same Neil Diamond record I played every night at high volume and wanted something softer. But still I thought I was different and one of those who didn't harm anyone, and I believed that for several years.

In my 9th year of sobriety I found the sponsor I have today. At that time he had 45 years of recovery and sponsored several men who had gone from being what I saw as sober members of Alcoholics Anonymous to recovered members and who were very active in service. We would meet on a regular basis and review my Steps. When I told him how I hadn't harmed anyone, he suggested strongly that I read the paragraph in the 12 & 12 (Twelve Steps and Twelve Traditions) at the bottom of page 80 where it explains what kind of harm people do to one another. He suggested that I make a list of all of my significant relationships in my life and look at how they had all ended, because they had ended, and look at my part!! It does say on page 81 of the 12 & 12 last paragraph "*Then, as year by year we walk*

back through our lives as far as memory will reach, we shall be bound to construct a long list of people who have, to some extent or other, been affected.”

After I made the list, I thought of what my behavior was like as I looked at the names. I could see that if things didn't go my way, I would do whatever I could to get my way, regardless of the outcome. For example: when I was newly divorced from my first wife and had my kids every other weekend, I thought nothing of dumping them off with a babysitter so I could go drinking with my latest girlfriend. The last girlfriend I had before I came into A.A. told me to go find somebody else's life to ruin because I had certainly ruined hers. I was beginning to see how I had harmed others. I didn't steal their property. I stole their joy of living and their peace of mind!!



My sponsor told me that in doing the 8th Step I only had to make a list and be willing to make amends to everyone on that list. And, I had to forgive them. Then, we would talk about doing the 9th Step and he would work with me on that.

Love, Empathy, and Compassion No Criticism or Character Assassination

— Rick R.

Hanging on to resentments and criticizing the behavior of others is often a noticeable characteristic of some members of the program that never find the serenity and peace that is mentioned in *The Promises*. For some people it seems impossible to let their guard down. I think that most of us can understand this, simply because we have all had to face this issue and deal with it as we went through the Twelve Step process.

One of the things that I learned when I was faced with this matter was that I had a self-esteem issue and I overcorrected, by pointing the faults of others, to somehow make myself seem normal. This never worked for me as I could not fool my conscience. Things only got worse. I still worked through the steps and did

what I could at the time. No one gets it perfect the first time, but we can make a second effort at it when we have established a record of living by principles. *Alcoholics Anonymous* (A.A.) meetings are a training ground for how we treat others. If we cannot accept the people there, it is a cinch we will not do it outside of the rooms.



Everyone that comes to A.A. brings with them, their own assortment of mental, emotional, spiritual, and material problems, and none of us are without these concerns. If we did not have them, we would not need this program. We all feel vulnerable and establish our own firewalls, with the help of our egos, to protect ourselves from our perception of what those other people are doing, saying, and thinking. We each might establish hard and fast protective

reactions, mentally and verbally to protect our own turf. With so many different personalities brought together in one group, it is extremely hard to let down our guards. We all feel justified when pointing out the faults of others. This is what the alcoholic personality does.

With the understanding that most forms of criticism and character assassination stem from low self-esteem, it occurred to me that I was just as guilty of the very things that I was accusing them of. I likened it to two old men in a convalescent home hitting each other with their canes because one was not walking fast enough for the other. I had to step up to the plate and become strong enough to look deeper into their motives and understand what caused them to behave the way they did, and not be threatened by their outside behavior.

I cannot express in words the mental freedom that this principle has produced in me. When I see someone acting out, my first thought is not judgmental in nature but of empathy and compassion. My next thought is “what I can do to help him or her.” In time, I have come to terms with all the people that I interact with on a day-

to-day basis and I conflict with no one. To me, they are all like kids just learning how to do life. They all have problems, and I am not going to be one of their problems. I need to be strong enough to replaced words like resentment, judgment, and criticism with empathy, understanding and compassion. Today I have no adversaries that I can think of, and peace of mind is the natural result of this approach.



I find no exceptions to this principle, and I cannot be selective about who I apply it to. Everyone gets amnesty in my book. All those mental gymnastics about “those other people” are a distant memory. I cannot think of a single time that practicing this principle did not serve me well. The only one that is sorry for this profound and life changing transition is my ego, But about that; who am I to criticize?

Boy Reading to Elephant

— Mary Ellen C.



“Here are the Steps we took, which are suggested as a program of recovery...”

COIN Table of Articles

February 2022

1. Big Book Meaning of Insanity
2. This Alcoholic Hit Rock Bottom
3. Desperation is a Great Motivator
4. Suggestions for Step Two Success
5. Getting Off on the Right Foot

March 2022

1. Step 3 Work - From alcoholic and newcomer
2. Step 3 Decision
3. Conceded to My Innermost Self
4. To The Newcomer
5. A Spiritual Choice
6. Step 3: Came to Believe
7. Step Three: God as He May Express Himself

April 2022

1. Step Four Need Not be a Saga
2. Perspectives and Jokes
3. Step Four: Was I Ready?
4. Step Four Personal Inventory – One Woman’s List

May 2022

1. Step Five: A Clean Slate
2. Step Five Rewards
3. Peace of Mind and a Quiet Heart
4. Step Five - Admitted to God, to ourselves, ...

June 2022

1. Who Holds the Key to Willingness?
2. Hints for Newcomers (and Others)
3. 12-Step Clear-Cut Directions ... Are Not on the Wall
4. Step Six Experiences
5. Remembering the Start of Alcoholics Anonymous

July 2022

1. Brief Wisdom
2. Notes on Step Seven
3. The 7th Step – The Humility Step
4. Pride – Humility – Shame
5. Step Seven Taught Me That Pride Can Work Both Ways

Special Events

Freedom Fellowship Group

SUMMER PICNIC & POTLUCK

Join us for food, fellowship, and fun!
All are welcome!

Bring your favorite dish

Sign up to bring food or be of service

SATURDAY, AUGUST 13
11:30AM - 4PM
1555 OAK AVENUE, LOS ALTOS, CA

SANTA CLARA COUNTY INTERGROUP PRESENTS the 33rd ANNUAL

OLD TIMERS MEETING

Hear from our old timers with

50, 40, 30 and 20+ years of sobriety!

SATURDAY, AUGUST 27, 2022

LOCATION: LINCOLN GLEN CHURCH
2700 BOOKSIN AVENUE, SAN JOSE, CA

1:30 – 3:30 PM

JOIN US FOR COFFEE, COOKIES AND FELLOWSHIP!
PAY IT FORWARD... BRING A NEW COMER
PAY IT FORWARD... GET INVOLVED!

To Get Involved! Contact us at:
Central Office (408) 374-8511, aasanjose@comcast.net
Gary M. (408) 690-1869, gmeade1955@gmail.com

Volunteer to make coffee, cookies, be a greeter, help with registration; give an old timer a ride, and much more!

Get out of self, and get into service at the 33rd Annual
Old Timers Meeting!
Cookie donations appreciated.



**Alcoholics Anonymous
Santa Clara County Central Office**

Secretary Workshop

Saturday August 6th 10am
(always on the 1st Saturday of the month)

Topics will include:
Role and Responsibilities
Connecting with Central Office
Elections
Group Consciences
Best Zoom Practices

Zoom ID:
976 2387 0155
No passcode

Get to know PI/CPC with Class A Trustees Nancy McCarthy & Dr. Al Mooney

Sunday, August 7 | 4:00 to 5:30 p.m. (PT)
Followed by the monthly PI/CPC Committee meeting



Dr. Al Mooney
Class A Trustee
Author and
Physician

IN-PERSON
Freedom Fellowship Group
Foothill Covenant Church
1555 Oak Avenue, Los Altos, CA
(Oficina Central Hispana a traducir)

— AND —

ONLINE (ZOOM)
Meeting ID: 840 2847 4194
Passcode: 1935
(con traducción)



Nancy McCarthy
Class A Trustee
38 years in
Corrections

Join Class A Trustees Nancy McCarthy and Dr. Al Mooney for a panel covering A.A. and the importance of A.A.'s Public Information and Cooperation with the Professional Community (PI/CPC). Dr. Al (40 years a physician, recognized internationally as co-author of "The Recovery Book," and a pioneer in the field of addiction medicine) and Nancy (38 years in the field of corrections, probation, and parole, and a consultant to the Institute of Justice Research and Development thru Florida State University and the Office of Child and Youth Protection - Archdiocese of St. Louis) will discuss how PI/CPC helps the public (and the professionals they know) to become effective beacons of A.A.

- **Learn why PI/CPC exists** and how it works (4-4:30pm)
- **Hear from Trustees** on how they carry the A.A. message (4:30-5:10pm)
- **Get your questions answered** about how PI/CPC works and how you can help (5:10-5:30pm)



WANT TO HELP ANOTHER ALCOHOLIC?

GRAPEVINE & LA VIÑA are Great Twelfth Step Tools!

Give a gift subscription to an alcoholic who needs it. Great for:

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Get your group, district, area or AA friends to join in. Carry the Message, it's easy!

Go to aagrapevine.org/carry-the-message to get started
and see our new Carry the Message video at
www.youtube.com/c/AAGrapevine

Join in. It's easy!



2022
CARRY
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MBAR 2022

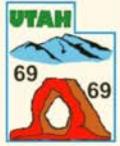
AA & ALANON CONFERENCE
{ SEPT 3 & 4 2022 }
{ SPEAKERS/FELLOWSHIP/ICE CREAM/DINNER/DANCE }
{ CON TODO ESPAÑOL }

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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@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