

A PUBLICATION OF THE INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY



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# COIN Schedule of Topics

## Topics 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

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

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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>

**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 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.?

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

Rigorous Honesty Must Be Devoid of All Motives to Deceive.

A.A. is like an umbrella. It won't work unless you use it.

An alcoholic is a person with two feet firmly planted in mid-air.

## The Twelve Rewards

— Ann C. of Niles, Ohio - sober April 1, 1948

1. We can all have Hope, instead of desperation;
2. Faith, instead of despair;
3. Courage, instead of fear;
4. Peace of Mind, instead of confusion;
5. Self-respect, instead of self-contempt;
6. Self-confidence, instead of helplessness;
7. The respect of others, instead of their pity and contempt;
8. A clean conscience, instead of a sense of guilt;
9. Real friendships, instead of loneliness;
10. A clean pattern of life, instead of a purposeless existence;
11. The love and understanding of our families, instead of their doubts and fears;
12. And the freedom of a happy life, instead of the bondage of an alcoholic obsession.

All this and more through A.A., are we grateful enough? Gratitude will continue the miracle of your sobriety, I found that out.

## The Promises of Alcoholism

1. If we are casual with this phase of our development, we will be drunk before we are halfway through.
2. We are going to know a new imprisonment and a new misery.
3. We will relive the past and won't be able to shut the door on it.

4. We will comprehend the word *conflict* and we will know *pain*.
5. No matter how far down the scale we have gone, we'll sink even lower.
6. That feeling of uselessness and self-pity will deepen.
7. We will gain interest in selfish things and lose interest in our fellows.
8. Self-esteem will slip away.
9. Our whole attitude and outlook upon life will *suck*.
10. Fear of people, and of economic insecurity will multiply.
11. We will intuitively know how to run from situations, which never used to bother us.
12. We will suddenly realize that God would never have done to us what we are doing to ourselves.

Are these extravagant promises? We think not! They are being fulfilled amongst us every day--sometimes quickly, sometimes slowly. They will always materialize if we continue to drink.

## Important Dependence

— Cheyenne Summer Garcia

My dependence within the rooms of recovery is that of great importance. Now, and through time, a simple fact is known. A step by step prophecy for the recovering alcoholic. A sense of security is provided, and a resolute cure is enabled. Sickness is the hellish reality of life, ending in jails, institutions, or death.

For I alone sought help, and with that, found *Alcoholics Anonymous*.



Not impartial, but, indeed, important, I alone obtained respect. For I proclaimed a greater ideation for a life worth living. In-need, the resolve-provided is that of great importance and privilege. To understand with a sense of knowingness, the greater good of the significance and self-worth is chartered. With this association, a willingness with and within the “*group conscience*” is achieved. Fearlessly, I

recognize my worth, and dedication, and, an active surrender, here I stand “a free man”.

Proof that I find a cure, I reign in the importance of receptive love. For I need to be heard, seen and understood through this dead obsession faced. A communion is formed, validating this sick disease. A need of trust and the welfare of one another is firm.

Firm in their belief for the security of sobriety, I find myself perfectly placed before the altar of fate. The beauty of the program lies within the heart and soul of the progress that is enacted throughout history.

A mature acceptance is an influential realization that we come to know firstly by working the steps. It is the backbone and rock bed of the unity and receptivity of a greater understanding. A step by step procedure is activated and a founding importance revealed. Resting within the grasp of my wake, forming a safe circle of trust and association, I find a solution to my malady. For I am now saved, I can live freely in this world.

I choose to live clean because I am free, for the rigorous and revolutionary demands I face have triumphed in my honor. In my honor have sought a great accomplishment, having shown the beauty of my virtue and defeat, a bad case of high highs and low lows, I once was blind but now I see.

A voyage tackled and perfected by a selfless devotion. An act of sacrifice and determination lead me back home. All I wanted. The program is in need of people like you to survive.

The only source of recovery and solitude is that of resilient affirmation, a great discovery of men and women united, gifted the anonymity founded, alone but together, side by side. Through acceptance and marital substance, we find a new way to live.



We find a cure and a hope for another day under the Sun. So, so be it! Easy does it, progress not perfection, for we are not saints; and thanks to the unity of mankind, I have found you.

One more day!

To thine own self be true.

## The Unselfish Spirit

### Accepting The World as It is

— Rick R.

*“Our primary purpose is to stay sober and to help other alcoholics to achieve sobriety.”* The degree that the individual carries out these two goals is not mandated by the A.A. *Alcoholics Anonymous*) body and *“the only requirement for membership is a desire to stop drinking.”* The A.A. program offers suggestions on how to overcome the difficulties brought about by the disease of alcoholism and not simply the act of drinking. These difficulties come in the form of *spiritual damage* and *material wreckage*.

It seems that our spiritual damage lies in the unseen part of our makeup such as, our thinking, our motive, our fears, our conscience, our ego, guilt, shame, self-esteem, and the like.

Our material wreckage often comes as the result of our spiritual damage and is the residue of our spiritual condition. *“Selfishness- Self - Centeredness! That, we think is the root of our trouble.”* (page. 62, Big Book – Alcoholics Anonymous) That, being said, isn't it apparent that unselfishness would be the solution to our trouble? That seems to oversimplify the solution but, in my experience, it is so simple that it is usually overlooked.

Most alcoholics have spent their lives taking advantage of everything and everyone around them and as the result, have been plagued by the guilt and shame that only a drink could mask. The program of A.A. suggests that we live by principles. I cannot find one selfish principle in the Big Book (Alcoholics Anonymous) or the 12&12 (Twelve Steps and Twelve Traditions).

I believe that most of the people that truly have a desire to stop drinking and embrace the A.A. program start to change the behaviors that they recognize as counterproductive. This is simply because they can hear these things that we all share at meetings, and they change the most obvious shortcomings in their day-to-day activities. This is a good start and with time it starts to erode much of the shameful habits of past that had become commonplace. Talk of inventories and amends cause us to think at a different level about those material matters. That is



usually the only thing that we are aware of in the beginning. When we talk about spiritual matters, it seems that we all have different perceptions of exactly what we mean by *spiritual*.

If, for the sake of simplicity, we think of *spirit* as our innermost self, such as our ego, conscience, our mind, our heart, or soul, if you like, and realize that this is where our spirit resides and where our emotions live, and where the pain of our past thrives. If we want to achieve the peace of mind that is promised in Step Nine, we will have to come to terms with the process of acceptance of the world as it is and of the people in that world.

If we want to be accepted and forgiven for our past mistakes, we must be willing to accept all the people that we find fault with and give them the same latitude that we are seeking. To accomplish this, we can stop being judgmental and replace that with an understanding spirit. We will have to replace gossip and character assignation with compassion and empathy. If we can't do that, then how can we expect the world around us to accept us and forgive us for our past mistakes?

This is no time to rest on our laurels, so to speak. It's time to begin cleaning out the attic. This is where we begin to free up that space in our minds that has been keeping us awake at night. This is truly the path to developing the *unselfish spirit*. With it come a peace of mind that's hard to imagine while we were still playing God ourselves. It costs me nothing to be kind. My wish for those other people is that they can someday find the same peace of mind for themselves that this process has provided for me. What more can I say?



## Accepting the Twelve Traditions

— Tom L.

When I saw the Twelve 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.

Here's the long form of the 10<sup>th</sup> Tradition:

*“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.”*



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.

## What Are the Principles of the 12 Steps of A.A.?

—Anne C.

### Step 1: Honesty

*“We admitted that we were powerless over alcohol — that our lives had become unmanageable.”*



This is about admitting my powerlessness, which boils down to a level of honesty that many of us addicts haven't reached until now. Under the

spell of addiction or alcoholism I tended to think that “it's not that bad” or that I can “stop at any time.”

It's almost counterintuitive: The way to be released from the power addiction has over me is to admit how truly powerless I am. Carrying honestly forward in my sobriety doesn't focus on being honest to others, *but to myself*.

### Step 2: Hope

*“Came to believe that a power greater than ourselves could restore us to sanity.”*

Faith in some higher power, and the accompanying principle of hope means that I should never give up that faith, even when I suffer a setback.

This virtue is easy to understand when it comes to practicing it on a daily basis. In recovery, not every moment will be positive, but if I keep that hope and faith alive, I'll come back out on the other side.

### Step 3: Faith or Surrender

*“Made a decision to turn our will and our lives over to the care of God as we understood Him.”*



In Steps 1 and 2, A.A. instructs members to strip themselves bare of ego and power. of this higher power and moving forward for “Him” — or whatever your higher power may be — over the selfishness of addiction.

The way to carry this principle forward is to always remind myself that I’m at the mercy of a higher power, and I don’t come first.

#### **Step 4: Courage**

*“Made a searching and fearless inventory of ourselves.”*

I’ve ever made, is clearly tied to courage. Some of my past will be painful, and I’ll likely have to face some of my biggest regrets. Living with courage means that I can start fresh without forgetting my past completely.

#### **Step 5: Integrity**

*“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”*

Admitting first to God, next to yourself, and last to another person. I can practice integrity in my recovery by talking through everything that I feel guilty about and my mistakes. Basically, having integrity is to live honestly.

#### **Step 6: Willingness**

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

Ready for my sins to be taken away by admitting to myself that I’m fully ready to move past them. Willingness as a virtue means I have to be ready to be absolved so that I can move forward without looking back. I want to carry this willingness into everything I do.

#### **Step 7: Humility**

*“Humbly ask Him to remove our shortcomings.”*

In Step 4, I made a catalog of my past, and in Step 6, I admitted them and released myself from the guilt and shame. Step 7 is being willing to be released from my past. In Step 7, I ask God, or another higher power, for forgiveness.

Humility is one of the simplest principles to understand because it's straightforward. When I'm humble, I'm cognizant of the fact that I'm not a major part of the bigger picture. Humility in daily practice means never seeing myself as more important than I am.

**Step 8: Love**

*“Made a list of all the persons we had harmed and became willing to make amends to all of them.”*

Love is empathy and compassion, and in my journey to where I am now. That's not all, though. I also have to be willing to make amends, which shows that I truly care for the people on my list. Practicing my sobriety with the principle of love means that I'm not just existing for myself but in service to my Higher Power and other people.

**Step 9: Justice or Responsibility**

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

By Step 9, I've forgiven myself for my past. Now I need to make amends to others so that I can start fresh with them as well. The principle of responsibility is reflected directly in this Step, and practicing in life is clear: If I hope to remain close with those around me, I must be honest and open about my mistakes that impacted them.

**Step 10: Perseverance or Discipline**

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



Step 10 relates to its own principle very clearly. It's one thing to take personal inventory and admit my wrongs one time. It takes discipline to continue to do this over an entire lifetime.

**Step 11: Spirituality or Awareness**

*“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”*

Step 11 is about moving forward without losing track of a higher power. The continued awareness this demands makes it easy to pair the step with its accompanying principle. Living with awareness means always paying attention to the higher power that guides me.

## Step 12: Service

*“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.”*

The final Step of A.A. is to pay it forward. I’ve worked my way through the entire process of growing and setting myself up for success in sobriety, and now I have the opportunity to guide less experienced members through their own journey. Living with the principle of service means it’s my responsibility to help others as I was helped when I first started to work the 12 steps.

## That Little Boy was not a Jerk What Went Wrong Between Then and Now

— Rick R.

I was deeply touched by what I heard a young man at a meeting sharing about planning a party for his mother. He started to search through some old pictures and came up with photos of himself when he was 3 years old. Looking at them, he saw the innocence in his face at that young age and he said to himself: *That little boy was not a jerk.*” His next question to himself was: *What went wrong between then and now?* I believe that everyone in the room could identify with him.

Most of us were perfect when we were born but something influences us in those formative years that set the tone for the direction that our thinking would take. The childlike innocence gave way to the *neediness* and *insecurity* that alcoholics seem to have in common. The unworthiness tapes run rampant in our heads telling us that we couldn’t make it without cutting corners and doing things that brought on guilt and shame. Then we were plagued by our conscience. That little child was damaged and scared on the inside in a way that nothing could bring him peace, until he discovered the *elixir in a bottle*.



When that failed him, he showed up in the rooms of *Alcoholics Anonymous* (A.A.) trying to make sense of it all.

When I look around the room at an A.A. meeting, it seems like we all look about the same on the surface, with a few minor differences due to age and generational things. We're all made up of hair, eyeballs, elbows, and feet, and things like that. Most of us follow dress codes and courtesy standards. We're not that much different on the surface. Our real problems consume us on the inside. We spend years trying to convince the world around us that we are as good as they are, while inside, loathing what we had become. It's hard to convince a drunk that the child that he was at 3 years old is still inside of him and can resurface if he desperately wants it.

Suppose, for a moment, that we all woke up this morning with amnesia. We would all be the same. The only thing that makes us different is what is going on between our ears that we drag with us everywhere we go.

I discovered years ago that my brain, with the aid of my ego, was lying to me, and that I wasn't that hopeless loser that I thought I was. I also discovered that

most of that damage could be reversed. And, that I could, over a period of time; develop an approach to a life far superior to anything I could have imagined. The hardest thing that stands in the way of this is my inability to surrender, and to *trust the process*.



With the help of the group, slowly letting go of some of the old ideas, you can start seeing the results in a short period of time, and it will be exhilarating. However, we didn't get this way overnight, and it will be a slow journey, but a very exciting and happy experience. An old, departed friend used to say, "*Your hair will be a different color before you know who you are.*" To me that means, with the help of the A.A. program, patiently changing some of those old habits that cause us grief, and replacing them with unselfish deeds that start to heal our conscience. I've heard it said, "*Try it for 90 days and if you don't like what we have to offer, we will gladly refund your misery*". What have you got to lose? Now, let's go find that kid and give him a second chance.

# Sober Word Find

Find the words in the grid. Words can go horizontally, vertically and diagonally in all eight directions.

S M R N P U N M A N A G E A B L E N V S  
 E T L O H O C L A N P Y K H T L O Y U M  
 N O Y S E S I M O R P K B D U R V O W R  
 O F I T R M M S D N E M A I K M I R T P  
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 S D N P O N Y F E A R L E S S B N L D I  
 G P D I Q T A A X H K B J N P F O B E G  
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 C E N T R A L O F F I C E C M D L L G K

- |               |             |                |
|---------------|-------------|----------------|
| Akron         | fearless    | Promises       |
| alcohol       | God         | SanAntonio     |
| amends        | HigherPower | sanity         |
| awakening     | humble      | searching      |
| BigBook       | inventory   | spiritual      |
| BillW         | meditation  | SteppingStones |
| CentralOffice | moral       | steps          |
| conscious     | powerless   | traditions     |
| decision      | prayer      | unmanageable   |
| DrBob         | principles  | will           |

Answer on page after COIN Table of Articles.

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**COIN Table of Articles**

## 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 7<sup>th</sup> Step – The Humility Step
4. Pride – Humility – Shame
5. Step Seven Taught Me That Pride Can Work Both Ways

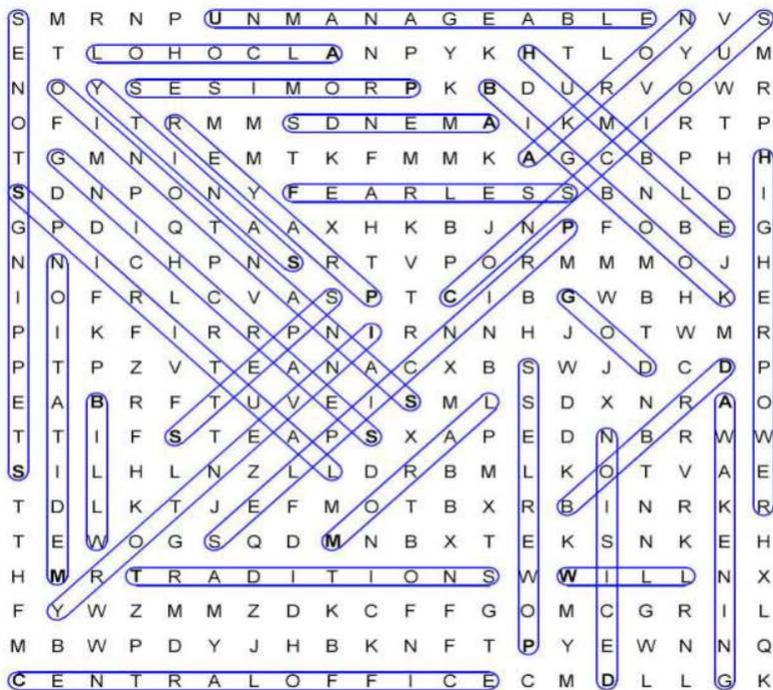
## August 2022

1. Brief
2. The Winds to Soar
3. Step Eight Freedom
4. Practice! Practice! Practice!
5. Living in my True Identity
6. Just Make a List
7. Love, Empathy, and Compassion

## September 2022

1. Appreciation of Tradition Nine
2. Faithful Disease
3. Step Nine Gift
4. The Persons We Have Harmed
5. Perception

# Word Find Answer



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# Special Events

30th Annual Spiritual Progress Retreat!  
December 2nd, 3rd & 4th, 2022



ST. FRANCIS RETREAT CENTER  
549 MISSION VINEYARD ROAD  
SAN JUAN BAUTISTA, CALIFORNIA 95045



LODGING, MEALS: Dinner Friday night through lunch on Sunday, Great Speakers, Great Workshops, Morning Meditation, Fellowship, Games, Ice Cream Social, Caroling and more!



complete registration @  
[spiritualprogress95030.org](https://spiritualprogress95030.org)

Pricing: \$295 double occupancy,  
\$320 after Nov 1st  
\$395 single occupancy, \$420 after  
Nov.1

# 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:

- Sponsees • Newcomers • Prisons • Detoxes • Doctor's Offices • Group Celebrations • District and Area Events • Giveaways

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

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



Join in. It's easy!



2022  
CARRY  
THE  
MESSAGE  
PROJECT

## 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 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: 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"
4. For each article, the first mention of "The Big Book" must state the full name of the book underlined as in Alcoholics Anonymous (The Big Book) or The Big Book (Alcoholics Anonymous). Same for 12 & 12.

**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:

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408 889-1001 • [aasanjose@comcast.net](mailto:aasanjose@comcast.net)