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Step Eleven, Tradition Eleven,
and Spiritual Awareness

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COIN Schedule of Topics

Topics in this Issue

Step Eleven

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.

Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Spiritual Awareness

Spirit: Consisting of a supernatural being or essence, a special attitude or frame of mind, the feeling or quality characterizing something, or the immaterial intelligent or sentient part of a person.

Awareness: The quality or state of being aware: knowledge and understanding that something is happening or exists.

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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>

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

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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 Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Long Form

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

Practice These Principles – Tradition Eleven

1. Do I sometimes promote A.A. so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an A.A. member?
3. Am I careful about throwing A.A. names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would A.A. be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my A.A. sobriety attractive enough that a sick drunk would want such a quality for himself?

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

Do you ever get drunk?

Yes

No

X

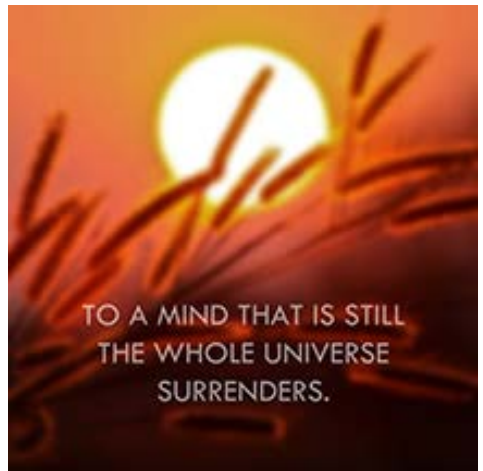
How many sponsors does it take to change a light bulb?
Only one, but the bulb has to really want to change.

A man in a bar orders two shots. He proceeds to pour out the first one all over the bar, downs the second one, and then orders two more. The bartender asks him why he poured out the first shot. The alcoholic replies “*My A.A. group said all I need to do is avoid that first drink.*”

Step Eleven for Me

— Jane T.

When I arrived at *Alcoholics Anonymous* (A.A.), fully surrendered, I realized that it was only through a Higher Power that I was granted the grace to recover. The Steps were at first daunting and I felt like a failure at everything I had ever attempted. As I reviewed the Steps, I realized what a task I had ahead of me. Being a good alcoholic, however, I did look for the easier, softer way. Many of the steps seemed impossible for me in my fragile state. Step Eleven, however, seemed to be one that I could probably practice successfully right from the start.



I realized that the miracle of recovery I was experiencing would not have been possible had my Higher Power not carried me through the wreckage of my drinking. I knew that if He was with me then, He was surely with me now.

This was one commitment I could make – to pray or meditate regularly. There were no rules as to the manner or duration, so it was possible for me to succeed at



something. I started out with strict dedication to 4 meditation texts, which was the discipline I needed at the time. Later I found that I was drawn in different directions. Again, I was so grateful that this was something I couldn't do wrong.

My life in early sobriety was entirely black and white – when the step said, “*praying ONLY for knowledge of his will for us and the power to carry that out*”, that was my ONLY prayer. I wouldn't even be sincere in saying the Serenity Prayer, but keep asking for “*knowledge of His will for us and the power to carry that out*”. As I grew in sobriety, there was also intellectual, emotional and spiritual growth. I realized that as long as I was sincere in my contact with God, the form and wording mattered little.

Further benefits of practicing this step are the feeling that my Higher Power is always by my side; there is a quick and almost automatic acknowledgement of gratitude to him when good things happen and when things do not go my way, instead of whining and feeling sorry for myself, I just as quickly move to acceptance, looking for my part and the lesson I should be learning.

I continue to remind myself that God doesn't need to hear my prayers, it is the act of praying that gets me out of myself and keeps me on the path of greatest usefulness to God and to my fellows.

About Tradition Eleven

— Alyssa C.

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

In The Language of the Heart: Bill W's Grapevine Writings (page 91), this tradition is described as a matter of life and death, because one press-related calamity can turn away thousands of suffering alcoholics so *“We feel it better to let our friends recommend us.”*

The reliance on the principle of attraction allows us to “publicize [our] principles and [our] work, but not [our] individual members” (Twelve Steps and Twelve Traditions, page 185). In this tradition, there is no room for self-praise (or promotion by the individual) because the reputation of A.A. (*Alcoholics Anonymous*) *“is already so much better than our actual character.”*



In early recovery, I promoted A.A. from every rooftop I could shout from. I soon learned how unattractive that was, especially to the newcomer. I had to get off my soap box and get into the step work.

As a personal choice, I do not make any public posts on social media that affiliate myself, as an individual, with A.A. Those within the fellowship may recognize some of the language I use in my posts, but I am cautious about displaying my sobriety on social media.

For me, preserving my anonymity helps me stay in the humble realization that my higher power did for me what I could not do for myself. When I focus on working the principles into every aspect of my life, I can be an example of the program. Today, I help others recover by leading by example, including the people in my life outside of A.A. which is a beautiful blessing.

Welcome

— Cheyenne Summer G.

I need not fret, for I am wholly-just. Needing nothing-more, than a subtle gesture, I hear you say at once..

“Hello, welcome. Is this your first time?”, *“No.”*, I muttered, *“I have been here before.”* I live and breathe this program so respectfully – trite, that I know nothing else other than this; which is rendered with a heavy heart and a great leap-of-faith.

Because of the impact of your effort and service, I finally feel safe; and from in my own mind, I am likely to fail on my own; but I will stay a while longer, for the miracle which is gifted and significantly, at large.

For this is a haven for the sick, damned and persecuted, and I need to find an anecdote, a submission and stature before god, that awaits us all. Which is sufficient enough to sustain a wretch as myself. rather urgent too. substantially, I am here, so realistically speaking, I have nothing to lose with a great reason not to quit.

I need not be reminded how this disease birthed, from inside.

My mind, heart and soul is afflicted, lest I find a resolute cure of everlasting redemption. I am constantly surrounded by beautiful things and I want to let you know, today, here and now; I will fight the good fight. I look to you for one last thing, a resonate security to take form within my wake.



Simply put, I am but weak, and with such helping hands, I can see a future of success in store. Something much louder than my own conception of fraud and failure. A resolute idea is instilled which is bigger than my weakest craving; for I am justified by my actions, and no longer will I stray from the surface barrier of “real and fake”.

Thanks to the people here who stand for the honor and privilege of service, our society is blessed and with a great amount of significance chartered, a worth so profound is deeply impacted within our bodies minds and souls.

I hear your voice throughout my mind, and for one minute to the next, a resonating firm belief is at large. And I remember just why I am not so small, but beautifully important and big; with importance and value I find myself before thee. Thankfully, all like-minded survivors like you; and me, we associate hand in hand, united and fulfilled.

I realize the worth, of something otherworldly, like a flame of abundance, is the name which is just like gold. a god sent an angel from heaven, just for me and now I have nothing to fear for we will walk side by side throughout this agonizing dispute between death and life.

So thank you again for all the encouragement. Advocates of a diplomacy, I affirm my new found faith within one another and with your guidance I join this founding brotherhood of light love and glory, with belief and strength.

Thanks to the rooms of *Alcoholics Anonymous*, the battlefield of justice and glory suffice all other needs firstly by giving me the breath I breathe and restoring me to a sanctity of everlasting love.



Step Eleven Foundation

— Judi M

Our recovery allows us to live life to its fullest. For many of us, this is a new experience. The temptation is always there to turn to serious prayer and meditation only when the going gets rough. In Step Eleven, we learn that improving our conscious contact with God on a daily basis through self-examination, meditation and prayer is an unshakable foundation for life in good times and in bad.



Prayer is like doing spiritual sit-ups. When we are consciously connected to our Higher Power, we are keeping ourselves in good shape. The prayer of St. Francis offers us a beautiful goal to strive for. May I take direction from

the Eleventh Step and seek to understand, more than to be understood. Each day we can become a channel of His peace if we but pause and make the simple request: “Thy will, not mine, be done”. We in A.A. learn not to fall into the old habit of making itemized lists for God with all of our pleas and complaints. I used to tell God how huge and how many my problems were, and now I am able to tell my problems how huge my God is.

Persistent prayers in this humble fashion have found strength, wisdom, peace of mind and a quality of sobriety they cherish. Those who remain skeptical and cannot receive the power of prayer and a conscious contact with God are those who haven’t prayed enough. Enough being the operative word. Step Eleven allows the most skeptical the opportunity to give prayer a chance. Take time out from the life you’ve been given in recovery for God as you understand Him. He is listening.

Special Events

SANTA CLARA COUNTY INTERGROUP 14TH Annual TAKE YOUR SPONSOR TO BRUNCH


Music-Food-Friendship-Recovery

Saturday November 12, 2022

Lincoln Glen Church, 2700 Booksin Ave., San Jose

In 1960, Bill W. wrote this dedication in an AA book that he gave to Ebby Thatcher:

"Dear Ebby, No day passes that I do not remember that you brought me the message that saved me - and only God knows how many more. In affection, Bill"



Pancake & Breakfast Brunch

10:00 am to 1 pm

\$15.00 donation per person

Recovery meeting at 12 pm

Raffle following speaker

**Presale tickets available @ Central Office
or through your Intergroup Rep.**

**Volunteer to help at the event or donate prizes for the
raffle by contacting Intergroup Central Office:**

408-889-1001

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



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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