

May 2023

Volume 19 Issue 5



MONTHLY NEWSLETTER

Welcome to **The COIN**: the *Santa Clara Intergroup monthly Newsletter*. I hope you find **The COIN** to be a valuable resource where every month you can easily locate events, meetings, volunteer opportunities and feel inspired by our recovery community.

I welcome and love feedback – please share your thoughts with me regarding our Newsletter at coin@sanjose.org

Wishing you all peace and joy, *Jeanine M., Coin Editor*

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May: Fifth Step and Fifth Tradition

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

Fifth Tradition: *“Each group has but one primary purpose, to carry its message to the alcoholic who still suffers”.*

Quote for Reflection:

“Avoiding your triggers isn’t healing. Healing happens when you are triggered and you are able to move through the pain, the pattern, and your story – and walk your way to a different ending”.

MEMBER’S CORNER

You can help make our newsletter fresh, fun and interesting! I invite you to share a personal story, your art, a poem, a song, tell us about a challenge you overcame, a great meeting you went to – something that brings inspiration to your recovery.

This month, we are treated to two member submissions: Kristin F. who is sharing her poetry for the first time. Rick R. is sharing his **117 story** for **The COIN!** A heartfelt thank you to Kristin and Rick for your inspiration. Our members are amazing!!!

You can find more information on writing for **The COIN** here:

<https://aasanjose.org/coin> https://aasanjose.org/wp-content/uploads/2023/04/2023-April-Birthday-Contributions1024_1.jpg



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SPIRITUALLY WOKE

Submitted by Kristin F.

Hey there God
Yes, it's me
The one who never thought
She could truly believe
Well, I'm here to say
I finally see
You were there all along
Helping to carry me
To guide me on this path
Holding my hand
The whole way
To see through the fog
Keep the demons at bay
You've given me strength to show up
Even when I wanted to give in
You never let me down
Or let the disease win
This is something I know now
I couldn't have done on my own
And thanks to you and my village
I'll never ever have to do it alone



The Fourth Step Inventory Process:

I Got it Right the Second Time

Submitted by Rick R.

My first attempt at doing a fourth step inventory came as I was approaching my first year of sobriety. I now realize that I was rushing into it before I understood what the objective was and after scribbling down a great number of superficial deeds that I had done during my drinking days, my project was abruptly interrupted by a flight to Asia and a four-month vacation aboard a Navy tanker in the Tonkin Gulf Yacht Club, (being in the Navy at the time.) I didn't have the opportunity to get to a single meeting during that time, but I did have a lot of quiet nights at sea where I contemplated my life before Alcoholics Anonymous (A.A.), and what I was going to do with the rest of my life. It was during that time that I decided, By God; I wasn't going to mess this thing up.

I was going to do it by the book. I longed to be back in the safety of that very loving group that I left four months earlier. I knew that with their love and support I could get it right, I realized, as I was studying steps six it says, "We were entirely ready to have God remove all these defects of character" and in step seven, it says "Humbly ask him to remove our shortcomings". To me that means, in Step Four, I should be trying to identify my defects of character and my Shortcomings.

The example of this step in the Big Book (Alcoholics Anonymous) shows a chart which describes, what we did, why we did it, (fear of something) and who we did it to. It occurred to me that if I could identify the root cause of my problems (defects/fears) that I could change the behavior that resulted from those actions. (shortcomings).



To explain this in simple terms, I produced this scenario that anyone could understand, and it goes like this:

I purchased a large S.U.V. off the showroom floor, drove away and, at the first signal light, I hit the brakes and it didn't stop till I was out into the cross traffic. I drove back to the dealer and explained what happened. They checked it out and discovered that they had put the wrong brake shoes on it by mistake, they replaced them with to the correct brakes and when I came to the signal light the S.U.V. stopped, and it stopped at all the other stop lights as well. The defect (root cause) was that the brakes were the wrong size. The shortcoming (behavior) was that the vehicle did not stop properly. Once the defect was corrected, the shortcoming went away.

For example, I was talking to one of my mentors, at that time, about criticizing other people and he said that the criticism of others stems from my own, low self-esteem (defect) it occurred to me that, with a little self-restraint, I could slowly refrain from that behavior. Once I identify my defects of character, it seems to take all the power out of them, for instance, if I could find any value in criticizing another person, I might still be doing it but there is no value in it except to feed my ego and it shows weakness of character. (Low self-esteem)

I used that template on all the behaviors, that I'm not proud of, and I feel stronger for it. That four months at sea gave me gave me the motivation to re-visit the fourth step and get it right the second time around and I highly recommend the revisiting that step if you feel troubled by old behaviors. It did wonders for me.

MAY SERVICE OPPORTUNITIES

2023

There is a service opportunity that will match your interest here in Santa Clara County! For detailed information click on: <https://aasanjose.org/service>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Outreach Meeting 6:45 – 7:30 Intergroup Meeting 7:30 – 9:00	4	5	6 Secretary Workshop 10:00 – 11:00
7 PI/CPC Workshop 5:30 – 7:00	8	9	10 North County District Meeting 7:30 – 9:00	11	12	13 SCCYPAA Business Meeting 12:00 – 11:00
14	15 Bridging the Gap 7:00 – 8:00	16 South County District Meeting 7:00 – 8:00	17	18	19	20 Diverter Workshop 10:00 – 11:00
21	22	23 H&I Committee Meeting 7:00 – 8:00	24	25	26	27
28	29	30	31			



May 2023

2023 MAY EVENTS

May 20 @ 10:00 am - 4:00 pm The ***Attitude Adjustment*** and ***Early Bird Group*** of AA presents the 13th Annual Picnic at Kelly Park

The Attitude Adjustment & Early Bird Group of AA Presents
The 13th Annual Picnic "60's" Fun and Fellowship

"FLOWER POWER"

Picnic Potluck - Bring a favorite dish!
Hamburgers, Hot Dogs & Refreshments provided
& Games For All Ages

SATURDAY, MAY 20, 2023

Kelley Park: 1300 Senter Road, San Jose CA 95112
10:00 a.m. - 4 p.m.



11 a.m. Speaker Meeting: Matt E. from Santa Cruz
12 p.m. - 2 p.m.: Lunch (Bring your best potluck dish)
1 p.m. Potluck Contest, for the best dish
1:30 p.m. Ed's Amazing Magic Show!



Tickets: \$5 (Pre-Sale) - \$7 (Day of Picnic)
Raffle Tickets: \$1 ea. or 7 for \$5
Parking \$6 - \$10 depending on the lot
or free street parking on Alma



For more info - Francis (408) 518-1991 or June (408) 768-7011



**47th ANNUAL
NORTHERN CALIFORNIA
HOSPITAL AND INSTITUTION
CONFERENCE**

"BRINGING HOPE WHERE THERE IS NO HOPE"

May 19th & 20th, 2023

**Wyndham Sacramento, 5321 Date Avenue,
Sacramento, CA, 95481**

AA/Spanish * Young Peoples * Panels * Speakers * Food * Raffle

Friday 4 pm Registration Opens! / 5 pm Speaker: **Marcus A, Elk Grove, Ca** / 8 pm Speaker: **Kristine H, Oroville, Ca**

Saturday 8 am Registration Opens! / 9 am Panel / 10:30 am Panel / 1 pm Panel / 2:30 pm Panel / 4 pm Panel / 5:30 pm Banquet / 7:30 pm Speaker: **Blair G., Tehachapi, Ca** / 9:30 pm Raffle

ONLINE REGISTRATION IS NOW AVAILABLE! <https://www.handIConference.org>

detach here ----- detach here ----- detach here -----

Registration Form

Name _____ AA _____ Al-Anon _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

**** The Conference is NOT funded, in any way, by the H&I Pink Can money ****

Pre Registration: \$30 per person by May 16th - Registration \$35 per person at door

Pre-Banquet: \$75 per person by May 16th - Banquet \$80 per person at door

Number of people attending _____ Please include all additional names on the back of this form

Number of Banquet Tickets _____

Sponsor a newcomer - Additional \$ contributions in any amount gladly accepted. _____

Amount enclosed _____ **Make checks payable to: Nor Cal H&I Conference**

**Mail with Check to: 915 44th Street, Sacramento, Ca 95819
or register online at www.HandIConference.org**

**May 19 @ 4:00 pm – May 20 @10:00 pm the 47th Annual Northern
California H&I Conference
Sacramento, CA**

All upcoming A.A. Event information can be found at:

<https://aasanjose.org/upcoming-events>



May 2023

April Birthday Contributions

Birthday Celebrant	Years	Contributor	Birthday
Louisa E	8	John S	4/1/2015
Paula D	15	John S	4/10/2008
Alex C.	4	John S	4/1/2019
Katie W	15	John S	4/30/2008

42 Years of Sobriety!

Birthdays are listed in recognition of contributions made to Central Office on a member's behalf for a sobriety milestone. Contributions can be made by the birthday celebrant or in honor of a friend and will be listed in this section, unless requested otherwise.

In keeping with A.A.'s Seventh Tradition of self-support, we accept contributions only from A.A. members. Please use the birthday forms found at your meeting, at Central Office, or on-line at <https://aasanjose.org/contributions>.



SANTA CLARA CENTRAL OFFICE RESOURCES

The Santa Clara Intergroup Central Office is the local service office that supports the fellowship of Alcoholic Anonymous in Santa Clara County, serving communities from Palo Alto to Gilroy.

Executive Director, Central Office Lead: Jody W.

Our Santa Clara Central Office offers a bounty of support resources including books, literature, videos, and coins. Their website provides detailed information on Meetings, Events, Financials/Meeting Minutes and Intergroup updates. You can find them at:

<https://aasanjose.org>

For the love of our Primary Purpose, please encourage other A.A. members to subscribe to **The COIN**. Drop our subscription in the chat at your meetings and please tell your members to subscribe to stay in the know on what's happening with Santa Clara A.A.

<https://aasanjose.org/coin>

The COIN is published on behalf of the Santa Clara County Intergroup Service Group of Alcohol Anonymous (Intergroup). Opinions expressed are the writer's and publication of any article, event, or other information does not imply endorsement of Alcohol Anonymous, Intergroup or the Central Office. Quotations from A.A. books, pamphlets, and the Twelve Steps and Twelve Traditions are reprinted with permission of A.A. World Services, Inc.

The COIN is the Central Office Intergroup Newsletter. It is what the A.A. Fact Files 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. <https://aasanjose.org>

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