



A PUBLICATION OF THE INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY

**JULY 2023**

## **MONTHLY NEWSLETTER**

**Volume 21 Issue# 17**

The Santa Clara Intergroup Central office is the local office that supports the local fellowship of Alcoholics Anonymous in Santa Clara County.

Come visit us at:

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

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### **SEVENTH STEP AND SEVENTH TRADITION**

***STEP SEVEN: "Humbly asked him to remove Our shortcomings"***

***TRADITION SEVEN: "Every A.A. group ought to be self- supporting,  
declining outside contributions".***

#### **✓ QUOTE FOR REFLECTION:**

***"The fears we have in the present, often come from the experiences of  
our past".***



## **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.

A heartfelt thank you to Rick R., Bob S., Kristin F., and Grady S. for July's writing contributions!

You can find more information on writing for **THE COIN** here: <https://aasanjose.org/coin>

### **Motives are the Seeds of Action: I Think Before I Do**

By Rick R.

In my early days of sobriety, my wife came home from an Alanon meeting all excited about what they had talked about. Apparently, they were discussing their Fourth Step inventories and she explained that when taking step six, it was important she examine her motives before making decisions. How interesting and profound that statement was, at the time, and it has come up many, many times since that initial conversation.

Since almost everything we do begins with what we think, that statement has been a big part of what I believe our goals are supposed to be when we are in the process of cleaning up the wreckage of the past. It also implies that we should examine our motives for what we do, from this day forward, and be sure they conform to the spirit of the principles that are suggested in the A.A. program. This kind of thinking was foreign to me before John Barleycorn got his grip, but when the alcohol took its toll and I was circling the drain, I was forced to decide what I was going to do with the rest of my life. It became very important to learn and understand what the causes of my failures were, in the past, and what I could do to correct them. Like most of us, we

have measured our successes and failures based on things we have accomplished, by the things we owned, and where we lived. It made little difference how we acquired those things.

How different my thinking is today, compared to how it was back then. I no longer base my success on material possessions. As the old country song says, “one rich man in ten with a satisfied mind”. This, to me, does not mean that we must take a vow of poverty. To me, this means that if I am honest with myself and that my motives are pure and unselfish, I can be content at any economic level. My motives make it so.

I was doing a little research to find the definition of the happiness and discovered that it



is often described as a byproduct of living right and not an end in itself. Happiness is not a goal, but it is the result of living right. A friend once shared at a meeting that, satisfying his/her wants will never make a person happy. Another person shared that she had read something that described it like this: happiness is like a butterfly, the more you chase it, the farther away it gets, but when

you stand still, it will land on your shoulder.

If my motives are to create happiness, it’s probably not going to happen. These subtle little gems of wisdom are revealed to me daily and they slowly become a part of my mental make-up. Examining my motives has made me look deeper at many of the subtle little differences in the words we use and their causes and effects. For my purposes, I find that my defects of character, cause my shortcomings, and when I understand my defect, (faulty thinking) my shortcoming (faulty behavior) can be corrected.

When I understand the problem, the troubles can be corrected. These ideas may be hard to grasp in the beginning but if I had not started looking deeper into my motives, I may never have resolved the deeper issues. These days, Unselfish Motives are the seeds that all my thoughts and actions stem from, and that is as simple as it gets.

## **STEPS SIX AND SEVEN: A GOOD START**

By Bob S.



After relating Step Four information with my sponsor, I had a much better understanding of my defects and shortcomings. I began to realize what aspects had been blocking me from sobriety for all those years (“Quitting forever” just landed me back in the drunk tank!). Steps Four and Five afforded a much better understanding of the “bondage of self” I had asked to be removed in Step Three. There they were—but was I willing to ask God to remove them? Well, for me

that was a no-brainer because I was rightfully terrified. Just two weeks before I had marched into a bar room with gin and tonic on my lips. Thank God I didn’t order but I was terrified! Yes, I was willing to ask God to remove whatever my sponsor suggested! I haven’t been tossed into a drunk tank since. My sponsor followed the “AA 12-Step timetable” which allowed no time to think it over. Time may have diminished

my fear of drinking along with my Six Step willingness! The Big Book tells us to do Step Four at once, Step Five at first opportunity and Step Six “then” (Not later). The Big Book tells us to pray Step Seven “when ready,” and of course I was. Although I had learned a good bit about my bondage of self, I still asked God to take away what was not useful to Him and my fellows. Page 77 tells us: “Our real purpose is to fit ourselves to be of maximum service to God and the people about us.” This quest was [is] for me certainly progress, not perfection. As my sobriety continues, I will always be grateful to Steps Six and Seven for getting me off to a good start.



## ACCEPTANCE

By Kristin F.

Why is it so hard  
To accept the truth  
When all my past actions  
Are living proof  
I took the first step  
Stood up to admit  
To myself and God  
But did I *really* believe it?  
That my life was unmanageable  
How powerless I was  
When all it takes is one bump  
To undo all the work I've done  
I must be honest  
I must give in  
I must be willing

To let him in.  
God give me the strength  
Courage and wisdom  
To accept the things  
I have no control of  
Grant me the serenity  
That I may one day understand  
That I can overcome  
If I just take your hand  
It's the only way  
I'll ever be free  
To walk the path  
He has laid out for me



## **MEETING SECRETARY BASICS**

By Grady S.

At my first meeting, I remember thinking, that person up there at the head of the table holding the notebook and counting the money must be the *President of A.A.* When I passed the six month marker of my sobriety (and evolving into something of a people pleaser) I resolved to be the best meeting secretary in our lifetimes. Let's just say the only thing I really achieved was another six months of sobriety.



I was handed a binder, a key, and a tattered box of literature and I was then thrown in the deep end of the secretary pool. Over the years I've gotten better at it and I've also turned around and thrown a few people in the deep end myself. I guess they call that Passing It On. In the interest of a healthy and safe fellowship, I now pass on to you what I've learned about being a good meeting secretary.

A good secretary knows one thing, our 5th Tradition - our Primary Purpose. A good secretary can make the difference between carrying out this Tradition or not.

- The meeting secretary is the face of A.A. to the newcomer: set a good example. Have a good attitude and try for selflessness, at least for this hour. Remember: it's not your meeting, don't be the center of attention.
- Why do we have a sobriety requirement? It gives members a chance to build up their phone list and their network. Ultimately, we don't do these things alone. The sobriety requirement can be waived by a group conscience.
- The secretary supervises the other commitments at the meeting. You might have a Greeter, a Coffee Maker, a Refreshments Supplier, a Safety Officer. All of these positions can be appointed by the secretary ad-hoc, if they don't already exist in the meeting. Get a newcomer involved by handing them a commitment, even for one day.
- In-person meetings should open up 30 minutes before they start and Zoom meetings should open 15 minutes before they start. Remember: it's a 90 minute to a two hour commitment to be a good secretary. Consider your time constraints before becoming one. Fellowship before and after the meeting are just as important as the meeting itself.
- It's a secretary's job to monitor the meeting for safety. Watch out for unsolicited advice and direct responding from one member's share toward another. Keep an eye on the member who is known to have mental health issues. Zoom meetings should have Safety Monitor commitment. And finally, what is that male old timer up to, chatting up a female newcomer 25 years his junior, 30 minutes after the meeting ends?
- Leave the meeting space better than you found it.
- Good secretaries help a meeting thrive. Stay informed: go to your Group's business meeting. It's OK to ask people to attend your meeting. Ask old timers to help with the meeting, don't assume they already know everything. Don't indulge their complacency, they can be as sick as anyone else.

Finally, remember meetings sometimes go in cycles in spite of our best efforts. Don't take too much credit or too much blame. It's OK to let a meeting die. They are frequently reborn as we've all seen throughout the Covid-19 crisis and as we ourselves are reborn through good Twelve Step work.



## **VOLUNTEER OPPORTUNITIES**

*ARE YOU WILLING TO SHARE YOUR EXPERIENCE, STRENGTH AND HOPE?*



### **Diverter Volunteer Workshop!**

Call with questions or if interested "Peter C." Tel: 650-669-1578  
(also available for one-on-one training throughout the month)

If you are interested in becoming a "Diverter Volunteer" please join us at the upcoming Workshop...

**Date:** *Every Third Saturday*  
**Time:** **10:00 am**  
**Location:** Intergroup Central Office  
 274 E. Hamilton Ave, Suite D  
 Campbell, CA 95008

❖ Sobriety requirement is One Year and a good understanding of the 12 Steps and 12 Traditions of Alcoholics Anonymous

**Alcoholics Anonymous**  
**Santa Clara County Central Office**

## **Secretary Workshop**

**Every First Saturday of the Month at 10am**

**Topics will include:**  
 Role and Responsibilities  
 Connecting with Central Office  
 Elections  
 Group Consciences

**274 E. Hamilton Suite D, Campbell**  
**In-person only**

*There is a volunteer opportunity for you here in Santa Clara County! For a complete schedule - Please visit: [aasanjose.org/service](http://aasanjose.org/service)*

## **JULY EVENTS**

**Featured July 8 @ 12:30 pm - 5:30 pm**

***John D. Morgan Park 540 W. Rincon Avenue, Campbell***



**SCCYPAA'S ANNUAL  
FEARLESS FACTOR**

**SATURDAY, JULY 8TH  
12:30 PM**

**JOHN D MORGAN PARK**  
540 W RINCON AVE, CAMPBELL, CA 95008

MEETING SPEAKER: KRYSTAL      SUGGESTED DONATION: \$15

**COHOSTS: SACYPAA, ICYPAA, PENYPAA,  
CRUZYPAA, WACYPAA, SANJYPAA**

QUESTIONS? TEXT ALEX B AT (408) 394-1003      [SCCYPAA.ORG](http://SCCYPAA.ORG)

***You are Invited!! Save the Date for Unity Day!!!***



## **Unity Day 2023**



**AA's Three Legacies — Our Common Solution**

**August 6<sup>th</sup> from 10 AM to 6 PM**

**We're Back and ready to party!**

What is Unity Day, you ask? It's a day of Food, Fun, and Fellowship put on by your AA service body panels to thank you for all you do. Don't have a service commitment? No problem come to Unity Day, get involved, sit in on some workshops and see where you fit in.

**Where you ask?**

Milpitas Community Center (MCC)  
457 E. Calaveras Blvd  
Milpitas, CA 95035

\*Plenty of parking and extra eateries available in adjacent Milpitas Town Center

**Main Auditorium Speakers:**

Eric L., Saratoga (Delegate)  
Lee C., San Jose

(Personal experience with 3-legacies in AA service bodies)

Annie K., Santa Clara

(3-legacy service inside and outside the rooms of AA)

Tom W. ("Father Tom"), Oakland  
(Living sober with what's useful)

**Variety of meetings/workshops TBD**

-Two additional meeting rooms  
10AM - 6PM

The event is free but takes a lot of work to make it happen.  
Willing to be of any service?  
Call Sheila D. 408-550-3039



## June Birthday Contributions

Birthday Celebrant	Years	Contributor	Birthday
Cameron O	14	John S	6/9/2009
Sonia C	13	John S	6/12/2010
Scott C	8	John S	6/6/2015
Nick R	2	John S	6/26/2021
Robbie R.	61	Paul C	6/11/1962
Mimi S	38	Margaret S	6/24/1985
Peter V	38	Peter V	6/6/1985
Richard B	34	Richard B.	6/10/1989

## 208 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 Alcohol 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>

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