



A PUBLICATION OF THE INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY

MONTHLY NEWSLETTER

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

Come visit us at:

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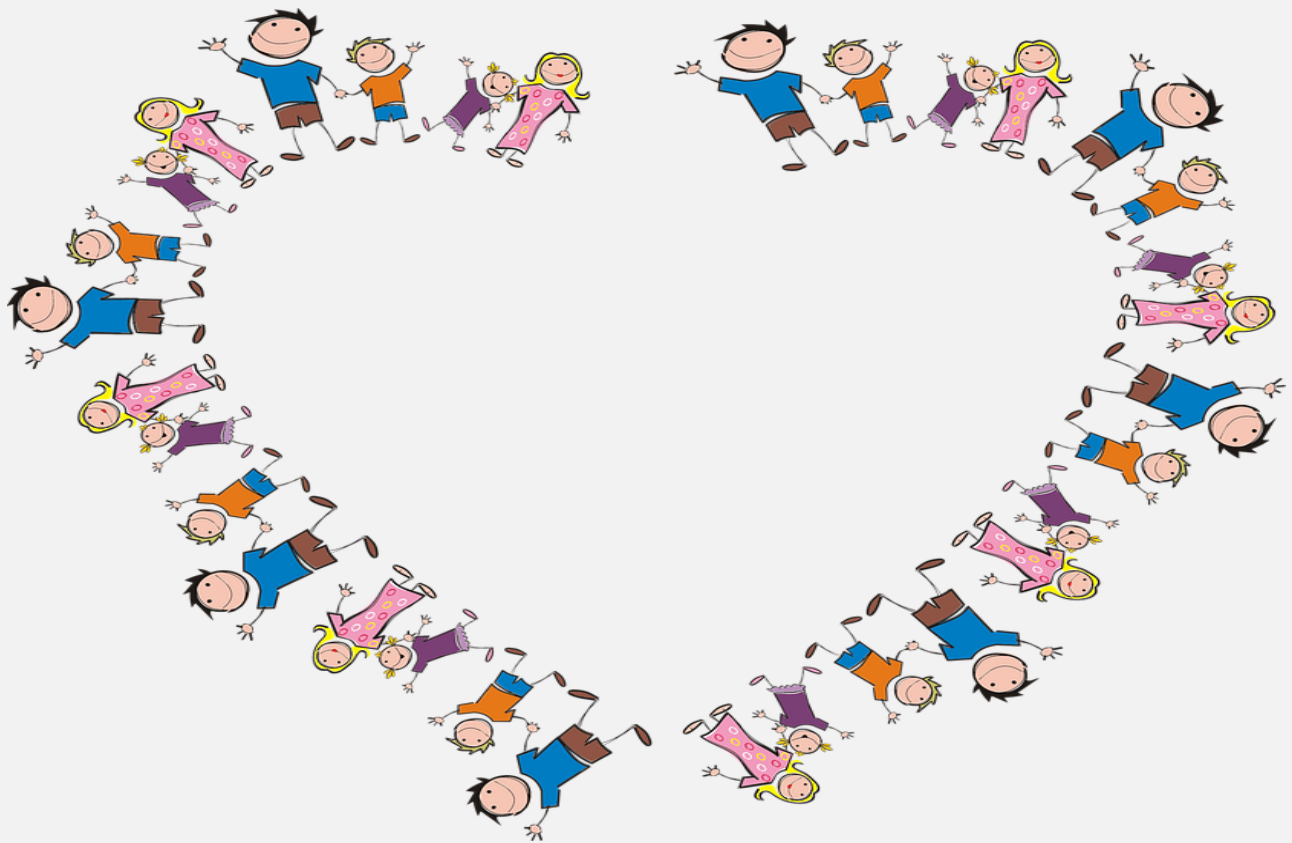
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August 2023

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✓ **EIGHTH STEP AND EIGHTH TRADITION**

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 non-professional, but our service centers may employ special workers.”*

✓ **QUOTE FOR REFLECTION**

“Ask yourself if what you are doing today is getting you closer to where you want to be tomorrow.”



✓ **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., and Kristin F., for August's writing contributions! You can find more information on writing for **THE COIN** here: <https://aasanjose.org/coin>

Positive Thinking - Negative Thinking – Reality

Reality Thinking: A Level Playing Field

By: Rick R.

Ever since I was a child, anytime I had doubts about an event that was about to happen, someone would suggest “You’ve Got to Think Positive.” As much as I would have liked to be positive, I was seldom able to overcome my doubts simply by willing them away. Eventually I dismissed the idea that positive thinking would make any difference at all.

As I got older, and in the grip of alcoholism, my cynicism grew, and I thought that I was always getting the bad breaks. It was easier to complain about everything than it was to take responsibility for myself. Fear of humiliation, responsibility, social activities, and all the other fears that alcoholics are plagued with, was my comfort zone, as long as I could drink myself into oblivion. When that no longer worked for me, I came to Alcoholics Anonymous (A.A.) and have been sober ever since. I learned in A.A. that alcoholics are plagued with *irrational* fear and that these fears far exceed the normal, God given instincts that we were born with and that these fears are the root cause of our problems. Positive thinking may work fine for normal people but for me it translates into *expectations*, and disappointments. In Dr. Paul’s story in the Big Book pg. 417, he said (“My serenity is inversely proportionate to my expectations”) and I agree with him. Negative thinking, on the other hand, has undesirable effects on the alcoholic.

It seems that when I am cynical about an issue, it gives me a built-in excuse not to perform. It makes it much easier to sit in a bar and complain about the issue than to take the risk. This plays right into the *irrational fears* that have paralyzed me during my drinking days and still have the potential to keep me from growing in the program. A.A. does not stop life issues from happening, but it does help me to stop doing damage to myself. Over the years of exploring the cause and effect of my experiences, I have become very pragmatic about this issue.

Like other issues in my A.A. development I have learned that moving away from the two extremes and closer to the center, which I refer to as, “Reality Thinking,” has taken the artificial

emotions (drama) out of my decision making, and that has served me well. I do not get too high when I am on a winning streak or too low when things are not going well. I live my life on a "Level Playing Field," and it is Real. I have very few disappointments, and my mind is less troubled. For me, peace of mind is the byproduct of this approach to my thinking. Today, I hope for the best, prepare for the worst, and accept whatever happens, and I discovered that often, the things that I used to worry about never happen.

The most effective and productive approach for me has been the establishment of a list of principles that I live by, that are consistent with the A.A. program and, other respected philosophies of life, that I have explored, that give me the best possibility to be successful in my undertakings. That does not mean that I never have disappointments, but the successes far outweigh the failures.



THE ROOMS

By: Kristin F.

*The way I was living
Was no way to live
But it was all I knew
From the time I was a kid
For over two decades
I used drugs and alcohol
As a way of coping
And escaping it all
With my back against the wall
No more fight left to give
I reached out my hand
Asking for another chance to live
When I first entered the rooms
I thought my life was over
Unsure about my decision
Unsure I could stay sober*

*Left with no other choice
I took on each day
With all the challenges and struggles
that came along my way
I was desperate and afraid
Hopeless and alone
But little by slow
I started to grow
And soon after that
This new place full of strangers
Became a little less strange
And started to feel like home
Where everyone knew my name
We rally together
Embrace this new way of life
Celebrate victories
Lift each other when in need
This programs' fellowship
Is like nothing I've seen
And although I struggle
I'm right where I want to be
Surrounded by those
Who truly understand me*

HOW I COMPILED STEP EIGHT HONESTLY

By: Bob S.



The Big Book infers that we are to take stock honestly. (p.64). My sponsor took this direction seriously with me because I had almost slipped after five months sober. I was informed that my mind was not always honest and that I must appeal God for help while writing my Step Eight inventory. I was reminded that Bill Wilson wrote about the “Great Reality deep within!” (p. 55), and that this would be my source to find the unvarnished truth, rather than my selective thinking. I have now come to believe that this was the same kind of alco-logical thinking that so often convinced me to take that first drink!

So, I prayed to God repeatedly—like a mantra. As I wrote, with God’s help, there appeared ever so many memories of people I had harmed. These included having my name appearing in the local newspaper, over and over, for public intoxication which had to embarrass my wonderful Christian parents. Also, my younger sister when she entered high school because of the dismal reputation I left behind. I went on a two-week drinking binge during my senior year!


Reviewing this process, I began to realize how dishonest with myself I had been through all those drunken years. It is easy to suppress unpleasant memories, thus avoiding the accompanying guilt. Of course, *without guilt, nothing changes!*

I will be forever grateful to my sponsor for his direction and Big Book knowledge on this step. We are told not to regret the past nor wish to shut the door on it. (p. 83). I am still susceptible to guilt feelings to a certain degree, but not overwhelmingly. I have done what I can to make things right, also, we are told about amends we cannot make: “We don’t worry about them if we can honestly say we would right them if we could.”



✓ **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

A great way to learn about Volunteer Opportunities, to meet amazing people who keep our AA program in the flow, and to enjoy some delicious snacks is to attend the monthly Intergroup Meeting – the first Wednesday of every month.

Next meeting – August 2nd – 7:30 to 9:00 Trinity Presbyterian Church 3151 Union Ave, San Jose
There is a volunteer opportunity for you here in Santa Clara County! For a complete schedule - Please visit: <https://aasanjose.org>

✓ **UPCOMING EVENTS**

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



Unity Day 2023



AA's Three Legacies – Our Common Solution

August 6th 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**

Watch Loneliness Vanish



The 63rd ICYPAA

International Conference of Young People
in Alcoholics Anonymous

Labor Day Weekend

Friday – Monday

September 1 – 4, 2023

San Francisco Marriott Marquis
780 Mission Street
San Francisco

www.ICYPAA.org

Pre-reg and book your room now!



July 2023 Birthday Contributions

Birthday Celebrant	Years	Contributor	Birthday
Ernie L	24	Lee C	07-21-1999
Richie M	25	Lee C	07-11-1998
Ed S	39	Lee C	07-20-1984
John B	44	John S	07-04-1979
Tim M	5	John S	07-27-2018

137 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's Anonymous (Intergroup). Opinions expressed are the writer's and publication of any article, event, or other information does not imply

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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.

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