



A PUBLICATION OF THE INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY

MONTHLY NEWSLETTER

Volume 24 Issue # 20

The Santa Clara Intergroup Central office supports the fellowship of Alcoholic Anonymous in Santa Clara County from Palo Alto to Gilroy.

Come visit us at:

274 East Hamilton Ave. Suite D Campbell, CA 95008

408-889-1001

email: info@aaanjose.org

You can now subscribe to THE COIN here:

<https://aaanjose.org/#join-email>



OCTOBER 2023

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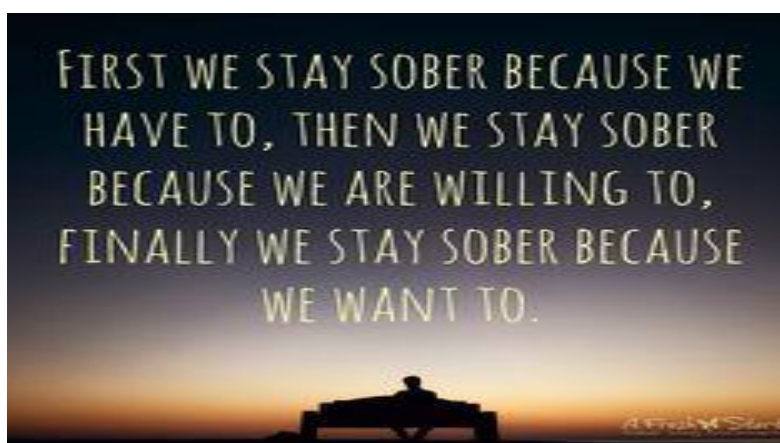


✓ **STEP TEN AND TRADITION TEN**

STEP Ten: "Continue to take a 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."

✓ **QUOTE FOR REFLECTION**





☀ *SPECIAL* *ANNOUNCEMENT*

As we approach the month of November, a time of "giving thanks"

I invite you to express in a word, a sentence, a personal story, a poem; something you are thankful for in your sobriety.

Submissions will be printed in November's issue of the COIN.

☀ *What are you grateful for?*

Please let us know here:

<https://aasanjose.org/coin>

✓ **MEMBER'S CORNER**

A heartfelt thank you to Rick R. for October's writing contribution!

Deeper Rooted Emotional Problems The Center Line of Life

By Rick R.

We are all born with a Conscience and an Ego. We all have Instincts. We, as human beings, are also born with the Use of Practical Reasoning, and that separates us from the animals, who, for the most part, live by their instincts. The degree to which these assets and liabilities affect our behaviors differs in all of us. "Yet these instincts, so necessary for our existence, often far exceed their proper function. "(12&12 Step4)" Most normal people make mistakes in their lives and that is normal since no one is perfect. Most

Alcoholics, however, take their life to the brink of destruction before they become desperate enough to surrender and enter the program of Alcoholics Anonymous. (A.A.) Most alcoholics struggle with emotional difficulties that far exceed the normal range. Some of these troubles can be rectified simply by acknowledging that they exist and being willing to change our motives and behavioral habits.

Unfortunately, A certain percentage of our fellowship have Deeper Rooted Emotional Problems that are permanent and cannot be cured simply by practicing A.A. principles alone. They are often masked by the use of alcohol and when a person stops drinking and starts dealing with their behavioral problems, these things rise to the surface in the form of: O.C.D; A.D.D; Bipolar Disorder; P.T.S.D; and many others that can only be subdued by the use of medications that, in some cases, dulls the mind of the patient to the extent that they would resist taking the medication and would rather live with the symptoms. Not knowing this, we sometimes misunderstand the people stricken by these deeper-rooted mental conditions and believe, by their sharing, that they are Resistant, Arrogant or Egotistical etc. when displaying behaviors that the average person is not afflicted with.

These conditions are not always at the extreme levels and each of us, being Alcoholics, have a degree or behavioral problems that are outside of the normal range else. Why would we need to attend A.A. meetings?

Let us consider the normal range to be 5 degrees on either side of the center line. The extremes of the abnormal behavioral problems extend out to 50% on either side of the centerline. Let us take Fear as an example. Some people are so fearful they are afraid to leave their home, while others are so fearless that they may dive off a cliff into a pool of water. These are extremes, and we all fall somewhere in between. Those of us who are fortunate enough not to be afflicted by those pre-mentioned mental disorders, are blessed in the sense that, practicing the principles of Alcoholics Anonymous, can bring us back towards the center line and we can lead a somewhat normal life.

For those ill-fated ones afflicted by those conditions, they can stay sober, but the behaviors are still apparent to us and, unless we can recognize and replace the habit of Judging Them by Their Outward Behavior, we are still outside the normal range ourselves, and when we replace the habit of being judgmental with the habits of Compassion and Empathy, we are somewhat closer to the center line.

We can change all those alcoholic behaviors when we recognize them, simply by looking deeper into our motives for our actions as pointed out in the A.A. program. Steps Six and Seven begin this process of recognizing our defects of character, based on our thinking, and changing the shortcomings or actions that result from those thoughts.

"There are those too who suffer from grave emotional and mental

disorders but many of them do recover if they have the capacity to be honest.” (BB pg. 58) My question is, do we have the capacity to be accepting when we recognize that some of us have these, uncontrollable deeper-rooted issues and that we cannot compare them to ourselves and be judgmental about these difficulties. Love, Compassion and Empathy are the center line positions in these cases. They need our understanding.

✓ **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 – October 4th – 7:30 to 9:00 Trinity Presbyterian Church, 3151 Union Ave, San Jose – ALL ARE WELCOME!!!

There is a volunteer opportunity for you here in Santa Clara County! For a complete schedule - Please visit: <https://aasanjose.org>



JOIN

THE FAITHFUL TWENTY-FIVERS!!!



Who are The Faithful Twenty-Fivers?

- ❖ **The Faithful Twenty-Fivers** are members of our Santa Clara County A.A. community who provide a **vital** contribution of only \$25.00 per month (or any amount you choose!) to help “**carry the message to the alcoholic who still suffers.**”

Where do contributions go?

- ❖ All contributions go **directly** to support our A.A. programs in Santa Clara County:



- | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">▪ The 24 Hour Hotline▪ 12 Step Calls▪ Meeting Schedules (online and Print)▪ Sales of Literature and Sobriety Coins▪ Affordable Group Insurance Umbrella▪ Publishing of monthly Newsletter▪ Support of Outreach, Activities and Intergroup Committees | <ul style="list-style-type: none">▪ Maintain, protect and display archive materials▪ Maintenance of the Website▪ Advertising of Fellowship Groups▪ Printing for Groups▪ Cooperation with other A.A. services such as General Services and H&I▪ New Secretary and Diverter Workshops and many other workshops |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

How do I contribute?

- ❖ **Easy**, <https://aasanjose.org/product/faithful-fiver>

✓ OCTOBER UPCOMING EVENTS



Safety Workshops



2 - 4 : 3 0 p m

Meeting Disruptions

OCT 7th

Diversity & Inclusion

OCT 14th

Sexual Safety

OCT 21st

In person:
1555 Oak Ave.
Los Altos 94024

Zoom ID:
884 5128 7850
Password: Safety

A.A. General Service Santa Clara County North
district04cnca.org



Northern California Council of Alcoholics Anonymous

Oldest AA Conference Since 1947!

Fresno, CA

DoubleTree by Hilton

2233 Ventura St, Fresno, CA 93721

October 13, 14, 15, 2023

<u>Friday Oct. 13, 2023</u>	<u>Saturday Oct. 14, 2023</u>	<u>Sunday Oct. 15, 2023</u>
2:00 PM Registration Opens 5:00 PM Long Timer's Panel 8:00 PM Open Speaker Meeting	8:00 AM – Steering Committee 11:00 AM – NCCAA Delegates 8:00 PM Open Speaker Meeting	8:00 AM Meditation Meeting 10:00 AM Open Speaker Meeting
Georgia B. Los Angeles, CA	Richie B. Los Angeles, CA YP Speaker	Marcelo N. Marin, CA
Additional program information on back of flyer		

Al-Anon and Spanish Speakers & Participation

Area 06 & 07 Updates – Marathon Meetings

Saturday Night Dance – Free Drawing

Sunday Morning Meditation Meeting

Introducing New Officers at this Conference

Visit NCCAA website for more information on how to be of Service to NCCAA.

NCCAA Website

norcalaa.org

PRE-REGISTRATION CUT OFF DATE IS OCTOBER 1st, 2023

CONFERENCE RATE FOR HOTEL CUT OFF DATE IS September 28th, 2023

PRE-REGISTRATION - \$20.00 (per person) - AT THE CONFERENCE - \$25.00

VISIT OUR WEBSITE AT --<http://www.norcalaa.org>

EARLY BIRD AND ATTITUDE ADJUSTMENT GROUPS PRESENT:

SAT.
OCT
21

MASQUERADE BALL



"DO YOU BELIEVE IN MAGIC"

HALLOWEEN COSTUME EVENT

TICKETS:

PRE-SALE \$10

AT THE DOOR \$15

SPONSORED TICKETS AVAILABLE



6:00 - 11:00 P.M.

6:00 - 7:00 P.M. SPEAKER MEETING - RUSSELL A.

MAGIC WITH ED

COSTUME CONTEST

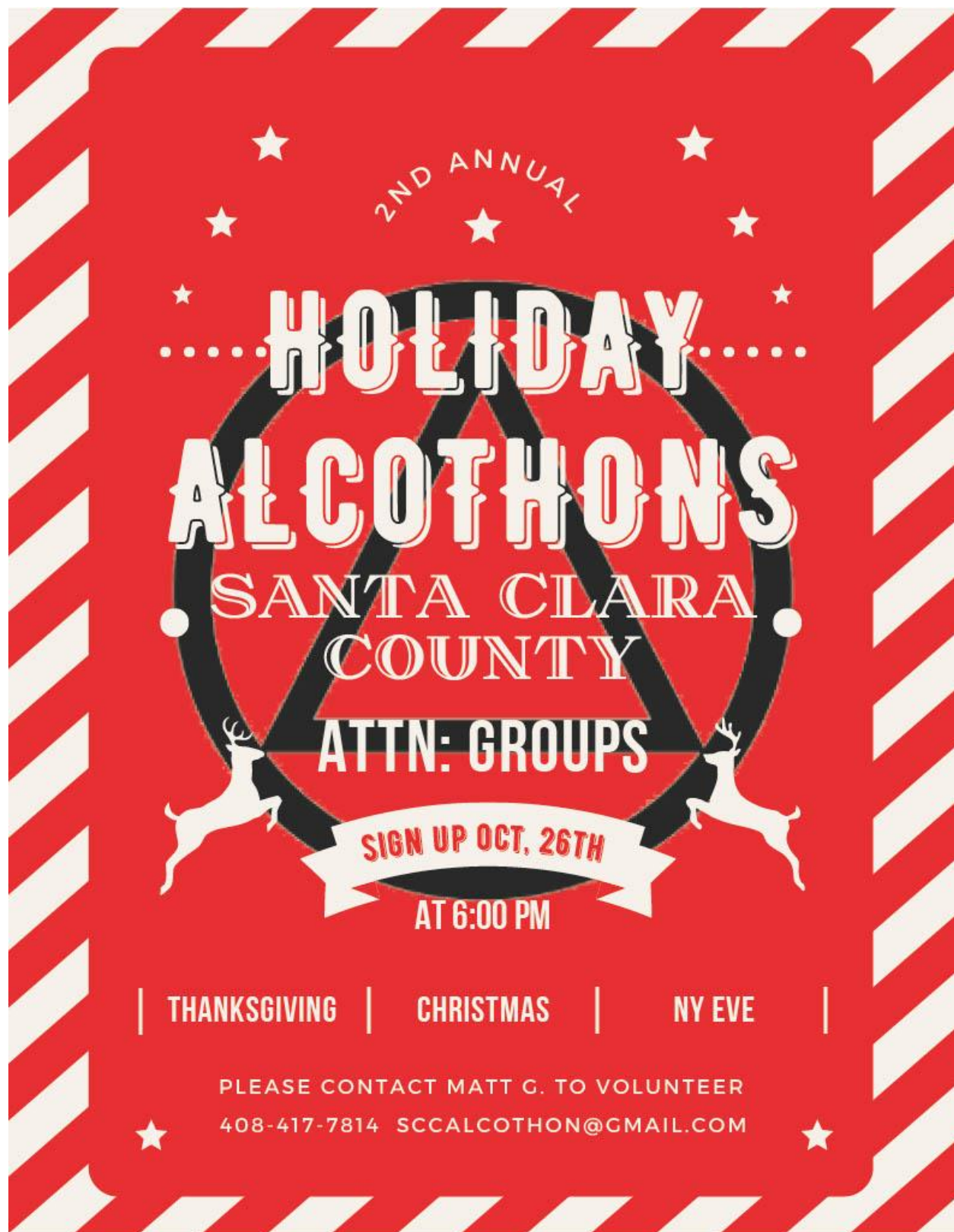
POTLUCK, BRING YOUR FAVORITE DISH

DJ/DANCE

RAFFLE WITH MAGICAL PRIZES (TICKETS: \$1 EA/ 7 FOR \$5)

KELLEY PARK, OKAYAMA ROOM, LEININGER COMMUNITY CENTER
1300 SENTER ROAD, SAN JOSE, CA 95112

INFORMATION CALL: FRANCIS (408) 518-1991 OR JUNE (408) 768-7011



September 2023 Birthday Contributions

Birthday Celebrant	Years	Contributor	Birthday
Linda S.	35	Anonymous	9-16-88
Sheila C.	30	Dr. Jerry & Sheila	9/9/83
Greg S.	4	John S.	9/7/2019
Jackie N.	51	Jackie N.	9/6/1972
Stephen T.	31	Stephen T.	9/1/1992
George C.	22	John S.	9/16/2001
Nicole P.	14	John S.	9/13/2009
Dan R.	23	John S.	9/22/2000
Lindsay	1	John S.	9/9/2022

211 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>.



THE SANTA CLARA
INTERGROUP CENTRAL
OFFICE SUPPORTS THE LOCAL
FELLOWSHIP OF ALCOHOLICS
ANNONYMOUS IN SANTA
CLARA COUNTY FROM PALO
ALTO TO GILROY.

CONTACT

ADDRESS:
274 East Hamilton Avenue
Suite D
Campbell, CA 95008

TELEPHONE:
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EMAIL:
info@asaanjose.org

A.A. OF SANTA CLARA COUNTY FINANCIAL SNAPSHOT

TIME FRAME

January 1, 2023 to September 30, 2023

633 TOTAL MEETINGS

- 321 In Person Meetings
- 131 Hybrid
- 181 Zoom

**Out of the 633 total meetings - 119 Meetings
have made a financial contribution from
January 1, 2023 to September 30, 2023**

- (70) **In Person** meetings contributed approx.
\$56,000.00 An Average of \$100.00 per month
 - (34) **Hybrid** Meetings contributed approx.
\$41,000.00 An Average of \$151.00 per month
 - (15) **Zoom** Meetings contributed approx.
\$9,000.00 An Average of \$75.00 per month
-

✓ **SANTA CLARA CENTRAL OFFICE RESOURCES**

The Santa Clara Intergroup Central Office 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 endorsement of Alcohol Anonymous, Intergroup or the Central Office.

The COIN October 2023

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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.

<https://aasanjose.org>

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