

Happy St. Patty's Day



VOLUME 7, ISSUE 3 MARCH 2012

FOCUS: Tuning Out Negativity

Stinking Thinking is Pointless

If I am negative, I am un-useful to God, therefore, if I want God to be able to be God in my life... it behooves me to stay positive, in

addition to which...it just doesn't go hand in hand with "love and tolerance is our code."

When King Alcohol took over, negativity became my by-word, the hardest mode of thinking to pull out of. "Thinking" it was justifiable, became easily offended, jealous,

judgmental, critical, complaining, finger pointing, into pointless drama, "stinkin thinkin," which delighted King Alcohol to the max. "Why me, God?" "Wah-wah-wah"..."Poor me, poor me, pour me a drink."

Years ago, I learned negativity

breeds negativity, positivity breeds positivity. Crossing over into alcoholic drinking, as the euphoria ended, negativity took over,

> showing on my face, a dead give-away I had been drinking...again. Negativity affected me mentally, emotionally and spiritually.

Early on, one of my first life lessons was... life shows up... and it's how it's handled that counts. My first tool was

the Resentment Prayer. The slogans, "Easy Does It", & "Let Go and Let God" became tools. Back then, "I will not allow people, places, things, outside influences to spoil my day", became my mantra. The 7th Step Prayer was invaluable.

Fast forward to today...Negativity continued on page 4 column 1

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Monthly Topics

Here's Lookin' at You!! This month's Featured Meeting is the Living Solutions Group at the Transfiguration Church on Jarvis Avenue (near Branham Lane) in San Jose, at 8:15 p.m. on Friday.

This month our focus is on "Tuning Out Negativity".

April's topic will be Doing For Others (Being in Service.) How do you help others in AA (or outside of AA?) What do you do on a regular basis, what do you do that is outside your "comfort zone," and what do you appreciate about what others do for you that you would like to emulate? Address your stories to: ODAATCOIN@yahoo.com. Deadline is March 21st, 2012.

FEATURE: Living Solutions Group - Transfiguration Church



Like so many other meetings, this one was formed out of a resentment. Wives of some of the earliest members in the Santa Clara Valley were tired of having their husbands away from home, attending meetings all weekend -- even though they knew they weren't drinking. It wasn't for just an hour – it could be three or four hours from the time they left the house to the time they returned. "How about a meeting for both AAs and Al-Anons to talk, so we can go to the same meeting and have coffee afterwards with each other?"

To date there had been no AA meetings where Al-Anons were invited to share, so a group of AAs -- Al E., Jerry H., Bruce B., Patty F., and Randy S.-- met on August 16, 1988 at the Alano Club West, and Bruce B. found the meeting place where he attended church. It also happened that one of the members' brothers was the priest at that parish, so the rent was reasonable.

The first meeting was held

on August 19, 1988 in the Transfiguration Church at 4365 Jarvis Avenue, San Jose, CA with about fifty people in attendance. In order to become a listed Alcoholics Anonymous meeting, it was necessary to pass the Intergroup Board. The first month it was submitted, it was turned down because it deviated from the norm. "Alcoholics are the only ones who should share at an AA meeting," was the motto, but the whole steering committee went to the Intergroup meeting the following month to plead their cause: "As an Open meeting of Alcoholics Anonymous, anyone could share as long as the group conscience decided on that, which it did." The meeting was then approved.

Several couples were involved in formulating this meeting, and the folks who attended that first meeting continued their attendance for quite a while: Al & Berniece E., Norm & Gay L., Randy & Sharon S., Wilda & Bob C., Karen & Alan B., Bob & Nadine Y., Jim & Lori D., Kelly and Kimball H., Janice &

Jack A., Jim & Vikki B., Jim & Sylvia S., Mike & Ita M., Tom, Liz & Stacy S., and Jack & Alice H. The initial couples and singles who started this meeting retained their attendance for many years after its inception, and the meeting place has never changed, although attendance has fluctuated between 10 and 100 members over the years.

The ground rules of this meeting are based in AA: Format follows AA style, with only members of AA holding office, chairing the meeting or reading from the literature, but Al-Anons can share their experience, strength and hope from an Al-Anon perspective to the audience. New secretaries are elected by the steering committee, which is made up of the original steering committee and all past secretaries. Names can be submitted to the committee from anyone in the meeting, and the steering committee makes the choice.

At its peak, the regular couples attending were learning of each other's difficulties and helping each other overcome the most trivial of issues, or make it through the most difficult of problems. Listening without judgment, being available to support and comfort each other, offering suggestions when asked as to how they got through similar circumstances -- these were all things that were relationship-based. The meeting became known as the "Couples Meeting," even though issues were not limited to couples, and all singles are warmly invited

continued on next page

Living Solutions Group continued from previous page

to attend. Hearing differing viewpoints from each spouse has its strengths.

We in AA were astonished to hear that from an Al-Anon perspective we were all wet, and from an Al-Anon perspective, "the Alcoholics" were not necessarily the villains, but the people who had wreaked havoc on the family for years, expecting gratitude and giddiness upon their wonderful and immediate transformation as sober drunks. The AAs learned, however, that they were still doing some things to hurt their families that they weren't aware of. Only by laying this on the table at a meeting were they able to see that the words they uttered did not necessarily meet the actions they performed. It is by working out the essence of their problems in the open that they could see where the oversights lay. When we stay home to pout, sulk, or yell and scream aloud, there is no solution. It is only by maintaining an open, safe, non-judgmental framework within a meeting to talk about the difficulties we all face that we can actually look at ourselves through others' eyes. Happily, this grounding has saved many a marriage, and although it can't keep everyone together, it has helped several couples weather some tough storms.

The reading excerpted from Chapter 8 of the Big Book on the Letter to the Wives (now referred to as Partners), has become instilled in our hearts as we read from this passage each week. It is abbreviated here:

"If you and your partner find a

solution for the pressing problem of drink you are, of course, going to be very happy. But all problems will not be solved at once. ... You, as well as your partner, ought to think of what you can put into life instead of how much you can take out. Inevitably your lives will be fuller for doing so. You will lose the old life to find one much better."

In the words of Jack H., who used to regularly warn us to remember where we came from, "Hold your member with her husband, Jim, used the motto, "Use duct tape on your mouth and crazy glue on your seat" to keep you from saying or doing the wrong thing with your partner. You can't point the finger at the other person if you keep sitting on your hands, and you won't have to apologize if you don't say the wrong thing.

Al E., our oldest living member, has reminded us that our "pickers are broken" when we come into AA and

think we will race into the steaming cauldron of available opposite-sex members, grabbing one off the racks. Not so. "Why???"

Get sober. See who you are first, then after a year

or more, talk to your sponsor about your choice. Come to the Living Solutions Meeting on Friday night with your potential partner. Often we find that the person who looks so good at first pass may not be all that he or she is cracked up to be. Do we want to be another statistic? Wait. Pray. Talk to others, as well as your sponsor. This is a decision that needs contemplation, speculation, and time. Wisdom does not happen overnight. This is the crux of the Living Solutions Group. Wait

and see. God has a Plan.



partner on the same pedestal you held him or her when you were first married, and never forget why you married that person."

And Walt P. used to remind us after his wife passed away, "Have you told him/her that you love them today?" Because that is what keeps us coming back, together. We all have been reminded over and over, upon losing many of those initial members, that our lives are tenuous and unpredictable, and we need to be grateful for every moment we have together.

Helen L., a long-time Al-Anon

Stinking Thinking

ontinued from page 1

can't fly with "happy, joyous and free." I use "What you think of me is none of my business," once I really believed that only what God thinks of me counts.

Every day, first thing, I thank God for another day of sobriety...ask for guidance in my thinking, reactions, emotions...and also, my words so that I don't start anything, hurt anyone, or make a fool of myself in whatever may rear its ugly head on any given day.

If I'm having one of "those days," I say; "Help God, help!"...and The Serenity Prayer, over and over. I say; "Thank You, God," as many times as necessary to feel the peace of God's will within me.

P. 449 is tattooed on my brain; "Acceptance is the answer to all life's problems today," and "Nothing happens in God's world by mistake," so I try not to quibble with God. I have to remember the beauty of humility. Have to remember God's Grace, without which, tuning out negativity would not even be an option for me. I read devotional readings, and meditate.

I make affirmations, one of which is;"I will not let anyone steal my joy." Exercise is the best feel-good ever...so If necessary, when walking Jasper Jax, I add a few extra blocks to "walk it off." These are a few of my tools... including praying on my knees. Discovering what worked for me got me into action...into the solutions as life showed up.

Today, every day is a Gift from God. I am becoming the woman God always wanted me to be...still a work in progress. I "ain't" too negative any more, and from this awesome situation of recovery, has stemmed the fact...God isn't finished with me yet.

Danette G., San Jose

Topics Upcoming:

May Controlling Your Temper (Altered Attitude) April 18, 2012

June Being An Example in AA (Pass It On) May 23, 2012

July Biting the Bullet (Acceptance) June 20, 2012

COIN Production — Editor: Fran D.; Layout & Design: Brian M.; Photography: Richard U.; Anagram - Monica H.

HELP WANTED: If you would like to write of your experiences or become part of the COIN staff and help in finding people to write of their experiences or if you would like to flex your own creative juices and receive writing assignments, then please contact the COIN editor at odaatcoin@yahoo.com.



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AMENDS POWERLESS FAMILY PRAYER FELLOWSHIP PROMISES RECOVERY FORGIVE FREEDOM SELFLESS HOPE **SERENITY** SURRENDER HUMBLE LOVE **TODAY MEDITATION TRADITIONS**

Tuning Out Negativity

How do I do this? Each day (with very few exceptions) I awaken with a sigh of peaceful excitement exhaled for my new day, that is to be shared with the things and people that I love. My day?...No, forgive me...the day clearly belongs to a Being far greater than you or I.

Whether the present day is started in a mode of excitement or with a cloud of gloominess overhanging it, the roots are those that I have to thank for making things complete. They teach me, heal me, challenge me, and undoubtedly humor me into a quest to show my gratitude and eagerness to love the new day to come. It is a day that is kindly and unselfishly shared with us. So with kindness and unselfishness I, too, will try to flow through this gift of life.

Am I hung over, in a coma, or in a hospital? No, I am not. When you

are blessed as I am to awaken each day, clearly seeing the goodness in life, it is a daily goal of mine to not count, but to enjoy my blessings and give back every bit that I can. Sometimes giving is a simple smile, a sparkling gaze, or an uncontrolled chuckle. Other times, it's an offer to help, cookies delivered to your door, or a compliment meant to feed you the love you have earned. Each day, my blessings encourage me to continue to share my day on a higher level, with that Higher Being. Full of unselfishness, full of thanks.

Others may feel dreary to greet a day in darkness, but one of my favorite times is the early morning when others are still vulnerable from sleep. Outside, nature is wet with freshness, ready to be breathed in by thankful souls such as mine. My bag of "Good Mornings" is full; knowing it cost me not a dime to spend them all. If exclaimed with vigor and gratitude, a "Good Morning" pays handsomely. Sometimes the buyer hardly notices what brought on such a tickling feeling. How special that moment is! Even greater is the reward of seeing a new seller walk the fresh grounds.

As the day dries and ripens, my endeavors grow deeper with the strong roots experienced in my everyday life. Whether it is day, morning, or night, these roots have made it past the "Good Mornings" and into everyday living. Love...it gives to me, but even more, makes me want to give to it. For that, I am thankful!

Sheila

AMAZING DAY AT THE February 25th 5TH ANNUAL CHILI COOK-OFF!

WE KNOW HOW TO THROW A PARTY! Santa Clara County, Congratulations on a spectacular event and Congratulations to the winners in the chili cook-off.

- 1st place -- Team #8 Red Hot Chili Chicks' Chili, Get Up and Go Women's Group, Saturday 9:30am St. Mark's Church
- 2nd place -- Team #7 Rincon 5@4 Fellowship, M-F 4pm
- 3rd place -- we had a tie: Team #2 R&B Sunnyvale and Team #5 Serenity Discussion Wednesday 12noon

They took home trophies and a gift certificate to Central office. GREAT JOB!

Thank you to all the chili teams for participating. You all made a great showing, all the teams were just a few votes from winning! There were excellent chili entries

Thank you to the The Pink Cloud Chili Chicks, Third

Tradition Women's Group for being our MC for the day; they did a great job and showed their spirit with an awe-some tribute to their win last year.

Donation Station staffed by the One Day At ATime Fellowship handled the crowd expertly. They gave out 500 wristbands and collected donations from 460 people at the door. 363 people signed in proudly to represent their home groups. This event made a donation of \$2600 to central office. Everyone should be very proud of their support to our fellowship. SANTA CLARA COUNTY ROCKS!!

A great big thank you to the band, you guys rocked the house! From setup to cleanup, this event went off without a hitch. I can't name all the volunteers, but I thank you with all my heart for your service to this event.

See you next year!

Gloria - your devoted servant

Editor's Bag

Happy March. This third month, marking the end of the first quarter of the year, is most known for St. Patrick's Day, the 17th of March, after the principal champion of Irish Christianity. It is said that he used the shamrock to illustrate the Trinity to his followers, and Lenten restrictions on eating and drinking alcohol were lifted for this feast day. St. Patrick's Day is celebrated in that festive uproarious drinking day when the Irish turn everything green to announce their affiliation with Ireland. Back in the "Days of Alcohol," I looked forward to St. Patty's Day with trepidation...it always started out looking for fun, but ending up in some mighty peculiar places. I never knew where I'd be at the end of the evening. Invariably, I'd regret where I landed, having drunk too much, spent too much, and perhaps done too much that I couldn't even rememer.

Spring is right around the bend. But for us here in Santa Clara County, Spring weather has been here for the past month. The Chili Cookoff is behind us, we look forward to the NCCAA 65th Annual Spring Conference in San Ramon, coming up March 16-18, and if you want to go to Yuma, AZ, there will be a Seniors in Sobriety International Conference. Who ever thought there would be so much to do once we got sober? I sure didn't. I thought my fun had ended when I broke loose of the bottle, and instead I have more than two friends, and things to do now that I only dreamed about. My hangovers and double vision kept

me from leaving the couch.

I want to challenge all of you this year: tell me YOUR story, how you got into the program, what's the most important thing you have learned, and how you can benefit others. Or what is the most significant thing you've learned that you feel you'd like to pass along? If you can't talk about Being in Service for April's newsletter, or don't have an Altered Attitude for May, consider June's topic Being an Example in AA to Pass it On. One of these should press your button to write. I'd love to hear from YOU.

Fran



5th Annual CHILI COOK-OFF

The fanfare as a participant in the chili cookoff starts weeks before in preparation of not only a recipe, but where to buy the least expensive ingredients – and then there's the COOKING! Oh, my, what fun to have a dozen gals all milling about in a big (not my) kitchen, chopping and stirring and opening chili beans and pouring ingredients together, measuring and making messes and cleanups. The decorating committee is busy in their own corner, pasting and painting and drawing and adding on and getting more ideas with every person who joins in. Getting the pots stirred, the ingredients mixed, and then

preparing to keep the cold things cold and transporting them to the meeting, to keep more things hot and how to do that with burners and electric outlets and crock pots and whatnots...

What fun to show up with bags and ice chests and big pots filled with chili, figuring out who will cover what shifts and jobs and looking at the competition and their displays and who could possibly beat us out, and why don't we have a full table for our team??? Oh, my gosh, this is disastrous!

But nothing is disastrous. We have

our pots and our ladles and our scoops and our little spoons and dishes; we have our latex gloves and our warmers and our chili and our cheese, and we are ready to wow the crowds with our great chili. We are going to be Number One!

And we have a great time feeding the crowds, telling them to vote for us and, sure, they can have more of our chili -- and we'll enjoy dancing to the music and watching the milling throngs pass from one chili counter to the next, sampling all the numbers and sitting down to try them all. The tables are crowded,

continued on next page

TUNING OUT NEGATIVITY -- "Accentuate the Positive; Eliminate the Negative"

These opening lines from Johnny Mercer's 1944 popular song — the same year The Grapevine was first published — represent the core of my recovery from alcoholism. Every moment I let negative thoughts and behaviors take over is a step I take toward relapse and death. Here are six actions I take to tune the negativity out of my life.

Turn my attitude of gratitude into actions. My wife and I begin each morning by stating three feelings and three reasons for gratitude. This valuable lesson-learned from rehab acknowledges we may have negative feelings and ends on a positive note. We may be tired, unsettled, or in pain, but our daily ritual takes us to good places such as the recent birth of our fifth grandchild, our improving health, or the AA and Al-Anon meetings scheduled for that day.

See myself and my circumstances as they really are. Alcoholism is a disease of perception. I am trapped in my disease as long as I see myself as different from, less than, or afraid. I have to be particularly on guard against self-pity, as I am not aging gracefully. I have had eight surgical procedures in the past year that I could see as "Poor

Me." Instead, I put fear in its proper place when I see myself gaining strength and regaining activities such as biking, hiking, and skiing.

Squash Guilt. Guilt is like a rocking chair. It gives me plenty to do, but I never get anywhere. Guilt opens the door to procrastination, laziness, and more guilt – all enemies of change. We all know what happens if nothing changes. I accept myself as a human being who is allowed to make mistakes. I turn those mistakes into positives when I learn to forgive myself and vow to learn from my errors.

Hang out with positive people. Cynicism and sarcasm aren't proof of wit; they are back doors to despair. My choice of friends has changed a lot since I have been in recovery. Happy people are contagious. I have a mix of AA and non-AA friends, and we bring out the best in each other. I am richer for the wonderful people in my life because they encourage me to try new things and motivate me when it's easier for me to hang out with self-pity. I am more rigorously honest because I choose not to betray my friends.

Use tough times to gain experience

and build determination. I build spiritual muscle memory by making the 11th Step a constant behavior. When we say "life shows up" we acknowledge that life is a process of meeting and solving problems. Rather than pray for a life that is free of problems, I ask for one that is full of solutions. God does not remove the mountains in my path. God works through me, helping me find the strength to climb those peaks.

Forget what others might say. This is MY recovery. The 12 Steps are my program and I live them to the best of my ability. I don't expect perfection -- I do my best. I share the character defect of perfectionism with many of my fellow alcoholics. I do not live in fear of how others will judge my thoughts and actions. I make progress through trial and error, and I work at being quick to admit my mistakes. When I look at my past I focus on the things for which AI am thankful. I pursue progress, not perfection, by not comparing myself with others. What is so awful if someone is doing it better than I am. Rather, I learn from them ... without resentment.

Jack M.

Chili Cook-Off continued from previous page

then empty, then crowded again as the next wave of tasters joins in to sample. When the deal is finally over and the ballots are collected, we are sure we'll be in the top Five...

The winners are called and we aren't number Three, nor are we Number Two, and Now, for the BIG MOMENT: Team Number 8

(Eight) WIIIINNNNSSSS!!! We aren't Number Eight. But we are happy for Number 8. Eight is great. We had a good time, we enjoyed ourselves cooking and enjoying each other's company, and we loved talking to the many people who came to taste our chili, and we know we'll do it again NEXT Year!!! Because we still want to be Number One. But it's okay Not To Be #1.

Eight is Great! Congratulations,

Team #8!



Service Opportunities: Santa Clara County A.A.

Areyoulookingtobeinservicein A.A.? Or has your sponsor "suggested" servicetoyou? Or have you heard how great it is and want to get in on the good stuff? Or are you just feeling a little guilty? No matter-this section is for you. What follows is a partial listing of service opportunities in A.A., together with some pertinent information. If you'd like us to include something we've missed, please let us know.

Pleaseremember, groups are autonomous and have different needs with different service positions available. So briety requirements, length of commitment, and other particulars of service area matter of group decision. So, the information presented here is to be used as a guideline only; consult with your group about the specifics.

HOME GROUP SERVICE

Meeting Secretary: Setup and facilitation of the meeting according to the group's guidelines or tradition.

Sobriety requirement – 6 mos. to 5 years. Term – 6 months

Treasurer: Collects, protects, and distributes the money collected at each meeting.

Sobriety requirement – 2 years. Term – 1 to 2 years

Literature Coordinator: Buys literature for sale and for distribution from Central Office.

Sobriety requirement – 6 mos. to 1 year. Term – 6 mos. to 1 year

Coffee, Set-up, Clean-up: Often these are different service positions.

Sobriety requirement – 3 mos. to 1 year. Term – 6 mos. to 1 year

Grapevine Rep: Provides the Grapevine for the group and advises on items available from Grapevine.

Sobriety requirement – 1 or 2 years. Term – 1 or 2 years

PI/CPC Rep: Represents the group at the PI/CPC meetings and reports to the group.

Sobriety requirement – 1 or 2 years. Term - 1 or 2 years

Hospitals & Institutions (H&I): Represents the group at the H&I meetings and reports to the group.

Sobriety requirement – 1 or 2 years. Term – usually 2 years

Intergroup Rep. (IGR): Represents the group at the Intergroup meetings and reports to the group.

Sobriety requirement – 1 or 2 years. Term - 2 years

General Service Rep (GSR).: Represents the group at the District meetings and reports to the group.

Sobriety requirement – 2 to 5 years. Term – 2 years

INTERGROUP and CENTRAL OFFICE SERVICE

PI/CPC Committee: Our information voice to the general public and professionals.

Sobriety requirement – 2 years. Term – open, but at least 1 year

Outreach Committee: Intergroup's liaison with groups and meetings.

Sobriety requirement – 1 year. Term – open, but at least 1 year

Diverter Volunteers: Providing after hours phone coverage.

Sobriety requirement – 1 year. Term – open, but at least 1 year

12th Step Volunteers: Phone and visitation contact with callers in need.

Sobriety requirement – 6 mos. Term – open, but at least 1 year

Daytime Office Phone Volunteers: Takes all incoming calls to Central Office.

Sobriety requirement – 2 years. Term – open, but at least 1 year

Newsletter Committee: Prepare monthly newsletter

Sobriety requirement – open. Term – open, but at least 1 year

Activities Committee: Organize many great activities.

Sobriety requirement – open. Term – open, but at least 1 year

Communications Committee: To make sure we all get the word.

Sobriety requirement – open. Term – open, but at least 1 year

ARCHIVES CORNER

Bill's Last Message

Bill was one of A.A.'s two cofounders.

My dear friends, Recently an A.A. member sent me an unusual greeting which I would like to extend to you. He told me it was an ancient Arabian salutation. Perhaps we have no Arabian groups, but it still seems a fitting expression of how I feel for each of you. It says, "I salute you and thank you for your life." My thoughts are much occupied these days with gratitude to our Fellowship and for the myriad blessings bestowed upon us by God's Grace. If I were asked which of these blessings I felt was most responsible for our growth as a fellowship and most vital to our continuity, I would say, the "Concept of Anonymity." Anonymity has two attributes essential to our individual and collective survival: the spiritual and the practical. On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level, anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes. A.A. must and will continue to change with the passing years. We cannot, nor should we turn back the clock. However, I deeply believe that the principle of anonymity must remain our primary and enduring safeguard. As long as we accept our sobriety in our traditional spirit of anonymity we will continue to receive God's Grace. And so—once more, I salute you in that spirit and again I thank you for your lives. May God bless us all now, and forever.

*Read by Lois at the annual dinner given by the New York Intergroup Association in honor of Bill's 36th anniversary—October 10, 1970.

Dr. Bob's Farewell Talk

Dr. Bob and Bill W. were cofounders of A.A.

My good friends in A.A. and of A.A., ... I get a big thrill out of looking

over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stickto-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief. There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual A.A. work. Our Twelve Steps, when simmered down to the last, resolve themselves

into the words "love" and "service." We understand what love is, and we understand what service is. So let's bear those two things in mind. Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance. And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us. Thank you very much.

* From Dr. Bob's brief remarks on Sunday, July 3, 1950, at the First International A.A. Convention in Cleveland, Ohio

SATURDAY NITE LIVE 2012 Event Calendar

MARCH: Saturday, March 17, 3:30 - 5:30PM Corned Beef and Cabbage Feast

APRIL: Saturday, April 15, 3:30 - 5:30PM Tile Painting/Pizza Party

MAY: Saturday, May 12, Times TBA Anniversary Picnic, Vasona Park-Lakeview Area

JUNE: Saturday, June 16, 3:30 - 5:30PM Ice Cream Sundaes/Float Social

JULY: Saturday, July 21, 9:30PM - 12:30AM Sock Hop (50's Nite)

AUGUST: Times and Date TBA SNL Thank you Picnic

OCTOBER: Saturday, October 20, 9:30PM - 12:30AM Halloween Dance/Costume Party

DECEMBER: Monday, December 31, Times TBA New Year's Eve Talent/No Talent Show

March 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February 2012 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	April 2012 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			1	2	3 SECRETARY'S WORKSHOP 10am,CentralOffice ARCHIVESWORKDAY 11:15am,CentralOffice
4	5	6 SCCYPAABUSNESS MEETING 6:30pm	7 PI/CPCWORKSHOP5:30 PI/CPCMEETING:6pm OUTREACHMTG5:45pm INTERGROUPPOTLUCK6pm INTERGROUPMTG7:30pm	8	9	10 PICPCWORKSHOP 10am,CentralOffice
11	12	13	14 NORTH COUNTY GENERALSER/MCEMEETING 7:30pm	15	16	17 DIVERTER/12TH STEPPERSWORKSHOP 10am,CentralOffice
18	19 BRIDGINGTHEGAP MEETING:7:00pm 1980EHamiltonAve,SJ	GENERALSERVICE	21	22	23	24
25	26	27 H&ICOMMITTEE 7:00pm	28	29	30	31

	LOCAL EVENTS
Mar. 17	St. Patrick's Day BBQ, 11AM - 4PM, John Mise Park, Moorpark Ave., btwn Lawrence and Saratoga, San Jose
Mar. 17	SNL, St. Patrick's Day, 2 - 5PM, Saturday Nite Live, 1388 S. Baxom Ave., at Stokes, San Jose
Apr. 27-29	Sober & Free Conference, San Jose Hilton, 300 Almaden Ave., San Jose. <u>www.soberandfree.org</u>
	EVENTS AROUND CALIFORNIA
Mar. 16-18	NCCAA 65th Annual Spring Conference, San Ramon Marriott Hotel, 2600 Bishop Dr., San Ramon. www.ncc-aa.org
Apr. 14 & 15	CNCA Pre-Conference Assembly 2012, Lake County Fairgrounds, 401 Martin St., Lakeport
Apr. 27 & 28	24th Indian Wells Valley AA Roundup, Desert Empire Fairgrounds, Redgecrest. www.orgsites.com/ca/iwvroundup
May 18-20	41st Annual Hospitals & Institutions Conference, Senior Citizens Hall, 2290 Benton Dr., Redding, 96003

April 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 CCYPAABUSNESS MEETING 6:30pm	4 PVCPCWORKSHOP530 PVCPCMEETING6pm OUTREACHMTC5/45pm NTERGROURMTC7/30pm	5	6	7 SECRETARYSWORKSHOP 10am,CentralOffice ARCHIVESWORKDAY 11:15am,CentralOffice
8	9	10	NORTH COUNTY CENERASEM CENTERING 7:30pm	12	13	14 PICPC Workshop 10am,CentralOffice
15	16 BRIDGINGTHEGAP MEETING:7:00pm 1980EHamiltonAve,SJ	GENERALSERVICE	18	19	20	21 DIVERTER/12TH STEPPERSWORKSHOP 10am,CentralOffice
22	23	24 H&ICOMMITTEE 7:00pm	25	26	27	28
29	30	31			March 2012 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	May 2012 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 1 20 21 22 23 24 25 26 27 28 29 30 31

WE WANT TO HELP YOU SPREAD THE WORD!!

Please send news and information about your group's activities before the end of the month So we can get them in the COIN. We accept them in any form,

But emailing a flyer is best: office@aasanjose.org

	EVENTS AROUND THE COUNTRY AND GLOBE
Mar. 14-17	Seniors in Sobriety 2012 Intl. Conference, Yuma, AZ. <u>www.bit.ly/sisconference</u>
Apr. 5-9	AA Australian Convention "A Design for Living", Melbourne Convention Centre, Australia. www.melbourne2012.org
Apr. 6-9	Celebrate Sobriety 2012, Coast Plaza Hotel, Vancouver, BC, Canada. <u>www.celebratesobriety.org</u>
Apr. 19-22	2012 International Men's Conference, Orleans Hotel & Casino, Las Vegas, NV. <u>www.iaamclasvegas.org</u>
May 11-13	1st Annual Coeur d'Alene Convention of AA, Coeur d'Alene Resort, Coeur d'Alene, ID. <u>www.cdaconvention.org</u>
May 17-20	28th Annual Tri-State Round-up, Riverside Resort Hotel & Casino, Laughlin, NV. <u>www.tristate-roundup.com</u>
May 31-Jun. 3	MauiFest VIII, Hawaii. <u>www.mauifest.org</u>
•	

Telephone Calls Received During January 2012

Daytime at Central Office......383

Daytime 12 Step Calls......6
(Evening 12 Step Call information is not available.)

An average of just over 8,000 hits are made on our website each month!!

I AM RESPONSIBLE...
WHEN ANYONE, ANYWHERE,
REACHES OUT FOR HELP,
I WANT THE HAND OF A.A.
ALWAYS TO BE THERE.
AND FOR THAT: I AM RESPONSIBLE.

To all the members and groups who support us, WE THANK YOU!

SPEAKER MEETINGS

Grapevine Speakers Meeting
Fridays at 8 p.m.
Presbyterian Church
San Tomas & Homestead, Santa Clara

Second Tradition Group of AA
Saturdays at 8 p.m.
Lincoln Glen Church, 2700 Booksin Ave, San Jose

Remember We Deal With Alcohol Saturdays at 8 p.m. St. Mark's Church 1957 Pruneridge Ave., Santa Clara

Saturday Nite Live Group Fridays at 8 p.m. 1388 S. Bascom at Stokes, San Jose

Speaker Meeting—VA Hospital Sunday at 11:15 a.m. 3801 Miranda Ave., Palo Alto

Saturday Morning Fellowship Saturday at 10 a.m. United Presbyterian Church Fremont & Hollenbeck, Sunnyvale

MEETING CHANGES

NEW

Women's Step Topics: Thurs., 6:00PM, First Congregational Church, 1980 Hamilton Ave., Room 8, San Jose.

Split the Difference: Sun. 7:30PM, Winchester Fellowship, Our Savior's Lutheran Church, 1224 Winchester Blvd. (at Tulip Ave.), Santa Clara.

It Works It Really Does (Women's Meeting): Mon. 10:30AM, Center for Training & Careers, 749 Story Road-Assembly Room, San Jose.

The Firing Line (Men's Meeting): Mon. 8:00PM, Trinity Presbyterian Church, 3151 Union Ave., San Jose.

A Better Life: Wed. 6:00PM, Emergency Housing Consortium, 2011 Little Orchard Str., San Jose.

CHANGED

Fair Avenue Fellowship Announcement: Fair Avenue Fellowship, The Alano Club of San Jose, 1122 Fair Avenue, San Jose. All Monday-Saturday 6:00PM meetings have changed their name to "Back to Basics". All Monday-Sunday 7:30PM meetings have changed their name to "The Seeker's Group".

Midday Women's Group: Mon., 12 noon, St. Mark's Church, 1957 Pruneridge Ave., Santa Clara. Time has changed to 1PM.

Friday Noon Big Book Study: Fri., 12 noon, By the Book Group, St. Mark's Church, 1957 Pruneridge Ave., Santa Clara. Time has changed to 1PM.

A Second Chance at a First Class Life: Sun. 4:00PM, Cornerstone Fellowship Group: 1600 Dell Ave. (2nd floor), Campbell. Meeting is not a Closed Men's meeting as previously stated. It is an Open meeting and all are welcome.

Spiritual Step Sudy: Sun. 9:00AM, Oak Creek Apartments, 1450 Sand Hill Rd., Palo Alto. Meeting has moved to Stanford: Escondido Village Admin Bldg., 859 Comstock Circle, Palo Alto.

Progress Not Perfection: Sun. 7:00PM, Bernal Road Baptist Church, 160 Bernal Rd., San Jose. Meeting is moving as of January 15, 2012 to New Creation Lutheran Church located at 7275 Santa Teresa Blvd., at Avenida Espana, SJ.

NO LONGER MEETING

Tuesday Noon Step Study: Tues., 12 noon, By the Book Group, St. Mark's Church, 1957 Pruneridge Ave., Santa Clara.

Sunday Spirituality: Sun. 9:00AM, Oak Creek Apts.: 1824 Sand Hill Road, Bldg. F, Willow Room, Palo Alto.

Truly Grateful Group: Wed., 8:15PM, Neighborhood Center, 208 E. Main St., Los Gatos.

SNL SPEAKERS

Mar. 16, Mike J., San Jose, 10 Years Mar. 23, Lee N., SNL, 21 Years

Mar. 30, Paula A., Sacramento, 21 Years

Birthday Night Speaker

Mar. 31, Mike V., Half Moon Bay, 18 Years

Remember We Deal w/ Alcohol SPEAKERS

Mar. 17, Mario P., SNL, 28 Years
Mar. 24, Terry Sue O., San Jose, 20 Years
Mar. 31, Alyssa D., SNL, 5 Years

Birthday Contributions

BIRTHDAY CELEBRANT	YEARS	CONTRIBUTIONS	BIRTHDAY
Domini C.	23	Brian M., Aileen B.	02/21/1989
Sue H.	1	Carol B.	03/10/2011
Claire A.	10	Friends and Fans of Claire A., Anonymous	02/08/2002
Reba R.	23	Reba R.	01/09/1989
Sheila M.	39	Sheila M.	02/19/1973
Marcella M.	29	Aileen B.	01/24/1983
Mary Pat P.	29	Aileen B.	01/28/1983
Corvus M.	17	Aileen B.	02/12/1995
Nancy S.	36	Aileen B.	02/17/1976
Jerry R.	23	Jerry R.	02/21/1989
Nora G.	7	Carol B.	03/01/2005
Susan S.	7	Carol B.	02/09/2005
Dave H.	4	Dominic B.	02/28/2008
Pat V	41	Peggy P.	02/18/1971
Jan C.	31	Jackie J.	02/24/1981

HAPPY BIRTHDAY TO ALL!! 320 YEARS OF SOBRIETY!!

If you would like to participate or honor a friend, please use the birthday forms at your Meeting or Central Office.

In Memorium

Alcoholics Anonymous has lost two beloved members. Gary A. with 32 years of sobriety passed away on February 5. Fellow member Chuck with 38 years of sobriety passed away on January 26 at 94 years of age. Both were treasured members of our fellowship and will be greatly missed. May you both rest in peace.

InterGroup Minutes: January 4, 2012

- Bill H. Intergroup Chair opened the meeting at 7:30 PM, followed by a Moment of Silence and the Serenity Prayer
- Julie Read the definition of Intergroup
- Steve Read the Twelve Traditions
- New Intergroup Reps Tom, St Luke's, Los Gatos; Curt, Living with Others; Tracy, Solutions for Gay Women; Kevin, Firing Lines;
 Cindy, Spiritual Progress Group, Los Gatos; Tim, Veterans of San Jose; Jim, Redwood Estates; Amy, Bowers Park
- Visitors None
- Birthdays Tom B, 23 yrs; Curt, 2 yrs; Jack, 1 yr; Brian M, 22 yrs; Lisa, 3 yrs; Marilyn, 28 yrs; Bernie, 2 yrs; Amy, 6 yrs; Roman, 9 yrs; Marie, 29 yrs; Tracy, 3 yrs; June, 29 yrs
- 7th Tradition
- Additions or corrections to the agenda: 1) Central Service Board Reports are Joanne (408-420-8060) now; it is no longer Dave B; Agenda was accepted with changes & approved (Cameron)
- Additions or corrections to previous month's mins:
 - 1) pg. 15, No. County General Service, budget was approved, **not** discussed;
 - 2) pg. 15, So. County General Service, Petaluma not Pataluma;
 - 3) pg. 14, PI/CPC, should **not** be incl. with Central Office report (take out as bullet item; it is its own group & has separate report (Susan));
 - 4) Nights & Weekends Diverter Coordinator should be Steve S, not Mike M;
 - 5) E-book has always been \$6; app has [always been] free;
 - Last month's minutes passed with changes
- 58 voting reps were in attendance

REPORTS

- Treasurer: No report
- I/G CHAIR: BILL went to a lot of different meetings this month and said that it's amazing what is covered; it varies across the board with each intergroup rep. Please remember the group elected you as the liaison in this mtg; talk only about what is going on in Santa Clara County, not what is going on elsewhere
- Central Service Board Chair Jo Ann C-J:
 - The Board met on 01/26/12 at Central Office
 - Contributions for the month of December 2011 were down \$836.51 compared to December 2010
 - Overall the month of December was a \$2,037.30 improvement over December 2011. This was due to a reduction in expenses; particularly in salary
 - January Contributions are strong so far
 - In the last 6 years there has been a significant increase in the number of groups represented at the Intergroup Council and this appears, in large part to be attributed to the efforts of the Outreach committee ... CONGRATS!!
 - To ensure continued awareness about the importance of contributions at meeting level, we encourage the Intergroup
 Council to support the efforts of the Outreach committee; circulate the special donations envelopes and inform your
 meetings of the opportunity to contribute to Intergroup in honor of AA Birthdays
 - Please thank your groups for their continued contributions and support to the central office
- Central Office BRUCE: January was a quiet month not a lot to report. Special donation envelopes are available at Central Office & Bruce will start bringing them again to these meetings. [I am] always available for questions.
- PI/CPC Susan supposed to be announcing a PI chair but the nominations rolled over until next month. Silvercreek High School was well received in getting the message out; Fremont High School (in Sunnyvale) is having a presentation this coming Monday. 2 reps will be going to see how we present to the group; Common Health and Traffic Courts, are dealing with DUI's. Our members have done a fabulous job at presenting who we are, what we do, etc. On February 29th, we have been invited again for a presentation at Project Homeless, and SCU for a presentation to the Community Health Awareness Council to at-risk youths; Big Books are left at schools we present to. Maybe we could look at having a Big Book drive? Nominations were tabled to next month for a PI/CPC Chair and Co-Chair (requires 2 yrs sobriety, working knowledge of the 12 Steps and 12 Traditions, have to have read -and understand- the Big Book, experience in working with PI Committee is desired). Please ask groups to donate Big Books for the Big Book drive. There may be some different avenues we can explore (Bruce) also.
- 12-Step committee ROSE hasn't been able to do much work and needs to step down. Please see Bruce, Rose or Steve S
- Daytime Office Coordinator Michael McCann in January, there were 421 12-step calls (during central office hours only) 10 of

- which required follow-up. Shifts are full, but more help is always needed Monday-Friday, 9:00 am to 4:30 pm at Central Office
- **Nights & Weekends Diverter Coordinator Steve S** everything is pretty hunky-dory (that is a quote); all shifts are full. We are in need of a Diverter Coordinator for Tuesday nights. The busiest times are 6am-9am, Mon-Fri, and 4pm-7pm, including weekends. Phone system change went okay. We still need 12-step male and female volunteers and an Alternate Diverter Coordinator. We are always looking for more people to help. We have approximately 130-170 volunteers each month
- Outreach Committee Mary Pat P not available to join tonight (Lisa reporting) Committee has been going to meetings that are black (no activity in the past year); had to cancel plans for training tonight, it will be next month, however, there is a sign-up sheet going around for "black" groups for Intergroup Reps to sign (all meetings and all group rep's need to sign by their meeting; purpose is only for finding their meetings). Outreach Committee meetings are the 1st Wednesday at 5:45pm at Central Office.
- COIN Editor Fran Valentine's Day article this month ... "What I want in a Valentine";
 March: "Tuning out negativity" ... What tips can you give? How do you tune out negativity?
 If you have ideas for anagrams, or if you have ideas for a topic that you'd like to hear about, or any art or photography, please contact Fran. We are good for the next 4 months. Thank you if you have contributed and keep ideas coming in! Freeware software is available online.
- Activities Chair FRANCISCO had to step down so we are [again] seeking a new Chair; Gloria has offered to continue until one is found ... Thank you to Gloria! Take flyers for the Chili Cook-off and make sure to announce at meetings. Last year's event was amazing! This year there will be a band, a speaker, 15 chili teams, root beer floats; volunteer to bake & bring something. The event is being held on Saturday, February 25th from Noon to 3pm, 2700 Booksin Avenue, Lincoln Glen Church. Next Wednesday there will be a meeting, an email will follow with the location sent to those who want to join ... pass the word if you want to have an information table. If anyone is interested in the Activities Chair it is a serious service commitment; qualifications are that you need to be able to coordinate events and give directions.
- Communications Committee still looking for a chair (Carol reported), encourage people to volunteer for this brand new committee. It (the committee) will develop a new website, deal with issues on Facebook, and develop guidelines for the committee. With all the new technology, rebuilding the Central Service website is 90% done with migration of the server. Volunteers are needed for future support, individual projects, gathering & structuring data, etc. Chair will need to meet one time per week, starting now, for MINIMAL transferring of data. Anyone who knows how to use a computer with some technical background is great! Steve Spanos volunteered to help ... YEAH STEVE!! (he can be reached at 408-621-9300) ... Thank You!!
 OLD BUSINESS JUNE Traditions Breakfast on Saturday January 21st; 85 tickets were sold, 81 people attended, total cost was

<u>OLD BUSINESS</u> – JUNE – Traditions Breakfast on Saturday January 21st; 85 tickets were sold, 81 people attended, total cost was \$963 (this included rent, food and decorations), there was a \$322 donation to Central Office. Thank you to all involved in the set-up and tear-down, and to the Alano club -with a special thanks to Whitney- The committee is now dissolved. It will be brought up again in July or August ... Feedback was absolutely positive and it was liked by all!!

Traditions Breakfast in Gilroy, topic was brought up in January; we will support it

NEW BUSINESS – Since the meeting room has been down-sized, do we want to move to a new location? (We pay \$30 per month for rent here). Mary Pat looked at several locations – see meeting sites handout from Bill H

SCYPAA – Brandon – No Report. Sarah is the new Representative

OPEN FORUM

- Traditions Workshop Gilroy fellowship is looking at spring or summer to have a workshop. There was a motion made, it was seconded, discussed, and voted on; the motion to support passed, floor then opened to discussion. Walter discussed this at the [Gilroy Fellowship] business meeting. It will be a FREE event and will be potluck (money will be taken out of their funds); he will speak with the Events Coordinator. [Walter] asked for support from Intergroup to announce, volunteers needed to help with food, date, flyers, etc. Spread the word at our meetings here. June will get information to Walter after a date is set, everything is confirmed, and specifics are met; we will discuss again at a later time. Gilroy Fellowship has approval already
- **H & I BRET** There are 55 meetings a week at 25 different facilities from here to Soledad. Contributions are being used to purchase Big Books and 12 x 12's. Contributions for December 1st-31st, 2011, was \$3,717
- BRIDGING THE GAP JULIUS No report
- North County General Service Cameron 5 new GSR's; Stacey S, Area Treasurer, was District 04's visiting officer, she explained to the GSR's what to expect for this year at the conferences, what the Agenda Topics are, and explained what goes on at PRAASA (she is going to PRAASA in Bellevue, WA next month)
- South County General Service Larry No report
- **Eric L** Prisoners will be released in April because of a Supreme Court Ruling; please check into any closed meetings in your groups and why they are closed. We do not want to turn away ANY possible Alcoholics who need or want help
- Meeting was adjourned at 9:00pm

Intergroup Central Office of Santa Clara County, Inc. 274 E. Hamilton Ave., Suite D Campbell, CA 95008

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REMEMBER ...

PERSONAL CONTRIBUTIONS TO CENTRAL OFFICE (any amount, to a maximum of \$3000.00 per year, please) ARE CHEERFULLY RECEIVED AT:

INTERGROUP CENTRAL OFFICE 274 E. HAMILTON AVE., SUITE D CAMPBELL, CA 95008

(*your contributions are tax deductible)

