



The COIN

CENTRAL OFFICE INTERGROUP NEWSLETTER

Volume 5 Issue 2

February 2010

Being Dry Isn't Being Sober

Some of the most wonderful people I have ever met in my life are sober recovering alcoholics. But, not everyone I've met in AA, even with years of sobriety, has something I want. This program, AA, is about taking all 12 steps, developing a relationship with a Higher Power as we understand that Higher Power, and then practicing those principles in ALL our affairs and giving it away. At 6 and a half years sober, I have the gift of being able to work full time in chemical dependency treatment. I get to hear about how all kinds of people are given direction by all sorts of people in our program. Its wonderful to watch the lights come on and people embracing AA. What I notice when patients are resistant to AA is that it is often because of certain messages that I also hear in AA - namely very little about working the 12 steps in your life, instead there is an insistence on going to meetings and more meetings. Patient's (newcomers) worry about losing themselves in AA and tell stories of things I have seen a lot of in my time sober too - people who live in AA meetings and whose life outside of AA is a disaster zone, even after years of recovery. Often it is the people in AA whose life

outside of AA is very unsatisfying that are the most insistent that everyone else in AA needs to constantly do more than they are doing for their sobriety. Often it is the sickest among us in AA that speak with the strongest message at the podium. Its unfortunate, especially for the newcomer.

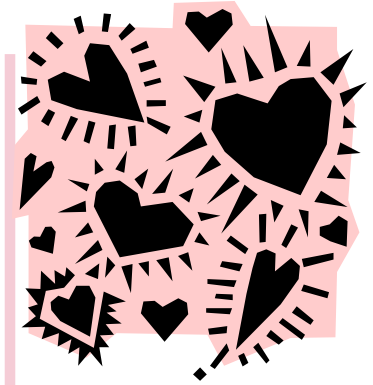
I am careful who I take direction from in AA. I ask myself - Is this person generally a happy person? How do they practice these principles in their life outside AA? Is this a message I would find in the Big Book, or is this *their* message. Newcomers are often scared away from AA because they don't want to lose their entire existence to meetings. I don't blame them. AA saved my life and I will hopefully, one day at a time, continue to stay sober and go to meetings. But there is often a lack of balance in lives of some AA's. There is nothing wrong with those wonderful old-timers who are retired and going to daily meetings, we need those guys, or the newcomers going to daily meetings to help survive the torrent of early sobriety, we need them too. But hopefully as people become

healthier in AA, they find places outside of AA to practice the principles. Also, for the sake of newcomers who find themselves trying to balance work, family, and recovery, we would serve them by letting them know that its okay to have a life and be a member of Alcoholics Anonymous. Most people I admire in AA are those who bring the principles of their program to their marriage, their relationships, their work, their children and the world around us which is so in need of these wonderful 12 step principles.

The first three years AA existed in New York, there was one AA meeting a week and that was at Bill W's house.

This program was never intended to be about hiding out from life in AA. It's fine if people need to do that for a long time even; but this program was supposed to be about taking 12 steps and then applying those to what hopefully becomes a happy and peaceful life both inside AA and outside of AA. That is what the program is for me, and I am forever grateful to AA for all it has done for my life, especially, for saving it.

-Brad K
Los Gatos



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Being Dry Isn't Being Sober

I got sober with the 3rd Edition of the Big Book. In the back of the book was a story, *A Five Time Loser Wins*. In this story I remember reading these lines: "I count my sobriety date from the day I began going to AA in prison, not from the date of my last drink. Being dry is not being sober." I needed to read these lines as a newcomer because I had "quit drinking" before I came to the program. I was miserable, white knuckling an existence each day and taking night-time cold medicine at to get to sleep. I knew it was only a matter of time before I would start drinking again. It wasn't until I finally stood up and announced myself at a meeting of AA that my journey of sobriety began.

Those who have heard me chair know that it is an important part of my story when I began to question my own drinking problems after my husband went into a rehab. I had asked the after-care counselor if she thought I was an alcoholic and she told me to "stop drinking and I would find out." I had no idea what she was talking about. I took it as a challenge. It was a curse. My life continued

along with one dramatic screw up after another, never getting any better. The unmanageability of my life drove me to the rooms of AA to find a solution.

As I attended meetings I used to hear this joke, "what do you get when you sober up a drunken horse thief? A sober horse thief." This is how the people with sobriety used to



try to get the point across that just because you are no longer drinking, doesn't mean you get to keep acting on old ways of thinking and behaving. I don't get to keep stealing, lying, neglecting, manipu-

lating, sleazing, bullying, obsessing, whining, blaming, abandoning, hoarding, etc. I had to change and I had to make the changes permanent.

The Big Book makes many references to ideas like: "a profound alteration in his reaction to life" or "the personality change sufficient to bring about recovery from alcoholism," "a profound change in personality," or a "vast change in feeling and outlook." This is where the program has made the most difference. The longer I stay sober the less gray area I have. Whenever I start to drift into questionable behavior I am made aware of where the thinking or behavior is leading, along with the clarity of how bad it feels. The process hasn't been easy sometimes and I am clear that I could not have any of these changes without a spiritual awakening. What I know today is that I won't be able to keep these changes without maintaining a fit spiritual condition.

- Cathyann

The COIN is published monthly by the Santa Clara County Central Office of Alcoholics Anonymous. Opinions expressed are the writers', not those of Alcoholics Anonymous as a whole. Publication of any article does not imply endorsement by Alcoholics Anonymous or Santa Clara County Central Office, except when Conference-approved publications are quoted. Quotations from AA books and pamphlets and the 12 Steps and 12 Traditions are reprinted with permission of A.A. World Services, Inc.; quotations and cartoons from *The Grapevine* are reprinted with the permission of A.A. Grapevine, Inc. Contributions from AA members are welcome and much encouraged. Submissions can be sent via email or should be typed or neatly handwritten. The editors reserve the right to edit content for length, clarity and relation to AA Traditions.



General Service Article (encompassing AA as a whole)

Fast and Furious Months Ahead for General Service

Well the New Year is in full swing and General Service has a busy schedule for the first four months of the year.

Concept 1 states “The final responsibility and the ultimate authority for A.A. world services always reside in the collective conscience of our whole Fellowship.” The highest rank or position one can hold in alcoholics anonymous is group member, everything else is a demotion. The General Service Representatives (GSR) is the first demotion, these trusted servants link the groups to the district. The next demotion is the District Committee Member s (DCM), who link the District with the Area. The next is the Delegate who links the Area with the General Service Conference in New York or A.A. World Services.

See I didn’t know when I first got sober that I was CEO of A.A. but that is precisely what every A.A. member is. A.A. used to be run by Bill W., Dr. Bob and a few old timers. Dr. Bob became ill and Bill W. realized that A.A. as a whole would not be around forever and some type of structure needed to be in place for us to not only survive but to thrive and to be of maximum service to the sick and suffering alcoholics anywhere in the world.

So in the coming weeks GSR’s will be busy preparing to present and the agenda topic items for A.A. There will be Conference Agenda Topic workshops to help prepare the GSRs and DCMs to help the groups and members make the most informed group consciences possible. Some of the topics will undoubtedly fire members up and be controversial. Others will garner the reaction, “this again, haven’t we been discussing this for ten years?” Our service structure is in some ways slow and inefficient, however once we look at it on a spiritual basis the process is beautiful and moves on God’s time. We don’t want A.A. to change too quickly to chase the long timers away or too slowly to miss an opportunity for the young alcoholic coming to his or her first meeting.

GSRs are going to be making announcements and holding special meetings to get the group members informed and then to take their conscience. The consciences will be given to our Delegate at the Per-Conference Assembly held on April 10 and 11. If the whole thing makes you frustrated find out more about it. Things I am ignorant about usually make me mad. For those of you who have participated in this process take time to answer questions and comments made after the meetings or at fellowship. There are alcoholics out there on this planet who need the message as badly as we do. Some may say that nothing really gets done and that my group conscience will get lost in the crowd. Alcoholics Anonymous has a Brail Big Book because a member posed an innocent question to his GSR. “How come A.A. doesn’t have a Braille Big Book?” This question made its way down the chain all the way back the General Service Office in New York. A.A. has a Braille Big Book today.

All this activity will culminate in General Service Conference in New York from April 18th through the 24th. This is the meeting where delegates from around the US and Canada gather and discuss the agenda topic items and try to collectively steer A.A. to be more affective. All these activities have the spiritual aim of reaching more and more alcoholics who still suffer.

Michael Gendreau, Alternate District Committee Member Chair, District 04 Santa Clara North



Being Dry Isn't Being Sober

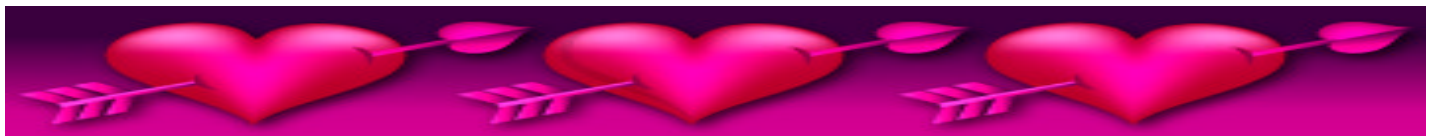
Spiritually Asleep

Dry. This is the descriptor for someone who suffers alcoholism, but has not yet been treated by taking the twelve steps. This is a miserable state to exist in. This is not living, it is one of the six rings of hell. With a problem drinker, you take away the alcohol and you take away the problems - because for the problem drinker, alcohol is the problem. With an alcoholic, you take away the alcohol and the problems get worse - because for the alcoholic, alcohol is the solution. White knuckle sobriety is that exhausting condition that results when a freshly dry alcoholic is 'struggling' to stay away from the first drink. Without their only 'solution', how can they handle life? The obsession, and the problems that result, seem overwhelming. They can't stop thinking about alcohol, and a part of them knows if they don't do something AA related very quickly, they are going to grab that bottle. They sit in meetings thinking about the bottle on their friends shelf. They try and 'control' their thinking, to force out the thought of that bottle.

Try this: Whatever you do, DO NOT THINK ABOUT THE COLOR BLUE! Try as you may, your mind will somehow come back to blue, as a word or as a color. We have a saying, 'Easy Does It.' Relax. It's OK to think about the bottle, but then let those thoughts pass. Aren't there better things to think about, just for now? How about that other alcoholic in need just over there, could you think for a moment about his needs? If you do you won't be thinking about taking a drink, that's for sure. We start with conceding powerlessness, we get real about where we are and where we came from. We never forget our last drink, or we may not have taken it. We move on to trust, realizing that there is something greater than self that can help. Then we surrender to that something greater, surrendering to WIN. Then the real work starts. We review who we are and reveal ourselves. We release the old ways, and renew ourselves. We return to our past, and become responsible for ourselves. As promised a new world awaits us at this point as we are now recovered from a seemingly hopeless state of mind and body. The obsession

to drink is mostly lifted. We persevere in these practices, we never quit the work - because the rewards have us wanting to continue. We reach out for all sorts of guidance and direction, and we come to rely upon it. And then we take this work to others, showing and sharing with them the practical treatment for alcoholism we have taken so successfully. I believe that we should not count our sobriety date as the date of our last drink. We should call that our 'dry' date. I believe that I wasn't sober until I realized the first part of step twelve and 'had a spiritual awakening'. It was then that my desire to drink seems to have been completely removed. I would like to start a trend toward using the date we awaken to a new relationship with self and the world, as a result of these steps, for our 'Sobriety' date. Being dry is being spiritually asleep at best. Wake up! If this wasn't the better way, we'd all be drinking! Join us!

- Andrew McM



Sober Horse Thief

This saying describes the idea that “alcohol is but a symptom” and that through practicing the twelve steps of alcoholics anonymous I can change attitudes and outlooks toward life. If I have an active alcoholic’s mind and then I take away the liquor, what I then have is an untreated, dry alcoholic mind. I can also be of maximum service to God and my fellows if my disease is treated. The trick is to do my very best on each every step and be as honest as I possibly can, at the time.

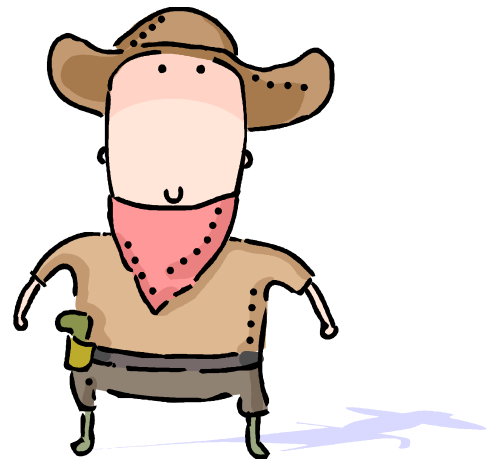
When I think of the term “sober horse thief” I think of how I cheated on a test in high school with about 10 months of sobriety. I got caught and subsequently failed the class. I told my sponsor about it and shared it at meetings. Everyone got a big kick out of it. I was not pleased with myself but my sponsor pointed out that it is progress not perfection. Although I asked the teacher several times if I could make up for the cheating I had done, He said no every time. My amends was to not cheat anymore and not get upset with the teacher, who was clearly correct in the punishment. It was a small price to pay to learn a valuable lesson.

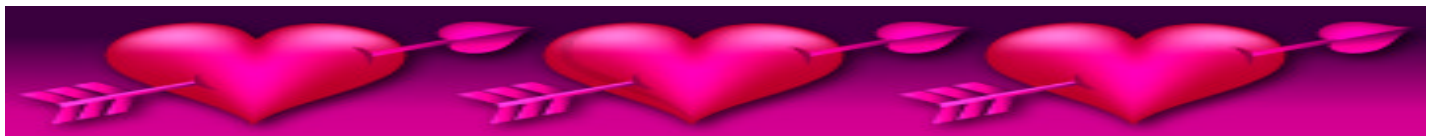
Sober Horse Thieves and my reaction to their behavior is a great ‘yard stick’ to how I am doing spiritually. If I take a holier than thou approach towards them or engage in self righteous commendation (my personal favorite) then I know that I am the sober horse thief. As my sobriety grows I find that what used to be acceptable behavior is now unacceptable. The road narrows, so in some ways we are all ‘sober horse thieves’ hopefully progressing toward new and better behavior. So as the layer of the onion gets peeled back the A.A. member has more and more to work on.

Often the realization of my unacceptable behavior arrives long after everyone around me has known about it for years. Why meditate and give God the opportunity to give me inside and perspective a little at a time when I can ‘keep moving’ hopefully fast enough so God’s will can’t catch up? The day comes and I realize the wreckage I have caused others and must again do an inventory to expose my grosser defects and handicaps. Then the amends process begins and hopefully my attitude towards others has improved. There nothing worse than making amends for the same thing over and over again. One might say that is not an amends at all.

Recently I discovered many ‘unpleasant truths’ about myself. I treat newcomers and strangers better than I treat people who I should be close to (Family, friends, etc.). Now I am not suggesting I start treating newcomers and strangers poorly, but rather to begin to treat everyone with love and tolerance. Treating other better is not done to help others, although it will undoubtedly will, but rather to save my own skin. Living rightly is not an option for sober alcoholics but a thing we must do to stay sober.

Mike G, Sunnyvale





Sober Horse Thief

Recently I was quite stunned to hear a man say, "I always have to remember that I'm just a sober drunk"...and I thought, "what the hey"! What does he mean? Is he saying he has never worked the Steps and only goes to meetings?

Alcoholism is the physical dependence upon alcohol causing physical withdrawal when stopped. We do not recover from the disease of alcoholism. In 1956 The American Medical Association declared Alcoholism a disease, an incurable disease. Total abstinence and the program of Alcoholics Anonymous was recommended. Alcoholics Anonymous is a 12-Step Program. A process. If one does not participate in that process, they may remain dry but do not attain sobriety...thus stays in the old behavior...like you know what...stealing horses.

Years ago, I was told that the dry drunks are the alcoholics who join AA, go to meetings, buy a Big Book and read it...maybe. They know what other alcoholics are doing to stay sober, but choose not to do the Steps. So this is another instance of "nothing

changes if nothing changes." Just like the "sober" horse thief.

They had the physical dependence upon alcohol and went through withdrawal...therefore they have the disease, but not sobriety...they have not become willing to go to any lengths to stay sober, namely getting a Sponsor, Trusting God, Cleaning House, Making Amends and Working with others. It all goes back to "if you want what we have...do what we do"...you don't get it by osmosis.

On page 63, the first line of the 6th Step in the 12 x 12 states it perfectly..."This is the Step that *separates the men from the boys*"...and I might add...the women from the girls. What does that mean? It means that we stay the same...like boys and girls if we are not willing to do the work.

The last sentence of the last paragraph of Doctor Bob's Nightmare, page 181 in the 3rd edition of the Big Book of Alcoholics Anonymous says, "But if you really and truly want to quit drinking liquor for good and all, and sincerely feel that you must have some

help, we know that we have the answer for you. It never fails, if you go about it with one half the zeal you have been in the habit of showing when you were getting another drink", (and/or stealing horses).

The bottom line is you can't just sit in the meetings like the sober horse thief forever...something's gotta give. It will be one way or the other. That is an absolute truth. It is what it is, and if you're willing to "work it"...it works... you become a sober alcoholic...in every sense of the word...you attain "sobriety".

P. S. I was also told; "if you're not working on recovery...you're working on relapse".

Danette G. San Jose





Anybody Can Face a Crisis

From August, 1956 Grapevine

RECENTLY I saw a movie in which a famous star plays the role of an alcoholic who loses everything, goes on the wagon and makes a triumphant return to Broadway. In the midst of congratulations from well-wishers he, obviously not so sure of his newly-attained sobriety, makes this remark: "Anybody can face a crisis, it's everyday living that's tough."

It crystallized for me once again the importance of the right kind of daily living in all my affairs--because *how* I apply the AA twenty-four-hour plan can make the difference between confidence and fear, contentment and dissatisfaction, success and failure.

It takes courage and realism, of course, for any alcoholic to face a crisis--to rise to a momentous occasion or face a shattering experience--but what can become more difficult to bear, and pose a bigger threat to our sobriety, are the cumulative effects of daily boredom, daily frustrations, daily indecisions or just the deadly monotony of everyday existence.

Years of alcoholism have made many of us habitual procrastinators or indecisive people. I, personally, acquired the tendency to put off until tomorrow what should be done today until I became so oppressed and depressed with the futility of it all that a drunk seemed to be the only solution to my *self-created* difficulties.

Big events I always took in my stride, but I would continually postpone taking action on those little, insignificant, inconsequential things which, collectively, plague many of us until the sum total loomed enormous and sobriety appeared as an unproductive and unsatisfactory way of life.

You know the old fallacy heard at AA meetings: "Now that I'm sober I have more problems than ever before." In reality, sobriety has made us more conscious of our responsibilities and the necessity for doing something about them.

Frequently I find it essential to ask myself: "Am I *living* each twenty-four hours from the standpoint of personal responsibility, or am I just *enduring* them with a do-nothing, lackadaisical attitude?" Procrastination is commonly referred to as the thief of time. It can also become the thief of my peace of mind and sobriety.

There are two parts to my twenty-four-hour plan as I work it now: (1) In a physical sense, I still must not take the first drink and (2) I must also avoid, wherever possible, indecision, boredom and delaying tactics in my daily living so that mental, spiritual, emotional or family situations will not eventually make the idea of a drink seem necessary or justifiable. Obviously, if I perform the second part of my twenty-four-hour plan to the best of my ability, I shall have little or no difficulty with the first part.

Perhaps you remember the old schoolboy chant about the king whose horse lost a shoe in battle. It went something like this: "For the want of a nail, the shoe was lost; for the want of a shoe, the rider was lost; for the want of a rider, a kingdom was lost."

It's an indication of a chain reaction resulting from neglect or carelessness in little things. For the want of daily decisions, many an alcoholic's sobriety has been lost.

To err is human. . .but for us to do nothing about many of our problems is unwise and sometimes disastrous.

We are not free people if we allow ourselves to be conditioned or handicapped by the same personality and character defects which contributed so much to our alcoholism.

The only freedom we have lies within ourselves.

J. F. Long Island, New York



Letter From the Editor

Hello everyone,

Here is a list of upcoming COIN topics for the next few months:

March - Faith

April - Availing Yourself of a Sponsor

May - Acceptance

June - We Are Not a Glum Lot

We have been having great reviews. Thanks for all of your support. The COIN is only as strong as your submissions. If you would like to share a story, article, resource, or poem please email your submissions to me by the 15th of the preceding month to:

cathyann5116@yahoo.com

ARCHIVES CORNER

The idea for organizing an historical collection of the Fellowship's records came from our A.A. co-founder Bill W. in the early 1950s. Bill was becoming increasingly concerned that *"the history of Alcoholics Anonymous is still veiled in the deep fog."* Knowing that the office correspondence was loosely maintained in the drawers at the General Headquarters, he set out to arrange our historical records.

He personally recorded oldtimers' recollections in the Akron/Cleveland area; he sent out boxes of blank tapes to others, encouraging them to record their recollections. Bill's far-reaching vision outlined an archival message that is still sound today. As he said: *"Every one of the new and unexpected developments (in A.A.) has, lying just underneath, an enormous amount of dramatic incident and experience—stories galore.... It isn't hard to prepare a fact sheet of what happened—that is, dates when people came in, groups started and so forth. The hard thing to lay hold of is the atmosphere of the whole proceedings and anecdotal material that will make the early experience alive."*

"We want to keep enlarging on this idea for the sake of the full length history to come..."

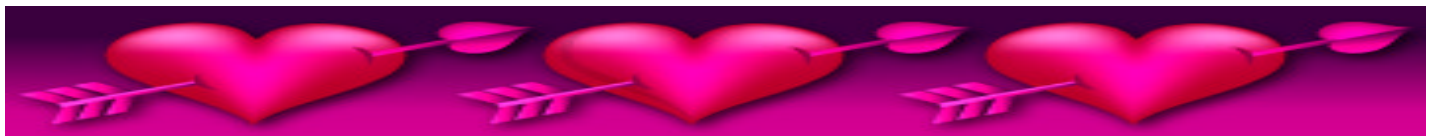
— Bill W., 1957

Here we go:

Some local history ~ On February 14, 1971, a memorial & rededication meeting in honor of Bill Wilson, was held at the Civic Auditorium in San Jose.

State History & the bigger A.A. history picture: In the late 1940's the Grapevine ran a section in the booklet called: "Mail Call for all AA's at Home & Abroad". It originated in hopes of reaching our young men who had been Serving us in World War 2, and the Grapevine continued to run these letters after the war ended, knowing many were still residing in many parts of the world. The articles published were those written by recovered Alkies from the states who hoped their stories would touch another alcoholic still suffering. In February of 1946, a San Francisco resident had their story published by the Grapevine in the section I just mentioned; it was titled "No Escape Clause", and AAers took their anonymity very seriously in those early day's, so the writer of the article only submitted his or her initials as their name: B.N.A. You can read this piece of work in the Digital Archives with an online subscription! J

Written in loving Service,
April A., District Archives Chair



February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 <i>PI Comm.</i> 6:00PM <i>Outreach Comm.</i> Mtg. 5:45PM <i>Intergroup Meeting</i> 7:30 PM)	4	5	6 <i>Secretary's Workshop</i> 10:00AM Central Office
7	8	9	10 <i>North County</i> General Service 7:30PM	11	12	13 <i>PI/CPC Work-</i> shop, 10:00AM Central Office
14	15	16 <i>South County</i> General Service 7:00PM	17	18	19	20 <i>Diverter Workshop,</i> 1980 Hamilton Ave., 10:00 am
21	22	23	24	25	26	27 CENTRAL OFFICE OPEN HOUSE 10:00—3:00
28						

PLEASE NOTE:
The PI/CPC meeting location has changed to:

Queen of the Apostles School
Geary Hall



March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 <i>PI Comm.</i> 6:00PM <i>Outreach Comm.</i> Mtg. 5:45PM <i>Intergroup Meeting</i> 7:30 PM)	4	5	6 <i>Secretary's Workshop</i> 10:00AM Central Office
7	8	9	10 <i>North County</i> General Service 7:30PM	11	12	13 <i>PI/CPC Work-</i> shop, 10:00AM Central Office
14	15	16 <i>South County</i> General Service 7:00PM	17	18	19	20 <i>Diverter Workshop,</i> 1980 Hamilton Ave., 10:00 am
21	22	23	24	25	26	27
28	29	30	31			

LOCAL EVENTS

Feb. 13: Sober & Free Spaghetti Dinner. 7—10pm, Billy DeFrank Center
 Feb. 27: CENTRAL OFFICE OPEN HOUSE, 10:00—3:00. See flyer.
 June 5: 1st Annual FOUNDERS' DAY picnic and blowout celebration. See inside.

EVENTS AROUND CALIFORNIA

Feb. 20: "Gratitude in Action", San Francisco Conference
 Mar. 5-7: PRAASA, Los Angeles
 Mar. 12-14: NCCAA 63rd Annual Spring Conference, San Ramon, CA
 Mar. 12-14: 26th Annual Sunshine of the Spirit Convention, Victorville, CA
 June 4-6: 39th Annual H & I Conference, San Ramon, CA

EVENTS AROUND THE COUNTRY

April 23-25: 22nd Annual Big Island Bash, Kailua-Kona, Hawaii
July 1-4: 2010 INTERNATIONAL CONVENTION, "A Vision For You, 75 Years of Alcoholics Anonymous", San Antonio, TX,
 Registration forms available at Central Office
 Aug. 26-29: 52nd ICYPAA (International Conference of Young People in A.A.) Conference, New York, NY

WE USUALLY HAVE MORE INFORMATION AT CENTRAL OFFICE FOR THESE EVENTS.
 GIVE US A CALL.



Alcoholics
Anonymous ...
How may we help you?



Telephone Calls Received During January

Daytime at Central Office	425
Daytime 12 Step Calls	4
Evening and Weekend calls	378
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

Saturday Night Speakers—8 p.m.

Alano Club of San Jose

1122 Fair Avenue, 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

A Time for Change, Wed. 7:00 PM, closed women, Cornerstone Fellowship Group, Masonic Hall, 131 E. Main St. (Blue room)

Wednesday Night Meditation, Wed. 8:15 PM, Cornerstone Fellowship Group, Masonic Hall, 131 E. Main St. (Blue room)

Monday At A Time, Mon. 5:00 PM, First Congregational Church, 1985 Louis Rd., Palo Alto

But a Symptom, Sun. 7:00 PM, Calvary Church, 16330 Los Gatos Blvd., LG

Women to Women, Sat. 7:30 AM, St. Francis Episcopal Church, 1205 Pine Ave., at Newport, SJ

Sufficient Substitute, Mon.—Fri., Noon, United Methodist Church (Kohlsted Hall), 1420 Newport Ave., @ Minnesota, SJ

Sisters Seeking Serenity, Wed. 4:00PM, Holy Spirit Episcopal Church (St. Lawrence Hall), 41 W. Rincon, @ Winchester, SJ

CHANGED

Newcomers' Meeting, Monday, Cornerstone Fellowship Group, Masonic Hall, 131 E. Main St., Los Gatos. Changed to 7:30 PM.

INTERNATIONAL CONVENTION

San Antonio, Texas

July 1—4

**We still have information and
registration forms at Central
Office and there's still time to
register.**



BIRTHDAY CONTRIBUTIONS

BIRTHDAY CELEBRANT	YEARS	CONTRIBUTIONS BY	BIRTHDAY
Amanda M.	3	Susan S.	1/15/07
Paul C.	31	Paul C.	1/10/79
Brooks McD.	54	RJM	2/06/56
Ann H.	7	Susan H.	11/05/02
Sarah W.	2	Susan H.	1/14/08
Susan H.	24	Susan H.	9/28/85
Tom K.	40	Tom K.	1/24/70
Brian M.	20	Susan S.	1/18/90
Caesar G.	33	Caesar G.	1/25/77
Mary H.	2	Pat C.	1/18/08
Mary Pat P.	26	Pat C.	1/28/84
The Colonel	27	Pat C.	1/20/83
David R.	18	David R.	1/16/92
Bob C.	38	In Memorium	11/29/71
Zena H.	2	Wilda C.	12/15/07
Wilda C.	38	Wilda C.	12/18/71
Mary M.	26	Mary M.	1/06/84
Mike O.	26	Susan S.	12/30/83
Paul C.	31	Robbie R. and Paul C.	1/10/79

IN MEMORIUM

A contribution was made by Peggy P.
in memory of Karen H.

HAPPY BIRTHDAY TO ALL!!

448 YEARS OF SOBRIETY

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





INTERGROUP MINUTES

January 6, 2010

Mary Pat (IG Chair) – **Opened the meeting** at 7:30 PM with a moment of silence and serenity prayer.

Approximately 45 voting members were in attendance

Celeste read the **'Definition of Intergroup'**

New Intergroup Reps introduced themselves: Tommy from Seeking Guidance, Steve from 11AM Sunday, Dave W brought Peter his replacement for stink tank. David R, Rachel from Young at Heart, Jack-Tommy's alternate, Celeste from Saturday Womens Brunch, Johnny O from St. Marks, Maxine from South County, Robert – Visiting from Men Seeking Guidance
7th Tradition was Honored

Robert read **"The Twelve Traditions"**

Corrections/Additions to the Agenda:

Agenda correction to move Request for IG support to bottom

Corrections/Additions to the Previous Months Minutes:

NONE; Minutes accepted unanimously

Treasurer Report from Michael – Prudent reserve of \$300.00, \$0.00 Balance. \$71.32 contributed in December, \$95.86 for Intergroup, \$90 for rent, Balance is 0.

Announcements:

Paula (Alt Chair) If you are a new rep, please fill out a group card if you have not at next months orientation.

Birthdays: AMY F- 4 Years, GEORGE – 41 years, RACHEL – 7 years, TOMMY – 3 years, PETER – 18 months, CATH-LEEN – 10 years, ROBERT – 14 years.

Reports:

Mary Pat (**Chair**) – Please keep reports to a minute we have a lot of unfinished business. Please support all upcoming events including traditions workshop, Picnic, Chili cook off. Committees need chairs, we can help.

Doug G. (**Central Service Board**) – Met 12/17/09, contributions were down. Bills are paid but prudent reserve is down. Outside accountant is retiring, sending a certificate of appreciation, interviewing to replace accountant, holiday bonus approved for staff, a review of insurance is in order, board is very pleased with lending library.

Bruce (**Central Office**) – Lending library is up, cost is free, deadline is 2 weeks with "unknown consequences", Not to scare, but we are down 15K after this year. Prudent reserve dipped 5K, Equipment and office are in good shape, but don't forget us. Open House Feb 27th, spread the word. Cory and chuck were hospitalized, but both with good recoveries. We are always looking for volunteers. Donation suggestions are in the meeting guide.

Tommy M (**CPC Chair**) – Elected a new PI chair. Meeting location moved from 6-7 to same location as IG. Please tell your group we need reps to assist. 2010 proposal was covered, group can decide sobriety requirement for a rep and you can call Tommy with questions. Peter clarified what PI/CPC is within the community.

Mike M (**12 Step Committee-Daytime Phone Coordinator**) – 424 calls in Dec. All shifts full. 2 yr sobriety, 2 year commitment and understand traditions to get a shift.

Peter C (**12 Step Committee-Night/Weekend Coordinator**) – Thanks for help, 1 year 35 new volunteers, Diverter workshop 3rd Sat, 10AM First congregational on Hamilton and Leigh, 1 yr sober, 6 months for 12 step list, Knowledge of steps and traditions.

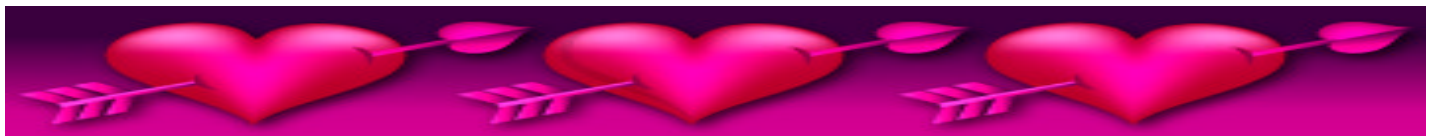
(**Outreach Committee**) – NO REP. Mary Pat informed this committee informs other committees how Central Office works and what Intergroup is. Outreach helps AA support itself. We can all help by doing 1 new meeting a week. We need help coordinating this commitment.

Cathy Ann (**Newsletter Committee**) – This was 1st month she had to squeeze articles in.YAY!, Contact info moved to 1st page. New Topic is "Drunk Horse Thief". Taking away drinking does not take away behavior. Leave a copy of the COIN at your meeting.

Marilyn (**Activities Committee**) – Nomination to come. Purpose of activities is Food Fun and Fellowship. Started @ Central Office. Went from Pancakes to Chili cook offs, Keeping core values alive. It's fun, but its work. Bruce gave Marilyn a big thank you for getting the county active.

Other Service Committee Reports:

Unity Day – (Amy F) 1st planning meeting 3/13, Volunteers needed, Rina informed Sat at Harrys Haufbrau @ 1PM is next meeting. New groups needed for lunch and coffee. Working on speakers, Attendance was 775 last year, Jim stated lunch budget is 500, 250 people to feed, 10-15 people to help serve.



MINUTES, cont.

NCCAA – NO REP, New rep may be coming (Barbara moved back to SC)

H&I (Joe) – Elmwood & Golden Living need volunteers. All groups should have an H&I rep

BTG – No Rep

North County General Service – No Rep

South County General Service (Larry M Alt DCMC) – Last month meeting was Xmas party, games, guitar and discussed inventory's.

Unfinished Business:

Communication/Information Distribution (Joe for Cynthia) – Handout of important topics were discussed. 1) Yahoo group 2) Recruit Webmaster 3) List of all reps and email minutes 4) Recruit one new rep a year 5) Email sample report. Prioritizing website, keep all events posted there, you can email them to the address on the site www.aasanjose.org
Inventory Response (David W) – Inventory is important please sign up. (Passed a contact list) Mary Pat stated its been 2 years since last inventory.

Traditions Workshop (Dave) – All going well with SCCYPAA, Speakers and refreshments are coordinated. MaryPat recommended we help with refreshments. Member motioned for \$50 to be contributed to traditions workshop for refreshments. Motion amended to \$75.00, second, motion passed unanimously. Workshop is set for 1/16/10 7511 Gourmet Alley in Gilroy. Group brainstormed ways to encourage attendance. (Group Listed: Flyers, Mass Text, Force Sponces, Attend yourself, Put flyer on website, carpool down in groups.

New Business:

Mary Pat suggested we brainstorm to encourage COIN article submissions (Group Listed: Get a commitment from a group to sponsor a month of articles, request from people individually, make announcements at meetings "we need articles on x", contest with donated prizes, ask 5 or 6 people in this room, anonymous submission, ask for volunteers, announcements.

Motion for SCCYPAA as a reporting group under Other Service Committees. Unanimously passed.

Gloria asked for approval of appointment to Activities Committee Chair, introduced and qualified herself. Motion to accept appointment, 2nd, and Unanimously passed.

John H requested IG support for additional Founders month activity. Handouts of costs and event info. 3 Interactive presentations, 1-1 ½ hour each by well respected Gail L from Akron. History of Big Book, History of AA, Women behind Men. Need venue help. Projected minimum of \$250 - \$950 for a hall to hold a couple hundred. Motion to put a minimum \$250 not to exceed \$950 commitment to the presentation idea, 2nd \$ amount to be confirmed next month, 2nd and unanimously passed.

Open Forum:

Dick stated COIN does not have traditions workshop listed on January 16th

Peter stated he will be gone the next 4 months and Gloria will report Founders Day info.

Jim stated Central Office Secretary's Workshop is 1st Sat. at 10AM

Meeting was Adjourned with the Lords' prayer at approximately 9:09 PM

Recorded in Love and Service by Alicia S.

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Profit & Loss

January 2010

	Jan 10	Jan 09	Jan 10
Ordinary Income/Expense			
Income			
3030 · Contributions-General	13,995.64	16,927.03	13,995.64
8010 · Literature Sales	5,039.66	5,717.16	5,039.66
8020 · Meeting Guide Sales	1,144.50	1,119.00	1,144.50
8060 · Newsletter Subscriptions	20.00	15.00	20.00
Total Income	20,199.80	23,778.19	20,199.80
Cost of Goods Sold			
5000 · Cost of Goods Sold			
5100 · Cost of Inventory Sold	3,447.89	4,432.86	3,447.89
5150 · Cost of Meeting Directories	504.37	639.41	504.37
Total 5000 · Cost of Goods Sold	3,952.26	5,072.27	3,952.26
Total COGS	3,952.26	5,072.27	3,952.26
Gross Profit	16,247.54	18,705.92	16,247.54
Expense			
6010 · Alarm Service	207.00	177.00	207.00
6030 · Accounting and Legal Fee	0.00	481.67	0.00
6070 · Bank Credit card charges (Credit card costs and fees)	72.07	88.11	72.07
6160 · Copier Expense	77.46	55.99	77.46
6220 · Insurance - Worker Compensation	0.00	480.22	0.00
6230 · Insurance - General Liability	0.00	125.00	0.00
6240 · Employee HRA Plan	812.27	817.36	812.27
6245 · Internet Access Charges	39.90	19.95	39.90
6330 · Office Expense	241.38	-3.95	241.38
6370 · Office Paper Supply	0.00	194.58	0.00
6380 · Payroll Taxes	696.45	734.20	696.45
6410 · Postage	24.53	320.00	24.53
6480 · Rent	2,343.95	2,280.60	2,343.95
6540 · Salaries - Office	6,478.61	7,305.41	6,478.61
6560 · Payroll Expenses	129.43	74.92	129.43
6600 · Signing Services	250.00	200.00	250.00
7050 · Telephone	361.58	320.56	361.58
7060 · Travel	37.79	0.00	37.79
9080 · Sales Tax (Sales tax paid on purchases)	-0.95	-0.34	-0.95
Total Expense	11,771.47	13,671.28	11,771.47
Net Ordinary Income	4,476.07	5,034.64	4,476.07
Other Income/Expense			
Other Income			
8030 · Interest Income	0.04	84.81	0.04
8050 · Activities Committee	-295.94	0.00	-295.94
Total Other Income	-295.90	84.81	-295.90
Net Other Income	-295.90	84.81	-295.90
Net Income	4,180.17	5,119.45	4,180.17

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Balance Sheet
As of January 31, 2010

	<u>Jan 31, 10</u>
ASSETS	
Current Assets	
Checking/Savings	
1010 · Petty Cash	225.00
1020 · First Republic Bank (Checking account)	7,480.06
1021 · First Republic Bank CD 0429 (12 Mo. CD @ 1.73%, 08/12/2010)	17,074.29 **
1022 · First Republic Bank CD 0486 (12 Mos. CD @ 1.29%, 11/12/2010)	17,048.92 **
1023 · First Republic Bank CD 3228 (12 Mos. CD @ 2.03%, 02/04/2011)	15,762.45 **
1024 · First Republic Bank CD 0551 (6 Mos. CD @ .95%, 05/12/2010)	17,048.92 **
1042 · Capital Preservation Fund (Treas. fund, variable interest)	10,742.72 **
Total Checking/Savings	<u>85,382.36</u>
Accounts Receivable	
1110 · Accounts Rec - Group Deposits	-1,262.20
Total Accounts Receivable	<u>-1,262.20</u>
Other Current Assets	
1250 · Literature Inventory	15,905.91
1310 · Prepaid Insurance	1,037.00
Total Other Current Assets	<u>16,942.91</u>
Total Current Assets	101,063.07
Fixed Assets	
1630 · Office Equipment	28,857.02
1640 · Office Furnishings - Asset	7,097.67
1641 · Less Accumulated Depreciation	-22,428.00
1680 · Leasehold Improvements	300.00
1681 · Less Accumulated Amortization	-169.75
Total Fixed Assets	<u>13,656.94</u>
Other Assets	
1860 · Deposits	1,993.85
Total Other Assets	<u>1,993.85</u>
TOTAL ASSETS	<u><u>116,713.86</u></u>
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
2240 · Sales Tax Payable (due quarterly)	495.24
Total Other Current Liabilities	<u>495.24</u>
Total Current Liabilities	<u>495.24</u>
Total Liabilities	495.24
Equity	
2740 · Temporarily Restricted Funds	13,656.94
3900 · Unrestricted Funds	98,381.51
Net Income	4,180.17
Total Equity	<u>116,218.62</u>
TOTAL LIABILITIES & EQUITY	<u><u>116,713.86</u></u>

<p>** Our Prudent Reserve Accounts total: \$77,677.29</p> <p>This represents 92% of the Board established goal of 6 months of operating expenses.</p>
--

2:51 PM

02/03/10

Accrual Basis

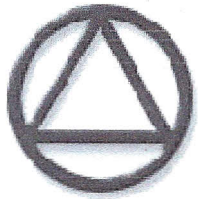
INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

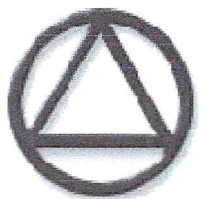
January 2010

	<u>Jan 10</u>	<u>Jan 10</u>
1 Inv Freedom Fellowship 70940	35.00	35.00
1 INV Fremont & Hollenbeck Group 70907	523.60	523.60
1 INV R and B Group 70972	134.41	134.41
1 INV South County Fellowship 70954	210.00	210.00
Almaden Valley Discussion 30 (Sun.)	169.19	169.19
As Bill Sees It 6.00P 518 (Mon.)	213.50	213.50
Big Book Speakers Group 289 (Fri.)	233.10	233.10
Bill's Basement 384 (Fri.)	54.00	54.00
Birthday Contribution 00951	499.00	499.00
Caveman Group (Men's Big Book) 659 (Sun.)	427.00	427.00
Chip Winners Group 168 (Wed.)	202.43	202.43
Early Bird 414 (Sat.)	40.91	40.91
Early Tuesday Group 119 (Tues.)	329.70	329.70
East Valley Group 322 (Fri.)	50.00	50.00
El Camino Group 108 (Tues)	46.90	46.90
Eleventh Step Meditation 873 (Fri.)	109.48	109.48
Fireside Big Book Study 809 (Tues.)	35.00	35.00
G Fair Avenue Fellowship 70901	112.10	112.10
G Serenity First Fellowship 70902	25.00	25.00
G Sunrises Group/Carrows 70932	541.32	541.32
G Third Tradition Women's Grp(The 70979	236.48	236.48
G We Care Group 70934	1,050.00	1,050.00
G West Valley Fellowship 70942	510.00	510.00
Gathered Together for Sobriety 43 (Sun.)	30.00	30.00
Gay & Lesbian Sober Experience 896 (Mon.)	67.66	67.66
Happy Destiny (Women) 109 (Tues.)	700.50	700.50
Humbly Asked 8.00A 87 (Sun.)	142.00	142.00
Ladies Amethyst AA Study Group 749 (Wed.)	154.20	154.20
Men's Group 97 (Mon.)	168.00	168.00
Men's Honesty Group SJ 26 (Sat.)	808.50	808.50
Men's Single Problem Study 220 (Thur.)	1,120.00	1,120.00
Midday Women's Group 91 (Mon.)	154.63	154.63
New Life Start 444 (Sun.)	151.70	151.70
New Steps for Living 20 (Sun.)	534.05	534.05
Palo Alto Men's Meeting 525 (Tues.)	371.89	371.89
Personal 00911	304.00	304.00
Saratoga Serenity Group 329 (Fri.)	28.50	28.50
Saturday Morning Los Gatos 777 (Sat.)	700.00	700.00
SCCYPAA	560.00	560.00
Second Tradition Group Spkr 721 (Sat.)	220.00	220.00
South Valley Women's Surrender 88 (Mon.)	280.00	280.00
Speaker Meeting PA 18 (Sun.)	245.00	245.00
Spiritual Progress 269 (Thur.)	21.00	21.00
Spiritual Step Study Group 233 (Sun.)	166.04	166.04
T.G.I.F. Speaker/Discussion 298 (Fri.)	100.00	100.00
The Other Wednesday Nite (Men) 209 (Wed)	445.00	445.00
Unknown	350.00	350.00
Up the Creek-Daily Reflections 205 (Sun.)	50.00	50.00
Villages Group of AA (The) 406 (Mon)	175.25	175.25
Women Sharing the Solution 519 (Thur.)	159.60	159.60
TOTAL	<u>13,995.64</u>	<u>13,995.64</u>

"Founder's Day"



1st Annual



**Alcoholics Anonymous of
Santa Clara County**

JUNE - 2010 - JUNE - 2010 - JUNE - 2010 - JUNE - 2010 - JUNE - 2010 - JUNE - 2010

Food, Fun & Fellowship



June 5, 2010

Let's celebrate the
75th Birthday of AA in a BIG way with...
"Food, Fun & Fellowship"

Admission: \$10 per person

Kids under 12 FREE !!!

**\$6 per car parking fee,
Carpool to the event !!!**

(Recommended)



**Location: "Baylands Park" in Sunnyvale
(off Hwy 237 & Caribbean)**

- | | | |
|---------------------------|---------------------------|--------------------------|
| • Games (Start 11am) | • Afternoon Speaker - 2pm | • Softball |
| • Kids Games (Start 11am) | • Door Prizes - 3pm | • Volleyball |
| • BBQ Lunch (Noon - 2pm) | • Entertainment - All Day | • and much, much more... |

Music
AA Speaker Mtg
Fun

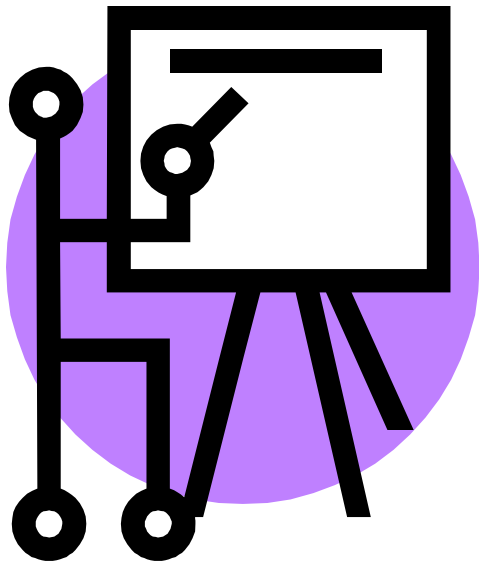
**Saturday - June 5, 2010
10:00 am to 5:00 pm
Baylands Park - Sunnyvale**

Recommend bringing a lawn chair or blanket for afternoon speaker

Games
BBQ Lunch
Prizes

CENTRAL OFFICE OPEN HOUSE

Meet your Central Office staff, visit the archive display, join us for refreshments. You will be surprised at the items carried in inventory and available to you.



SATURDAY, FEBRUARY 27

10:00am TO 3:00pm

274 E. HAMILTON AVE., SUITE D

CAMPBELL, CA 95008

FREE RAFFLES, GAMES

And FUN

throughout the day

Great prizes.

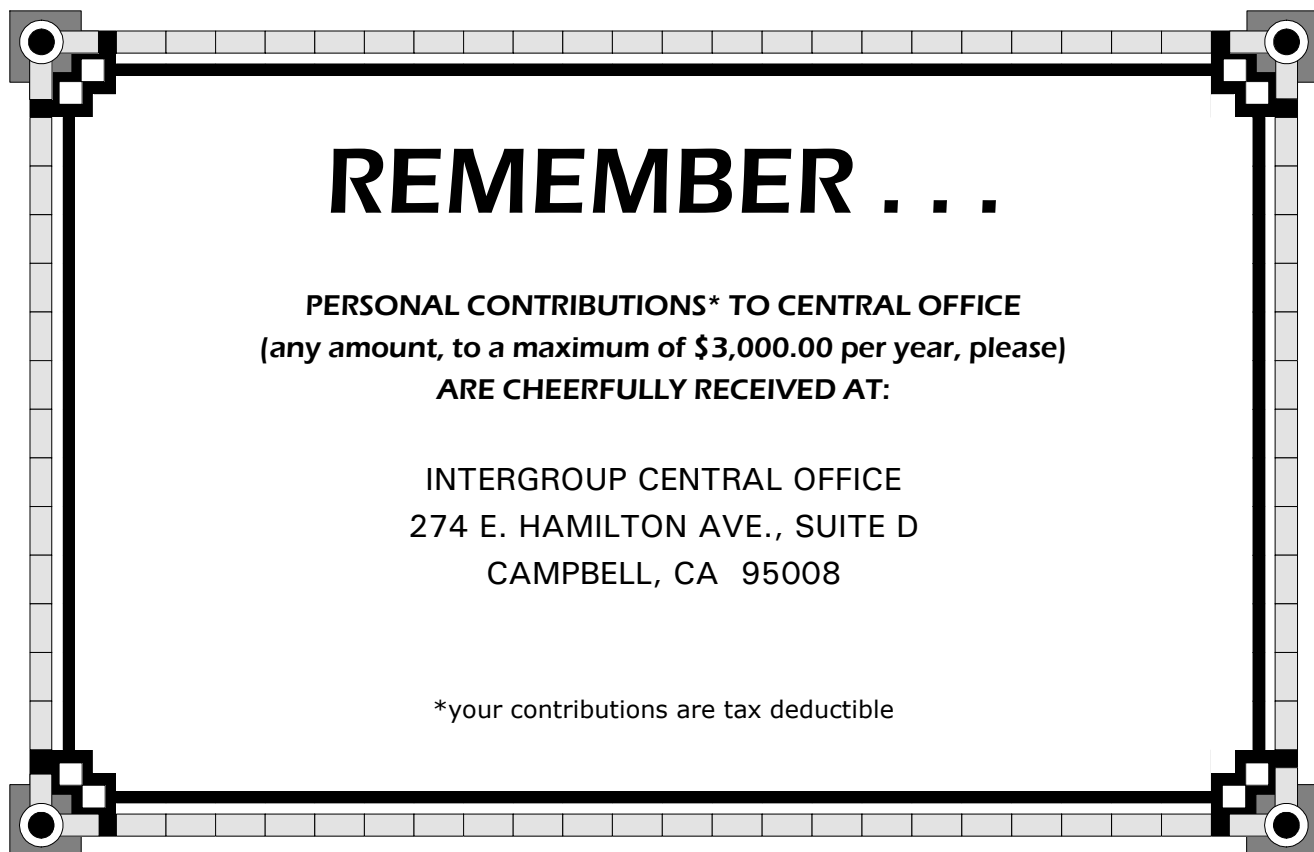
HOT DOGS, ETC.

MARK YOUR CALENDAR

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

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RETURN SERVICE REQUESTED



REMEMBER . . .

PERSONAL CONTRIBUTIONS* TO CENTRAL OFFICE
(any amount, to a maximum of \$3,000.00 per year, please)
ARE CHEERFULLY RECEIVED AT:

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

*your contributions are tax deductible