



## Emotional Sobriety

Sometime ago I was driving along one of Santa Clara's main thoroughfares when I noticed a very funny yet poignant bumper sticker on the car in front of me. It read: *I want to be the person my dog thinks I am.* That's what I love about dogs – they are so optimistic. Their impressions of us humans are quite lofty. I don't think I can ever measure up to my dog's besotted view of me.

The bumper sticker made me laugh, but it did something more significant than give me a chuckle. I began to think of the person I am today compared to the one I was when I was in the throes of alcoholism. After some thought, I came to the conclusion that I am, for the most part, not just satisfied with who I am today, but I am also comfortable with my state of mind and heart. How did this come about? I asked myself.

During the latter

years of my drinking, my life was at the mercy of the extreme swings of the emotional pendulum that existed in my head. These wild and bizarre undulations of mood and perception regrettably created a very mangled view of my-



self. I was either the King of the Universe or the Scum of the Earth. During this dreadful period in my life, the pendulum rarely, if ever, stopped anywhere near the middle.

I began to drink when I was around 14. From the beginning, I drank for effect

and I drank to excess right from the start. There was no grace period generally known as "social drinking" before stepping over that invisible line into alcoholism. I was a drunk long before I took that first drink. As a result of my early entry into the disease, the normal maturation process that adolescents experience was, for all intents and purposes, missing in my life. Alcohol built a wall that blocked that critical process, and I remained a reckless and utterly bewildered 14-year-old for many years.

When I got sober in 1981, my body and mind didn't take long to be restored to a relatively healthy state. It was my emotions that continued to scatter in all directions and I was pitifully inexperienced and inept at knowing how to rein them in.



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## Emotional Sobriety...continued from page 1

I was sober, but the emotional pendulum was still swinging wildly. What gave it momentum was self-centered fear – fear of not getting what I was convinced I should have and fear of losing what I thought I desperately needed.

Indeed, fear can be a valuable asset; it is part of our instinct to survive. But self-centered fear is a rather pernicious and insidious antagonist, particularly for alcoholics. It can and sometimes does sound the death knell for many of us, because, in extreme measure, self-centered fear leads to drinking and drinking for us is death.

It took me about two years from the time I stopped drinking before I got any semblance of emotional stability and maturity. But this change in perception and behavior didn't come easily. It was a difficult and sometimes painful process. It took plenty of hard work and dedication and a deep and abiding belief that my efforts would bring about an auspicious payoff. For me, the third, fourth, and fifth step played pivotal and indispensable roles in my emotional development. The more control I gave up, the more command and effi-

cacy I got in managing my life. AA is fraught with irony and paradoxes, and this seemingly odd dynamic of giving up control to get control certainly qualifies as one of AA's most salubrious and divine blessings. It would be reckless and untrue to say that I am cured of suffering from emotional upheaval and that I can handle every tragedy or even irksome little messes with mature dexterity. I am no paragon of virtue, to be sure. What I am able to do today, more often than not, is to place the I over the E – intellect over emotions, act rather than react. It would be so nice and easy if I could work the program without having to apply it to people, places, and things. Alas, we live in the real world, one filled with imperfect people, places, and things. I try not to take it personally when life head butts me. It happens to everyone. We all have to take some lumps every now and again, and that's OK with me. It's part of life.

One of the most precious gifts I've gotten from AA is having gotten the strength to tear down that wall that seemed at one time so imposing and impenetrable. As a result, I can say that I feel like I've joined the human race. The fourth step in the 12 & 12 tells us that we, as drinking alcoholics, have a very difficult

time being one in a family, a friend among friends, a worker among workers, a useful member of society. That describes me perfectly. I wanted so desperately to be part of the world, but I just didn't know how to do it. I was that lonely and lugubrious face at the window outside looking in, wishing I could come in and be part of life that was happening inside.

Alcoholism robs us of so many things. The most painful and devastating of these losses is our emotional and spiritual well being. We are driven farther and farther away from our instinctual good as we sacrifice bit by bit our heart and soul. For me, it was this soul sickness that finally destroyed me. The physical and mental anguish that the disease brings was nothing compared to that empty feeling inside. By the grace of God and the fellowship of Alcoholics Anonymous, that hole has been filled, and I can now, perhaps for the first time in my life, be guided by what Lincoln called "the better angels of our nature."

- Anonymous

### Recovery Related Acronym

N U T S = Not Using The Steps.



## General Service Article

### Group Conscience Time

#### Prelude to the annual General Service Conference

Tradition Two states that, "For our group purpose there is but one ultimate authority – a loving God as he may express himself in our group conscience."

The Group Conscience evolves out of (1) gathering and distributing information to all of those within the group; (2) encouraging and informing the group as to the importance of their participation as individuals in the guiding of the Fellowship that saved their lives; and (3) facilitating the discussion so that through open dialogue the group is able to arrive at a group conscience.

Your General Service Representative, prepared with background material on all the agenda topic items, may ask for your group's conscience on certain topics (for example):

- to remove the "grey pages" from the Grapevine
- to develop a second volume of *Daily Reflections*
- to provide a wall poster for young people with infor-

mation about AA

- to change the title of "44 Questions" to "Frequently Asked Questions About AA"
- to add a locally developed GSR Preamble to the AA Service Manual

There are many, many more topics on this year's agenda. Ask your GSR about them, and please provide your opinion and the reasons behind it when you participate with your GSR in your group's discussion.

Your GSR will carry your group's conscience to our delegate, David, at the Pre-Conference Assembly April 18-19 in Marin County. David will then take our Area's group consciences to the General Service Conference in New York (Apr 26 – May 2). The Conference considers matters of policy for AA as a whole, and David will bring the results of Conference actions to us at the Post-Conference Assembly in May.

Rose W

DCMC, District 04

## AA Thought for the Day

### Bedevilments

We were having trouble with personal relationships,  
we couldn't control our emotional natures,  
we were a prey to misery and depression,  
we couldn't make a living, we had a feeling of uselessness,  
we were full of fear, we were unhappy,  
we couldn't seem to be of real help to other people --  
was not a basic solution of these bedevilments more important ... ?

Reprinted from *Alcoholics Anonymous* [Second Edition], Page 52.



## Emotional Sobriety: Member Experience

I have felt for years that I am one of the lucky ones. The AA Promises have come true for me. When I was 18 years sober, with financial help, I even bought a small condo. What a thrill. It's true that the rewards of a sober life have been greater than I could have imagined.

But, being sober for the past 29 years does not mean that I have been exempt from life's challenges. During this period of time, I have faced realities such as possibly not walking again, early stage lung cancer, and the deaths of much loved relatives and friends.

I have found one reality over the years especially hard to accept: the water damage to my condo in 2000 and again in 2005. Each was caused by the upstairs unit and each incident got harder to accept. I was very angry, but I recall moving into acceptance fairly soon after the repairs got underway.

However, when my condo was flooded once again in November of 2008, I became an emotional wreck. Returning from a dog walk, I discovered the downpour and walked from room to room shouting and screaming as the water

streamed on my head from above. An emotionally sober old timer? Not then.

Gone from my mind was the I over E concept that I had heard about early on in meetings. That is, if I am sober and working a good program, I ought to be able to put I over E (my intellect over my emotions) in any challenging situation. My old way of putting E over I (my emotions over my intellect) in bad situations never solved problems. Well, I had forgotten all about this. I was shocked and angry and stayed that way.

Looking back, I can see how my higher power immediately went right to work. The security guard brought items to catch the water and directed front door traffic. The fire department turned off and siphoned the water in the upstairs unit. An AA angel/friend rushed over and took pictures of the damage and offered me a bedroom in her home. My angelic neighbors were right there to help with a hot meal and overnight dog sitting. Someone came to me with a money offer which, by the way, I did not take. My insurance agent responded immediately and workers were there in two hours! Amazing.

With all of this, I didn't feel that everything was going to be okay. "Feelings aren't facts", a former sponsor used to say. She was right. Before too long, some ceilings were being removed and the contractor was showing me his plans for reconstruction. Family members expressed concern, and friends at my regular meetings were very supportive. And, I was angry and depressed. I was not drinking, but I had no emotional sobriety. All I could think about was how this had ruined "my things", my Christmas plans, and my peaceful life. Me, me, me. I was definitely into the "why me, why me again, and poor me" and conceivably not far from "pour me a drink".

What happened to my writing a gratitude list when trouble showed up? This always calmed my emotions before. What about putting my concerns in my God box? This always helped in the past. What about following the suggestions including meditation, prayer and exercise I was getting from long time sober friends? These had always led me to right actions in the past. An open mind and a will to change my

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## **Emotional Sobriety: Member Experience...continued**

attitude were pretty much gone. You'd still be angry and depressed too, right?

I was just stuck. It got worse; I was not sleeping. I was half-heartedly praying. If I was speaking on the phone, whining and melodrama were often part of the conversation. This was getting way out of proportion; we're not talking Katrina-like damage here! About 3:30 one December morning, I hit an emotional bottom. It was not the first time in sobriety. This time though I felt like I was heading toward a nervous breakdown.

Since breakdowns and mental institutions were part of my family history, this realization scared me. That's when I finally realized what was going on. For my emotional sobriety and sanity, I needed to accept this flooding situation. Never mind that it was the 3<sup>rd</sup> time; that I had spent money saved for Christmas on items related to the water damage; and that there was little to prevent flooding from happening again. So what. Stay in the present not the past or the future and get over it. Okay? Okay!

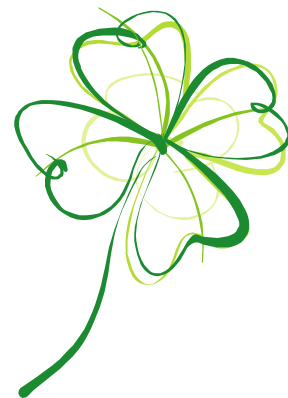
I had to accept this present

situation, look for the pluses and move on. Or, I could get drunk. On that early morning, I believed that a drink really could happen to me. So right then, sitting on the futon's edge, I asked God to please, please help me to accept what had happened yet again to my home, to look for the good and to move forward. And, this sincere praying worked. Just like it had in the past.

My so called nervous breakdown didn't happen. I didn't find it necessary to take a drink. My bad attitude was already changing; and I could feel the depression was lifting. My emotions were starting to calm down. I was feeling better. It all changed in a matter of minutes. I felt that my higher power was right there, but I know now that he had been working through others the whole time. Right then, I thought about how lucky I was to have homeowner's insurance and to be able to have all the water damage fixed. I thought about beautiful, freshly painted walls and clean carpets. And, I thought about my trusting AA friend who had given me her house key and about comforting AA meetings to run to. I had some real gratitude at last.

I began to think about something special for my bedroom reconstruction. How about those new closet doors and the blue wall I had wanted for months? Okay, now I'm moving in the right direction. I was ready to look past flood #3 and discuss these changes with the contractor. It was exciting thinking about my home's future. That December morning, a renewed old timer, I rolled out of bed at 5:00 and picked up my little dog at 5:30; I was ready to go back to my up-ended home and face the reconstruction.

I have been working on I over E since that December morning. For this restoration to emotional sanity and so much more, I thank AA, all my sponsors over the years and my higher power. By the way, I love my ocean blue wall.



-Anonymous





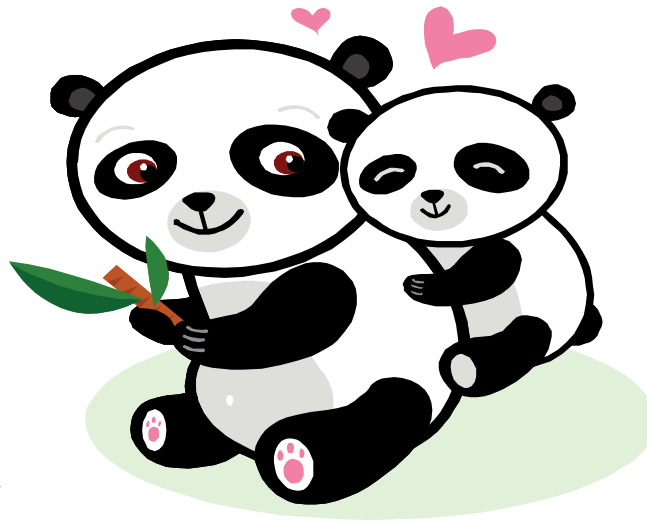
## Out of the Mouths of Babes

Every once in a while in sobriety I experience something that humbles me and makes me profoundly grateful that the obsession to drink has been lifted from me. One such occasion happened when my wife and I drove out of state to visit her inlaws. I'd like to share this with my fellow Grapevine readers.

We had bought a nice reflecting telescope and we brought it along with us so that we could show the wonders of the night sky to the younger members of the family. I was standing near the open Garage door, drinking a cold soda out of a plastic glass as I carefully put the telescope together and got it ready to view the night sky.

My little eight-year-old niece Sara had been

watching my every move, but had not said a single word until I was almost finished putting the telescope together. Then finally, with a quizzical look on her face



she asked me "Uncle Ken, are you drinking beeeeeeeer"? The question surprised me, and the way she pronounced "beeeeeeeer" seemed so cute that I had to smile.

I told her "No Sara, I'm just drinking a soda". After a few more minutes of

watching, she said "I don't know, it sure looks like beeeer to me". I then told her that I don't drink beer or any other alcohol, because it makes me sick and makes me do stupid things.

After another minute or two of thinking, she looked me straight in the eye and said "I wish my Daddy didn't drink beer, 'cause when he drinks, he gets MEAN and gets DUIs".

I was stunned by her honesty. And I was so grateful that because of the grace of God and the miracle of Alcoholics Anonymous, Sara had never seen me drink. I pray that Sara's dad finds the program soon.

-Ken G.



## **The Old Timer's Prayer**

God, keep me from thinking I must share in every meeting, no matter the topic.

Keep my mind free from the recital of endless details and give me wings to get to the point.

Remind me to guard confidences and to keep still when I feel it is necessary to speak up for someone's own good.

Release me from the need to straighten out everybody else's thinking and program.

God, I ask for the grace to listen to newcomers.

Please help me to remember the patience with which others listened to me when I was new.

Please seal my lips to giving advice, and help me to remember to share only my experience, strength, and hope.

Remind me that my purpose is to fit myself to be of maximum service to you and to the people around me.

Help me to remain teachable.

Teach me (again) the lesson that, occasionally, it is possible that I may be wrong; and remind me, please, of the freedom that I gain when I am able to promptly admit I am wrong and make amends when necessary.

Help me to remember the difference between making amends and just saying, "I am sorry." Help me to be a worker among workers, a friend among friends.

Please keep me from being a bleeding deacon, and help me to walk the path towards being an elder statesman/stateswoman.

Keep me ever mindful that I cannot manage my own life through my own unaided will.

I know that I am not a saint; please show me the way to seek You so that I may continue to grow along spiritual lines.

Remind me, please, of Rule 62 to not take myself so damn seriously. (It is so easy to take myself way too seriously.)

Keep me free of gossip, character assassination, and judgment.

Remind me that I am not perfect (even though I have humbly asked that my character defects be removed) and shortcomings still arise unexpectedly, to cause damage to others and to myself.

Help me to walk with faith and acceptance, to see good things in unexpected places and talents in unexpected people, and give me the grace to tell them so.

Help me to see that you love each of your children, and that you do not need my opinion of them or suggestions on what they might deserve.

Thank you very much.

Amen.



## **Letter From the Editor**

Hello everyone,

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

**April - We Will Not Regret The Past**

**May - Online Fellowship**

**June - Willingness**

**July - What is A Service Sponsor?**

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**

- Cathyann

## **ARCHIVES CORNER**

The famous Saturday Evening Post article on A.A. by Jack Alexander appeared in the March 1, 1941 issue. Mr. Alexander had just done a piece on the Jersey rackets and then had been sent to investigate A.A.. Realizing this, Bill W., along with the Trustees and some of the members gave Jack the most exhaustive tour of our Fellowship that was possible. Bill opened our entire Fellowship to him

Dr. A. Wiese Hammer, a friend of A.A. in Philadelphia, was acquainted with Curtis Bok, one of the owners of the Saturday Evening Post, and it was he who brought A.A. to the attention of the publishers of the magazine. They sent Jack to investigate us, remembering what a fine job he had done on the rackets. When Jack finally said he's seen enough and was ready to write, the Post people said they had to have pictures or they wouldn't publish the article. "Over the protests of a good many conservative and fearful members, we told the Post to go ahead." (A.A. Comes of Age, p. 191) When the article appeared the people in the New York office were swamped by mail. They considered using form letters, but decided they needed to answer each one individually. So, they converted the upper floor of the Twenty-fourth Street club into an emergency headquarters and used every A.A. woman and every wife who could type. The amount of mail remained high enough that they eventually hired two more permanent employees and financed these costs by asking the groups to support this enterprise. Jack Alexander eventually became a Trustee. It was his article that had much to do with A.A. forming in San Francisco and from there to Santa Clara County.

Our local archives contains a series of correspondence between Allen C. and various organizations to which he wrote requesting the help of A.A. for his drinking problem. Finally Allen received a letter from Ruth Hock, Bill's secretary, advising him that there was an A.A. meeting in San Francisco. Allen then wrote to Ruth in August of 1941 that a San Jose group had formed and that he would be the secretary of that group. He again wrote in September of that year that a picnic had been held in Menlo Park and enclosed a picture which is currently on display in Central Office of some of the people attending the picnic. One of those pictured is Vern F. who helped start the oldest meeting still in existence, the Friday Palo Alto Group which meets at the Lucy Stern Community Center.





# April 2009

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

## LOCAL EVENTS

Apr. 17-19: Sober & Free 2009 Conference, San Jose

Apr. 25 2ND ANNUAL INTERGROUP CHILI COOKOFF, see flyer inside

## EVENTS AROUND CALIFORNIA

Mar. 12-15: 37th Annual ACYPAA Round-up, Irvine, CA

## EVENTS AROUND THE COUNTRY

May 21-24: 51st ICYPAA Conference, "Carry the Vision", Atlanta, GA

July 1-4: 2010 International Convention, San Antonio, TX, watch the COIN and G.S.O.s website at [www.aa.org](http://www.aa.org) for more info.



Alcoholics  
Anonymous . . .  
How may we help you?



### **Telephone Calls Received During November**

Daytime at Central Office	492
Daytime 12 Step Calls	8
Evening and Weekend calls	476
Evening 12 Step Call information is not available.	

**WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP, I  
WANT THE HAND OF A.A. TO ALWAYS 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**

#### **Deleted**

1-2-3 Step, Tues. 8:00PM, Alano Club West  
Road to Recovery, Sun., 8:00PM, Alano Club of San Jose

#### **Changed**

Tell It Like It Is, Tues., 6:00PM, Sunnyvale, is now a 12 Step Study Mtg.  
H.O.W. Group, formerly Wed., 6:30, Sunnyvale, is now Wed., 6:00PM, 581 E. Fremont Ave., at Manet  
Serenity at Noon Group, Mon—Fri, Noon, formerly at Agnews, moved to Comunidad Cristiana de San Jose Church, 2371 Ringwood Ave. @ Tradezone, San Jose  
East Valley Group, Fri., 8:15PM, moved to the Parish Office Center  
Queer and Sober, Sat. 10:30 AM, moved to Holy Redeemer Lutheran Church, 1948 The Alameda, at McKendree, downstairs  
University Beginners, Wed., 5:00 PM, Santa Clara, meeting room changed to 207A  
Big Book Men's Group, formerly Big Book & Donuts, now meeting at Whole Foods, 4000 El Camino Real, Los Altos, Tues., 7:00AM  
10th Step Meeting, now at 6:00PM, 651 Broadway, Gilroy  
Entire Abstinence, Monday, 8:00PM, moved to Meterrainian Apts., 550 Kiely Blvd, The Club House.

#### **New**

Yound People's Sunrise, Sunday, 1:00PM, Foothills Park, 3300 Page Mill Road, Los Altos Hills  
We Are Not Saints, Tues., 7:30 PM, Women, Cornerstone Fellowship, Alano Club West, 1344 Dell Ave., Campbell  
10:00AM Meeting, Friday, 10:00AM, Alano Club West, 1344 Dell Ave., Campbell  
Came to Believe, Thurs., 12:00PM, 7787 Monterey St., Gilroy  
Meeting 23, Tues., 6:00PM, 210 San Jose Ave., #12  
Walk Through the Big Book, Tues., 6:00PM, 2000 Monterey Rd., Community Room  
No Hurry Big Book Study, Friday, 6:00PM, 7787 Monterey St., Gilroy



## BIRTHDAY CONTRIBUTIONS

BIRTHDAY CELEBRANT	YEARS	CONTRIBUTIONS BY	BIRTHDAY
Paul C.	30	Robbie R.	1/10/79
Mary M.	25	Aileen	1/6/84
John S.	17	John	1992
Rose W.	32	Rose	1977
Tom K.	39	Tom	1/15/09
Terry	26	Richard M.	3/7/83
Lani	35	Pat C.	2/9/74
Allegra R.	25	Pat C., Rita R., and Anna C.	2/3/84
Corvas M.	14	Pat C. and Rita R.	2/12/95
Mike H.	18	Pat C	2/21/91
Marilyn H.	25	Anna C.	1984
Butch	33	Rita R.	12/18/76
Nancy S.	33	Rita R.	2/17/76
Doreen R.	33	Rita R.	1/12/76
Jan C.	29	Rita R.	2/24/80
Domini C.	20	Rita R.	2/21/89
Jim B.	33	Rita R.	2/21/76
Mary Pat P.	26	Rita R.	1/28/83
Marcella M.	26	Rita R.	1/24/83
Elfriede S-P.	27	Rita R.	12/17/82



**HAPPY BIRTHDAY TO ALL!!**

**546 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**

Marsha D., Rm 47 and Live



## INTERGROUP MINUTES

February 4, 2008

- Mary Pat P., Intergroup Chairperson, opened the meeting at 8:00 pm, followed by a Moment of Silence and the Serenity Prayer.
  - Dominic read the short Definition of Intergroup.
  - There were 47 voting representatives and 13 visitors in attendance.
  - Claudia read the Twelve Traditions.
  - No additions to the Agenda. Correction made to Barbara B's phone number.
  - No corrections or additions to the previous month's minutes:
- Intergroup Council Treasurer's Report: Mike M.

Beginning Balance:	01/06/09	\$77.00	Prudent Reserve \$300.00
Contributions	01/06/09	\$74.44	
Refreshments	01/06/09	\$8.43	
Balance	01/01/08	\$143.01	Prudent Reserve \$300.00

- Birthdays: Jenny 8 yrs; June 26 yrs; Marilyn 25 yrs.; Renate 6 yrs.; Mary Pat 26 yrs.
- Announcements:

### Reports

Intergroup Chair – Mary Pat P.

Thank you to Paula for running the meeting last month.

Central Service Board – Lexy

Board approved benefits for staff.

Finances were good for last year.

Month of January flat for the month, however, prudent reserve is still strong. Just a reminder to all that we still need to be self-sufficient.

Central Office – Bruce K.

Grapevines are available, come by or subscribe.

Copies of tapes are now on CDs and DVDs; a lending library is being put together.

Manager's meeting next month.

4. PI/CPC – Jean Marie

3 new reps to the committee.

13 presentations to take place at DUI classes

In communication with Community Solutions in Gilroy.

Presentation at Young Heroes Club, City of San Jose

5. Twelfth Step Committee –

Daytime – Bruce K. – Shifts are filled. Alternates are always needed.

Nights and Weekends – Peter – Shifts are filled. Alternates are always needed.

Diverter workshop February 21<sup>st</sup> at 10:00 am. First Congregation Church, 1980 Hamilton Ave, San Jose.

6. Outreach Committee – No Report

7. Newsletter Committee – Cathy Ann

List of upcoming COIN topics for the next few months:

March: Emotional Sobriety

April: We will not regret the past

May: Online Fellowship

June: Willingness

8. Activities Committee – Marilyn H.

April 25<sup>th</sup> – Chili cook-off at Prince of Peace. Theme: "Celebrating our Home Groups"

9. Other Service Committee Reports

Unity Day – Peter

1<sup>st</sup> meeting in March

Northern California Council of Alcoholics Anonymous – Barbara B

NCCAA Conference in Foster City, March 13-15, Crowne Plaza Hotel, 1221 Chess Drive, Foster City.



## **MINUTES, cont.**

### Hospitals and Institutions – Charlene

H&I is at 27 facilities, Commitment is once a month and can fit any day and time for you. H&I is a great service commitment. Contact Charlene if you are interested.

### Bridging the Gap – Bill

44 men and 33 women were contacted.

### North County – Mark R

Working on reaching out to increase DCMs and GSRs in area.

Monthly GSR meeting 2<sup>nd</sup> Wednesday every month at 7:30, St. Johns Lutheran Church, 581 Fremont Ave, Sunnyvale.

42<sup>nd</sup> PRAASA assembly, March 6-8, Oakland, Marriott City Enter Hotel and Convention Center, 1001 Broadway. For more details: [www. CNCA06.org](http://www.CNCA06.org)

### South County – Steven F.

Identifying and registering GSRs from small meetings.

Revising service manual in English and in Spanish

No permanent meeting place yet.

Working on sharing process/group conscience for the GSR and the GSR roll in the annual conference process.

## UNFINISHED BUSINESS:

### Intergroup Inventory Responses Committee – Michael B.:

Motion: Each Intergroup representative, during their time of service, be assigned one or more meetings to attend coordinated by and through the outreach committee. Motion seconded and passed by Intergroup representatives.

Motion: Outgoing Intergroup representative bring the replacement to their first meeting/orientation as needed. Motion seconded and passed by Intergroup representatives.

Groups that have multiple meetings and currently have one representative change to having each meeting represented by a person. Item tabled.

Ask Intergroup Chair to randomly solicit opinions during meetings regarding discussion topics to encourage participation. Item withdrawn from agenda.

Have the COIN run periodic announcements regarding Service Sponsorship and the need for Intergroup visual inclusion from cultures, races, and religious backgrounds.

-Intergroup reps unclear what the purpose of motion. Decided Alt.Chair will run sponsorship announcements during new rep meeting. Diversity will be left up to IG committees.

Encourage Intergroup representatives to invite meeting members to visit Intergroup or other service meetings. Decided to be part of orientation for new representatives.

## NEW BUSINESS:

## OPEN FORUM:

With no further business, the meeting was adjourned at 9:35 pm

Respectfully submitted,

Kathy H.



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Intergroup Central Office  
of Santa Clara County, Inc.  
274 E. Hamilton Ave. Suite D  
Campbell, CA 9500/8

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# **SPECIAL WORKER POSITION AVAILABLE AT CENTRAL OFFICE**

## **OFFICE ASSISTANT**

Central Office is looking for a part time Office Assistant, 20—25 hours per week. Please see the Job Description below and, if you are interested in making yourself available for this responsible and rewarding “Special Worker” position, send or bring your resume, including A.A. service information, to Central Office (emails welcome). If you have questions or comments, you are welcome to call Bruce at Central Office.

### **OFFICE ASSISTANT Job Description**

**The Office Assistant works at the direction and under the supervision of the Manager.**

The following is a general description of the various duties and expectations of the Office Assistant:

1. General office work such as data entry, filing, ordering supplies, etc.
2. Processing contributions and the sales of books and other inventory items
3. Stocking shelves and general office order and cleanliness, including guest services such as coffee, kitchen and bathroom supplies, etc.
4. Handling all mailings, including bulk mailings
5. Recruiting, training, and monitoring volunteers
6. Database maintenance, including data entry and assuring accurate, current information
7. Monthly book inventory and quarterly inventory of all other items
8. Prepare bank deposits and reconcile cash on hand
9. Printing of Meeting Directories and the newsletter
10. Maintaining an image of competence, courtesy, helpfulness, and a welcoming atmosphere at Central Office.

**The Office Assistant will work closely with the Manager to accomplish the following:**

1. Responding to member questions, concerns, and suggestions
2. Cooperation and coordination with other AA service entities
3. Staying abreast of local, General Service, H & I, and other A.A. matters
4. Honoring the Traditions in all activities and operations

**The Office Assistant will assume the necessary duties of the Manager** during the Manager’s absence, including such duties as payroll, inventory orders, bank deposits, Intergroup and meetings, and other duties as directed by the Manager.

**Desired requirements and skills** include a minimum of 5 years of continuous sobriety, a comfortable understanding of our Traditions and the workings of Alcoholics Anonymous, and substantial computer skills (knowledge of QuickBooks, Access, and other Microsoft programs is desirable). The willingness and ability to learn is more critical than current knowledge.

**INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.**  
**Profit & Loss**  
**February 2009**

	<b>Feb 09</b>	<b>Feb 08</b>	<b>Jan - Feb 09</b>
<b>Ordinary Income/Expense</b>			
<b>Income</b>			
3030 • Contributions-General	9,552.87	6,845.08	26,479.90
8010 • Literature Sales	6,701.32	5,663.16	12,418.48
8020 • Meeting Guide Sales	1,631.50	1,209.00	2,750.50
8060 • Newsletter Subscriptions	25.00	10.00	40.00
<b>Total Income</b>	<b>17,910.69</b>	<b>13,727.24</b>	<b>41,688.88</b>
<b>Cost of Goods Sold</b>			
5000 • Cost of Goods Sold			
5100 • Cost of Inventory Sold	4,627.48	3,945.53	9,060.34
5150 • Cost of Meeting Directories	727.04	176.92	1,366.45
5000 • Cost of Goods Sold - Other	0.00	0.00	0.00
<b>Total 5000 • Cost of Goods Sold</b>	<b>5,354.52</b>	<b>4,122.45</b>	<b>10,426.79</b>
<b>Total COGS</b>	<b>5,354.52</b>	<b>4,122.45</b>	<b>10,426.79</b>
<b>Gross Profit</b>	<b>12,556.17</b>	<b>9,604.79</b>	<b>31,262.09</b>
<b>Expense</b>			
6010 • Alarm Service	0.00	0.00	177.00
6030 • Accounting and Legal Fee	794.02	942.50	1,275.69
6070 • Bank Credit card charges (Credit card costs and fees)	54.66	58.88	142.77
6160 • Copier Expense	87.13	117.95	143.12
6220 • Insurance - Worker Compensation	0.00	-5.98	480.22
6230 • Insurance - General Liability	0.00	124.00	125.00
6240 • Employee HRA Plan	817.36	669.79	1,634.72
6245 • Internet Access Charges	19.95	19.95	39.90
6330 • Office Expense	115.66	178.82	111.71
6370 • Office Paper Supply	69.93	0.00	264.51
6380 • Payroll Taxes	0.00	714.99	0.00
6410 • Postage	83.40	325.92	403.40
6480 • Rent	2,400.60	2,280.60	4,681.20
6540 • Salaries - Office	0.00	5,815.64	0.00
6560 • Payroll Expenses	7,957.24	0.00	16,171.77
6600 • Signing Services	0.00	200.00	200.00
7010 • Taxes and Licenses	60.00	0.00	60.00
7050 • Telephone	341.28	304.10	661.84
7060 • Travel	30.59	0.00	30.59
9080 • Sales Tax (Sales tax paid on purchases)	0.00	0.00	-0.34
<b>Total Expense</b>	<b>12,831.82</b>	<b>11,747.16</b>	<b>26,603.10</b>
<b>Net Ordinary Income</b>	<b>-275.65</b>	<b>-2,142.37</b>	<b>4,658.99</b>
<b>Other Income/Expense</b>			
<b>Other Income</b>			
8030 • Interest Income	419.39	220.51	504.20
<b>Total Other Income</b>	<b>419.39</b>	<b>220.51</b>	<b>504.20</b>
<b>Net Other Income</b>	<b>419.39</b>	<b>220.51</b>	<b>504.20</b>
<b>Net Income</b>	<b>143.74</b>	<b>-1,921.86</b>	<b>5,163.19</b>

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Balance Sheet

As of February 28, 2009

	<u>Feb 28, 09</u>
<b>ASSETS</b>	
Current Assets	
Checking/Savings	
1010 · Petty Cash	225.00
1020 · First Republic Bank (Checking account)	13,301.02
1021 · First Republic Bank CD 3202 (4 Mo. CD @ 3.75%, 02/04/2009)	15,559.29 **
1022 · First Republic Bank CD 3210 (6 Mos. CD @ 2.75%, 02/04/2009)	20,618.80 **
1023 · First Republic Bank CD 3228 (12 Mos. CD @ 3.5%, 02/04/2009)	15,524.95 **
1024 · First Republic Bank CD 2608 (8 mos. CD @ 3.8%, 07/26/2009)	13,081.29 **
1042 · Capital Preservation Fund (Treas. fund currently @ 2.68%)	15,741.20 **
Total Checking/Savings	<u>94,051.55</u>
Accounts Receivable	
1110 · Accounts Rec - Group Deposits	-641.62
Total Accounts Receivable	<u>-641.62</u>
Other Current Assets	
1250 · Literature Inventory	17,556.55
1310 · Prepaid Insurance	725.00
Total Other Current Assets	<u>18,281.55</u>
Total Current Assets	<u>111,691.48</u>
Fixed Assets	
1630 · Office Equipment	28,857.02
1640 · Office Furnishings - Asset	7,097.67
1641 · Less Accumulated Depreciation	-18,174.00
1680 · Leasehold Improvements	300.00
1681 · Less Accumulated Amortization	-160.00
Total Fixed Assets	<u>17,920.69</u>
Other Assets	
1860 · Deposits	1,993.85
Total Other Assets	<u>1,993.85</u>
<b>TOTAL ASSETS</b>	<u><b>131,606.02</b></u>
<b>LIABILITIES &amp; EQUITY</b>	
Liabilities	
Current Liabilities	
Other Current Liabilities	
2100 · Payroll Liabilities (Payroll Liabilities)	50.00
2240 · Sales Tax Payable (due quarterly)	1,153.23
Total Other Current Liabilities	<u>1,203.23</u>
Total Current Liabilities	<u>1,203.23</u>
Total Liabilities	<u>1,203.23</u>
Equity	
2740 · Temporarily Restricted Funds	17,920.69
3900 · Unrestricted Funds	107,318.91
Net Income	5,163.19
Total Equity	<u>130,402.79</u>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<u><b>131,606.02</b></u>

**\*\* Our Prudent Reserve Accounts total: \$80,525.53**

This represents the Board established goal of 6 months of operating expenses.

11:11 AM  
03/03/09  
Accrual Basis

# INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

## Group Contributions

February 2009

	Feb 09	Jan - Feb 09		Feb 09	Jan - Feb 09
1 INV Fremont & Hollenbeck Group 70907	0.00	370.98	Men's Honesty Group SJ 26 (Sat.)	0.00	560.00
1 INV Fremont & Manet Group 70975	0.00	508.00	Men's Single Problem Study 89 (Mon.)	0.00	603.00
1 INV R and B Group 70972	342.80	741.32	Men's Single Problem Study 220 (Thur.)	0.00	1,050.00
1 INV Saturday Nite Live Group 70905	70.00	140.00	Midweek Spiritual Progress 213 (Wed.)	420.00	420.00
1 Inv Seeking Guidance Group 70976	563.87	563.87	Mountain Miracles 882 (Thur.)	0.00	269.50
1 INV Spiritual Progress Group 70904	360.00	360.00	Mountain View Group 350 (Sat.)	0.00	70.00
A Vision for You Women's 802 (Tues.)	70.00	70.00	New Direction 12 x 12 90 (Mon.)	70.00	70.00
A.B.C. Women's Group 58 (Mon.)	0.00	350.00	New People's Group 3 (Sun.)	0.00	413.00
As Bill Sees It 6.00P 518 (Mon.)	210.00	210.00	New Steps for Living 20 (Sun.)	435.34	435.34
Attitude Adjustment SJ 886 (Tues.)	0.00	37.30	Noon Discussion 177 (Wed.)	0.00	75.00
Attitude Adjustment SJ 198 (Wed.)	71.35	206.35	Palo Alto Men's Meeting 525 (Tues.)	0.00	282.80
Attitude Adjustment SJ 321 (Mon.)	220.50	220.50	Pass It On Group Los Altos 418 (Sun.)	181.32	181.32
Basic 12 & 12 00662 (Mon.)	210.00	210.00	Personal 00911	125.00	327.00
Bedmakers Group (Men) 812 (Thur.)	0.00	47.00	Positive Outlook Group SJ 368 (Sat.)	0.00	108.00
Bill's Basement 384 (Fri.)	0.00	126.00	Rincon Men's Fellowship 567 (Thur.)	0.00	350.00
Birthday Contribution 00951	344.00	545.00	Saturday Morning Los Gatos 777 (Sat.)	0.00	700.00
California Ave. Supper Group 715 (Thur.)	0.00	369.60	Saturday Night Promises PA 847 (Sat.)	0.00	214.20
Cambrian Saturday Night 376 (Sat.)	350.00	350.00	Serenity at Noon 215 (Wed.)	175.31	175.31
Chip Winners Group 168 (Wed.)	0.00	222.00	Shared Gift (The) (Women) 61 (Mon.)	0.00	185.00
Courage to Change 145 (Wed.)	160.97	160.97	Single Problem Topic 582 (Mon.)	0.00	581.70
Early Tuesday Group 119 (Tues.)	0.00	257.08	Spiritual Step Study Group 233 (Sun.)	0.00	307.55
Easier Way Group 290 (Fri.)	0.00	178.39	St. Luke's Group 113 (Tues.)	110.00	110.00
East Valley Group 322 (Fri.)	0.00	50.00	St. Mark's Group 270 (Thur.)	600.00	600.00
Eleventh Step Meditation Mtg 276 (Thur.)	0.00	140.00	T.G.I.F. Speaker/Discussion 298 (Fri.)	100.00	200.00
End of the Line Men's Group 147 (Tues.)	0.00	433.31	Think Tank (Men) SJ 361 (Sat.)	840.00	840.00
G Fair Avenue Fellowship 70901	141.27	198.78	Thy Will be Done (Meditation) Cambl 974	55.52	55.52
G Forged From Adversity Group 70957	1,050.00	1,050.00	Trinity Group 370 (Sat.)	0.00	80.00
G Serenity at Noon (fka Agnew) 70921	0.00	1,750.00	Up the Creek-Daily Reflections 745(Tues.)	75.00	75.00
G South County Fellowship 70954	210.00	875.00	Veterans of Alcohol (Open) 874 (Tues.)	280.00	280.00
G Sunrisers Group/Carrows 70932	450.00	1,065.73	Villages Group of AA (The) 406 (Mon)	0.00	560.00
G Third Tradition Women's Grp(The 70979	249.79	527.53	Women's Brunch PA 640 (Sat.)	0.00	322.75
Gay & Lesbian Sober Experience 896 (Mon.)	98.00	98.00	Women's Topic Disc. Group 103 (Tues.)	0.00	174.00
Gay Grab Bag Solution 41 (Sun.)	0.00	119.30	Women Sharing the Solution 519 (Thur.)	0.00	238.70
Gay Men's Freedom 262 (Thur.)	0.00	161.00	<b>TOTAL</b>	<b>9,552.87</b>	<b>26,479.90</b>
Get Up and Go SC (Women) 187 (Sat.)	315.83	315.83			
Get Well Group 17 (Sun.)	0.00	140.00			
Grace Group of AA PA 352 (Sat.)	331.00	331.00			
Happy Hour Campbl 652 (Fri.)	0.00	269.50			
Happy, Joyous & Free 650 (Tues.)	266.00	266.00			
High Hope SJ 239 (Sat.)	0.00	129.00			
Inspiration Big Book 195 (Wed.)	0.00	50.00			
Living with Others 319 (Fri.)	0.00	272.57			
Los Altos Group 225 (Thur.)	0.00	105.00			
Los Altos Men's Group 59 (Mon.)	0.00	99.00			
Los Gatos Big Book 664 (Mon.)	0.00	210.00			
Meditation Meeting LA 39 (Sat.)	0.00	105.00			
Men's Basic Step Study Group 891 (Tues.)	0.00	367.50			
Men's Group 97 (Mon.)	0.00	191.80			





# **Diverter Volunteer**

## ***“Workshop!”***

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**If you're interested in becoming part of this wonderful and critical service to A.A., or just learning more about it, please join us at the Workshop...**



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## ***Every Third Saturday***

**Time - 10:00 am**

**Place - First Congregational Church**  
**1980 Hamilton Ave. (at Leigh)**  
**San Jose, CA 95125**

One Year of continuous sobriety and a good understanding of our 12 Steps and 12 Traditions are the minimal requirements.

## **INTERGROUP CHILI COOK-OFF: "CELEBRATING OUR HOME GROUPS"**

**SATURDAY, APRIL 25: PRINCE OF PEACE-SARATOGA AND COX**

**CHILI TASTING AND VOTING 12 PM-2 PM Recovery Meeting to follow**  
**See you at Intergroup March 4 or contact marilynahull@yahoo.com**

### **CHILI GROUPS**

Your mission, if you choose to accept it, is to commit your group to preparing the equivalent of 24 quarts of chili (most stock pots hold 12 quarts). Your group will be given a \$60.00 advance. Receipts for purchased chili items requested, or items can be donated. Men's Basic Step Study, Friday St. Luke's Los Gatos, Morgan Hill and Saturday Women's Get Up and Go are in. **We need one more group.**

### **CORNBREAD GROUPS**

This will also be a competition this year. There will be a \$25.00 advance, or items can be donated. **We need 2 more groups.** SCCYPAA already has volunteered.

### **DESSERT**

**Need one group.** This will be a Costco-type run for pies and cakes. Members of the group will cut and serve at the event.

### **COFFEE AND BEVERAGES**

**We Care Group, Milpitas** has stepped up again. Thank you!

### **SET-UP/DECORATIONS**

**Need one group** to volunteer. Advance of \$75.00. Come early to the event and feel the buzz!

**CLEAN-UP** SCCYPAA has volunteered for this service. Yay!