

Volume 5 Issue 4 May 2010

# Acceptance

'God, grant me the serenity to accept'....Those seven words have so much meaning for us. Not only are we humbly asking our Higher Power to grant us 'something', but that 'something' is serenity, the serenity of acceptance.

I have read that acceptance comes in a couple of forms. There is the weak kind of acceptance, that of resignation, where a person accepts their situation as unchangeable, that it will always be that way and becomes resigned to it. Then there is 'acceptance with serenity' which is what we strive to achieve as stated in the Serenity Prayer. For me that type of acceptance encompasses a couple of different aspects. There is unconditional self-acceptance where you see yourself as an acceptable, mistakemaking human being that has their faults. Then there is the step where we learn to accept others as ordinary imperfect human beings that have their own issues and problems much like ours. Of course the most important thing we need to accept is our disease, acknowledging to ourselves that it isn't our fault that we are alcoholics. Acceptance doesn't mean liking something, but just seeing it for what is.

Acceptance, for me, was 'letting go', admitting that I was truly powerless when it came to alcohol and that no matter how hard I wished it would change I knew it never would. For me acceptance has become, not an admission of defeat. but an admission of reality. To many of us acceptance had the connotation of defeat; that we weren't going to 'win' whatever it was we were trying to 'win', and therefore we had no choice but to 'accept' the outcome regardless of what it may be. I have learned from this program that this is not the way it has to be. Life is not a battle of who wins or loses; it is learning to accept what comes our way.

On page 417 of the Big Book it is stated so simply and succinctly. "... acceptance is the answer to all my problems today. When I am disturbed it is because I find.....some fact of my life unacceptable to me, and I can find no serenity until I accept that....." I have found this to be so true. I drank because I didn't like 'something' and when I drank I told myself that I didn't have to accept this 'something' and by heavens I was going to change it! But I never did.

I was exhibiting 'weak acceptance', in other words resignation. I have learned in this program that it is I who needs to change; for there is no way I am going to change anyone else. By accepting the reality of what we cannot do, can free us to make the changes that are within our power to do. I have come to understand that it wasn't this 'something' that was the real problem it was my reaction to it that caused me grief. Until I learned to accept that fact, I was enabling this 'something' to control my life. Now I am learning to recognize that. Even though I still may not like what is happening at the time, I don't need to 'buy into it'. I am learning to step back, exhale and accept what is for what it is. I am learning to not live in the problem but in the solution, and I am learning that acceptance is a big part, if not all, of the solution. Only through my daily work on my recovery will this occur.

Anonymous



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# Acceptance

"Read Page 449"...argh...I can't even begin to count the times I have been told this...including most recently, March 24, 2010 by my loving sponsor...it was the perfect fit for what was going on.

Acceptance is the answer to all my problems today... page 449, in the 3rd edition of the Big Book. In the beginning, I was told, in love, by my 1st Sponsor on more than one occasion to read and re-read page 449 when I was just getting started in the program. That it all started with Acceptance of who I am; an Alcoholic woman...and went on from there.

I have the disease of alcoholism and I have a choice. For me, Acceptance means; all that pertains to myself and my disease. When I "got" that, then there was "life" for me after Acceptance. I came to understand the power in just that one word.

After a while...I put 2 + 2 together...had a moment of clarity and there it was, one of my greatest gifts of the program, the Serenity Prayer with the 4grants...SERENITY, AC-CEPT, COURAGE, WISDOM praying to be able to carry out this wonderful, beautiful Serenity Prayer gift.

Acceptance is part of my truth. Acceptance makes my life sooooo much easier...so I pass that nugget on to the women I work with. My analogy for me is, that Acceptance is like turning "It" over...letting go...stop trying to fix it...that's God's job, however, when it's God's will for me to

have the courage to change something, to do the footwork in situations, he gives me that courage, and the wisdom to recognize his will in doing the next right thing.

For me, it's just like all the rest of the Program...Just for Today...I can have Acceptance of any and all things that come my way...good or not so good. The reason I say that is because it was even hard for me accept the good in the beginning...because...you know...I didn't deserve it!

Acceptance is a part of who I am today.In order for me to have a good day, I need to accept those bothersome things that I used to moan & complain about under the influence. In fact I knew just how many shots to drink to give me the courage to rant and rave to my husband about things like traffic..i.e. the road bullies, and road ragers, long lines at the supermarket during rush hour, April 15, (tax day), broken appliances, car problems, and oops...gained 5 lbs...the whole family needs to go on a diet...ad infinitum. It doesn't go away and that's just a wee example of the small stuff. Today, my thinking about all that "stuff" has changed to Acceptance. I'm so grateful, to be sober to be able to deal with all of it...including the "biggies" that I used to tune out of and drink over so I didn't have to "feel". Life shows up...we

learn how to do "it"...in sobriety.

One of the most awesome things to me is the simplicity of Acceptance. It helps me learn my Life's Lessons with dignity and grace. It helps me to help others learn their Life's Lessons without being judgmental. It has helped me to know that my children, grandchildren, friends and sponsees are right where they are supposed to be as am I, and I accept that with love. Acceptance helped me set up my boundaries and respect those of others.

In sobriety, I have come to the realization that *Acceptance* is "God's Will" for me.

My first Sponsor has passed away now, but my current Sponsor is following in her footsteps. I know that I know how healing it is to read & reread; "Nothing, absolutely nothing, happens in God's world by mistake"..." I need to concentrate not so much on what needs to be changed in the world as what needs to be changed in me and my attitude"..." When I complain about me or about you, I am complaining about God's handiwork. I am saying that I know better than God".

Lest I forget I'm not "all that" (lose my humility)...it never gets old or tiresome to hear; "hmmm...do you think you should read page 449 on this"?

Danette G. San Jose

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# General Service Article (encompassing AA as a whole)

This is the busiest season for your (GSR) General Service Representative! My hope is that you have all been hearing a lot from your GSR for the last couple of months. On the 10<sup>th</sup> and 11<sup>th</sup> of April, hundreds of GSRs, from all over (CNCA) California Northern Coastal Area, were lining up at microphones to share their group consciences with our Delegate in Cloverdale. CNCA includes 22 Districts, encompassing more than 51,000 AA members, from the Oregon border to San Luis Obispo County.

A variety of opinions and ideas were shared on topics ranging from the development of a new book about women pioneers in AA to a new pamphlet on atheists and agnostics successfully staying sober. On May 8th your GSR will be heading to Vallejo to hear the delegate's report on what decisions were made by the General Service Conference. Your GSR will soon be providing your group with a report about any changes that were made and especially what happened in regards to the topics you gave a group conscience on. According to the pamphlet, Circles of Love and Service, "Each group has its say in worldwide AA through its GSR. If a group does not have a GSR, it is isolated from the rest of the fellowship. It does not participate in the group conscience of AA as a whole." Without a GSR, decisions are being made in AA without your input!

The General Service meetings are listed in the meeting directory as follows:

South County ~ District 40 (Milpitas, San Jose, Los Gatos, Morgan Hill, Gilroy, and San Martin) meets on the 3<sup>rd</sup> Tuesday of every month at 7:00pm at Trinity Episcopal Cathedral 81 N. 2nd St. in San Jose. North County ~ District 04 (Campbell, Los Altos, Mountain View, Palo Alto, Santa Clara, and Sunnyvale) meets on the 2<sup>nd</sup> Wednesday of every month at 7:30pm at St. John's Lutheran Church 581 Fremont Ave. in Sunnyvale.

If your group does have a GSR, my guess is he/she has been very busy serving your group lately. Let them know how much you appreciate their service!

#### Nichole L

Fremont & Hollenbeck - Saturday Morning Fellowship Chip & Speaker Meeting - SATURDAYS – 10:00a.m Presbyterian Church of Sunnyvale 728 W. Fremont Ave. (at Hollenbeck)

May 1 – Yolanda - San Jose

May 8 - Speaker TBD

May 15 - Dennis B - Santa Clara

May 22 – Speaker TBD

May 29 - Adam C - Sacramento



# Acceptance

When I think about acceptance it makes me feel a little uneasy. The word itself implies that the person/s, situation/s or behavior/s are "acceptable". In life at times people do some very unacceptable things. In our literature it guides us, in the first 164 pages, to apply the methods and steps REQUIRED to move towards liberation from a seemingly hopeless disease.

I first came to the program and "accepted" my alcoholism easily, but that wasn't enough to recover. I knew I was alcoholic and staying off the booze for brief periods was relatively simple. But, unfortunately, at one point or another I invariably got drunk. My coping skills and dealing with life as it arises still needed a major overhauling. Things would come up that arose out of situational pieces of "life" that I was ill prepared to handle without alcohol. Alcohol comforted those turbulent times. When I no longer had the alcohol to turn to I was confused and alone. We tend to not want to let other people around the rooms really know how we're feeling inside. At least that was my story. People that I watched around meetings "appeared" happy and I compared how I felt with how they looked. Not a good thing.

Once the alcohol is removed then what? We hear more often these days at meetings the reading of "Acceptance" quote out of the stories in the back of the book. I know it's on pg. 449 in the Third Edition and I was directed by the guy who took me through the steps to not focus on the stories while we were working on applying the Steps in my daily living. In the archives of Alcoholics Anonymous the stories were added to help people "identify".

As we worked on the application of the steps into my life I began to discover that every step had a little piece of acceptance within its principle. I could not begin to really recover until I truly accepted my alcoholism in Step One. Then I worked towards spiritually guided goals when I accepted the allegiance of a higher power as my model in Steps Two and Three. In the 4th and 5th steps I began to "accept" my own defects of character and work towards building on my assets while amending those old behaviors. Then in 6 and 7 I started to try to accept and mold a new way to live with my new life. In 8 and 9 I had to accept and live up to the deed of following through with my amends to those I had harmed during those days of drinking. In the 10th step I took those newly adopted attitudes into daily living and when my "old stuff" cropped up, as it will surely do, I've worked diligently at correcting it quickly and move forward. In the 11th Step I had to again apply prayer and now "meditation" (not good at that) into my daily living plan. This was a real test in acceptance for me. Finally in the 12th step I had three items to look into, the second of which is the most honorable task within AA as a whole. To carry the message of hope and recovery to someone who seeks it. Practicing these new attitudes in all my affairs

was the biggest piece of acceptance I took on. This was a commitment to acceptance and I didn't even know it...

Acceptance today for me means to take a look at the item that may be troubling me, possibly discuss it with someone close to me who qualifies to give me honest feedback, then move forward to setting that item into a safe place in my past. This is where my "Recovery" shows up.... Sometimes people do some heinous things that warrant us to step aside and let them go by. Today I can play an "observer" and let those who may do potential harm to my recovery just pass on by. I can let them be the way they are "over there" somewhere safely. I stay safe that way and thrive on being kind and considered without being servile or scraping.

I am pleased with my ability, today, to cope with most things as they come up and am happy to say that it comes from having a safety net of recovery I'm surrounded by. Those that have come before me have passed that on, by assuring me that if I "Practice these principles in all my affairs" that the issues of acceptance will clear up... but it does take time. Be patient and don't forget to breathe!!!!

Anonymous



# Acceptance

Until my alcoholism had beaten me into a state of absolute hopelessness I was unwilling to admit defeat. Even after it became as clear to me as it had long been to others that alcohol was creating absolute havoc in my life, I simply could not accept the idea of living without drinking. My dilemma was that I knew if I continued drinking that alcohol would kill me, but at the same time I insanely believed that if I didn't get a drink I would die. The devastation impacted everyone around me. In the end I lost all hope of making things right with my family. Despairing of ever being free of the agony my life had become I resolved to end it all.

Miraculously and seemingly by divine intervention, at that crucial point, I was exposed to the twelve-step recovery philosophy for the first time. Without another sensible option, I went to AA meetings and listened; skeptically at first. But these people soon convinced me that they too had known the hopeless state of body, mind and spirit in which I found myself. Yet they had healed and somehow achieved a peace of mind that I could only imagine. I wanted what they had! They had found a way out of the misery and told me they could help me too, if I was willing to follow some simple directions. How could I not accept such a gift? From the book Alcoholics

Anonymous I learned the true nature of my disease. Once I understood that I was in the grip of a progressive disease for which only a spiritual solution could provide relief I embraced the program with all the earnestness of a dying man; which I was. In the twelve steps I found a set of guiding principles by which it is possible to live freed from the bondage of alcohol.

Most importantly, the ultimate solution to my problem was revealed. Having proven that I lacked sufficient power to overcome this malady on my own, I saw that it would be necessary to find a power greater than myself in order to survive. The loving and forgiving God I came to believe in and rely upon was quite different from what I had been taught as a child. I learned to accept responsibility for the choices and decisions I had made and stop blaming other people for my situation. I saw that behind the anger, selfishness, dishonesty, and avoidance that dominated my thinking was one thing: FEAR. I was afraid of not getting all the things I wanted and of losing the things I had. More than anything else, I was afraid to be seen for who and what I was. Without the love and support of my beloved wife Glenda, the power of God as I understand Him, and the guidance I found in the fellowship of Alcoholics Anonymous I would not have had to strength and courage to change. Once I accepted the simple solution offered to me and made an

honest effort to live according to my new code, the fear that had controlled me began to melt away. Naturally, as I began behaving more estimably, my self-esteem grew.

Accepting responsibility for my past actions, I set about repairing the damage I had done, beginning with those closest to me. As I cleaned up the wreckage of my past I began methodically and systematically comparing my behavior to the new guidelines I had established for myself. While striving to avoid further harm to others, I also need to be willing to apologize when I am wrong and make amends when my conduct falls short of my ethical standards. As my conscious contact with my higher power has grown closer through prayer and meditation I have discovered a new motivation which I recognize as compassion. Opportunities to express my gratitude through service to others continue to present themselves. Once able to accept my powerlessness over alcohol and surrender to the proven solution offered by Alcoholics Anonymous this once broken man was transformed into a loving and useful person. My spirit continues to grow. I'm not yet the man I will become, but mercifully, I'm no longer the man I once was. Today my heart is filled with love. I am blessed!

**Anonymous** 

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# **CENTRAL OFFICE CORNER**

Calling all meetings, groups, members . .

We are proposing a new – and ongoing – program of group contributions to Central Office. This is in addition to the group's regular contributions to Central Office and the other service entities. We are asking that, at some scheduled time each year each group or meeting take up additional collections for an extraordinary contribution to support Central Office services.

Here's how it might work:

A special basket, or the envelope provided, is handed around, or is available on the coffee or literature table, with an announcement that this is a special collection to support Central Office. The announcement might also include some of the services provided by Central Office. This could be done at a meeting, or group event, or over a period of time – a day, a week, a month – at the end of which the monies are sent to Central Office. This would be a regular group commitment, done annually, quarterly – whatever the group decides. Contributing groups would, of course, be acknowledged in the COIN.

These are unusually difficult economic times and we're all struggling. Even if times were flush, groups are getting hit with increased rents, demands for insurance coverage, and other cost increases. Some meetings are hit with large numbers of newcomers from treatment facilities, SLEs, and the courts. Some have to pass the basket twice just to make the rent. And we all suffer the consequences of the outdated notion of "a buck in the basket". That idea was great in the 60s and 70s, but is woefully inadequate today.

We know that "money" and "spirituality" mix in Alcoholics Anonymous. Bill W. tells us, "We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and their bills are paid.

"When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we are generous with the hat we give a token that we are grateful for our blessings and evidence that we are eager to share what we have with all those who still suffer." (*The Language of the Heart, p. 221*)

It costs about \$26.00 per month, per meeting, to provide the all-important services of Central Office. We usually receive an average of \$19.00 per month (it's much less right now). The difference is made up primarily with literature sales, together with some personal contributions. If contributions decrease, our usual solution is to increase literature prices, and vise versa. This is only partially effective; we think there might be a better way, both for these hard times and for the long term.

So we're asking you to help close the gap between contributions and costs of services, leaving our literature affordable and giving real power to the melding of money and spirituality. We realize that conversations about money can evoke high emotions. And we know you will need to discuss this among yourselves and come to an informed group conscience. For this we are grateful, and we thank you.

Remember, this is not a one time drive; we hope this can become an ongoing program of support.



# Acceptance

"Each person is like an actor who wants to run the whole show." (Big Book, p. 60)
When I run on self will and soon get lost on the road I can accept that maybe I'm lost.
But if I keep driving thinking I'll find my way, I don't want to ask for help. This is my ego at work.

In the same way, I've tried and lost my way by trying to live other people's vision of God. I tried to accept others ideal of happiness. I spend a lot of time trying to be like them including drinking with them. Early on I thought I was happy because alcohol changed the way that I felt. Yet my difficulties remained unattended to. I was drunk all the time and troubles piled up. I didn't know how to handle life any better than I did before I drank. I lost jobs, owed money to creditors, lost friends and the support of my family. Accepting that I needed help was impossible because I had always been self-reliant. So consistent failure to have any peace of mind became a familiar cycle I repeated over and over again. Diligence and a never-give-up attitude allowed me to move head long through

life. I had rules. The need to control all that was around me continued even though I had lost the point of the exercise and lost my way. Yet, the world and all of it's people didn't know they were supposed to follow my rules and often broke them out of ignorance leaving me baffled by the failure of my dogmatic expectations.

I was resistant to change and that caused me to feel pain. Pain is caused by the stress of holding onto our ego. When I accepted that there is a power greater than myself I was receptive to higher guidance. Turning my life around was only the beginning.

With practice, I am learning to accept that I cannot control anything or anyone outside of myself. It works for me. I know I can control how we think, how I behave and the things I do. I learn how to make decisions. Over time we develop skills that allow us to make decisions that are more often wise than unwise. With practice and help from others we build new habits and confidence to live a comfortable life. We feel it is good to help another person to know that living happy, joyous, and free is

possible.

Bill W. wrote of using the Serenity Prayer to accept ones by whom I have been slighted. "If I feel that my pain has in part been occasioned by others, I try to repeat 'God grant me the serenity to love their best, and never fear their worst." It's often difficult because we can be so horrifically harsh on ourselves. I came to believe that I do deserve to find my true self, to have happiness, know peace and be comfortable in my own skin. In acceptance: "I have been granted a gift which amount to a new state of consciousness and being. I have been set on a path which tells me I am really going somewhere, that life is not a dead end, not something to be endured or mastered." (12  $\times$  12, p. 107)

Joel R



## **Letter From the Editor**

Hello everyone,

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

June - We Are Not a Glum Lot

July - Living Sober

Aug - Remembering Your Last Drunk

Sept - AA Around The World

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**

Let's talk Local History!

Here's the first report from those Group History Forms!

The "Happy Destiny Group", in Los Gatos, has now made Santa Clara history for future Archivists! Their group formed in 1975, and has met since then at the Holy Cross Lutheran Church. This is a closed Women's Group, that started out very small, and even in 1976, they still only had about 4-5 members attend on a regular basis! Now days, this group meets in the Church Auditorium, as the meeting has 60-85 members weekly! Five ladies are given the distinction of "Founders", and one of them still attends as she lives locally. Many of their members have over 30 years of Sobriety!

Okay...some May history of AA....

Back in May of 1960, the Saturday Evening Post published an article of from one of our A.A. Members called, "I always have help". He gave a realistic account of his life before, during and after his drinking and recovery; he discussed what he termed as "The 24-hour Plan", and how it saved his life. At the time of the writing of the article, he was 12 years sober. Fascinating read!

Has anyone heard of the "Wilson-Burwell Letters"? I hadn't until I went to research some May Archives!

For almost 20 years Bill Wilson and Jim Burwell (Big Book author 2<sup>nd</sup> & 3<sup>rd</sup> Edition of the chapter, Vicious Cycle), communicated via written correspondence. December of 1947 is the first Archived letter, written from Bill to Jim, but since I'm in a 1960's type of mood, I fast forwarded to find the letter written in May of 1960, which was at this point from Bill to Jim and his family, who were residing right here in California...San Diego that is:

Dear Folks

Memories of your visit here are still green and most enjoyable to think on.

My hopper is pretty full just now. Founders Day is coming up, I'm trying to finish those Twelve Concepts, and Long Beach is just in the offing. I haven't begun to get ready for that, at least so far as what I am to say is concerned. However, I have very little luck in preparing that kind of thing in advance.

I wish we had thought of an old timers meeting earlier. I'm taking this up with the office, but I imagine the schedule is pretty tight, as matters now stand. I don't how we would go about getting such a crowd together - where and how we would find them and so forth. But I'll inquire.

Meanwhile, all the best,

Ever devotedly,

Bill

Gratefully Serving,

April Abreau, Santa Clara Archives Chair



# May 2010

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



# June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 PI Comm. 6:00PM OutreachComm. Mtg. 5:45PM Intergroup Meeting 7:30 PM)	3	4"ROOTS" & GAIL L. HIS- TORY PRES- ENTATION See flyer	5 Founder's Day Picnic
6 "ROOTS" & GAIL L. HIS- TORY PRES- ENTATION	7	8 CNCA Post Conference Assembly	9 North County General Service 7:30PM	10	11	12 PI/CPC Workshop, 10:00AM Central Office
13	14	15 South County General Service 7:00PM	16	17	18	19 Diverter Workshop, 1980 Hamilton Ave., 10:00 am ARCHIVES work day Central Office, 10:00 am
20	21	22H & I Committee 7:00 PM	23	24	25	26
27	28	29	30			

## **LOCAL EVENTS**

June 4-6: **DO NOT MISS THIS:** 1st Annual FOUNDERS' DAY history presentation, picnic and blowout celebration. See flyers.

June 11-13: NCCAA 63rd Annual Summer Conference, Parkside Hall, 180 Park Ave.

## **EVENTS AROUND CALIFORNIA**

June 4-6: 39th Annual H & I Conference, San Ramon, CA

Aug. 27-29: Pacific Regional Forum, Torrance, CA

## **EVENTS AROUND THE COUNTRY**

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

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## Alcoholics Anonymous . . . How may we help you?

# Telephone Calls Received During April

Daytime at Central Office 444

Daytime 12 Step Calls 8

Evening and Weekend calls 401

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

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

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

<u>Sufficient Substitute</u>, 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, 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 plenty of time to register.



# **BIRTHDAY CONTRIBUTIONS**

BIRTHDAY CELEBRANT	YEARS	CONTRIBUTIONS BY	BIRTHDAY
David C.	20	Anonymous	04/10/1990
Bruce K.	27	Bruce K.	04/27/1983
Paula D.	25	Aileen B.	04/22/1985
Kate D.	4	Carol B.	05/01/2006
Chuck G.	28	Robbie R., Chuck G.	04/17/1982
Jill B.	27	Susan S.	04/09/1983
Jerry R.	21	Gerald R.	02/21/1989
Michael V.	24	Richard M.	04/21/1986
Nancy P.	29	Richard M.	04/24/1981
Emily H.	28	Susan H.	04/01/1982
Michele F.	11	Susan H.	03/20/1999
Kerry L.	5	Susan H.	03/01/2005



# **HAPPY BIRTHDAY TO ALL!!**

# 249 YEARS OF SOBRIETY

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

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## **INTERGROUP MINUTES**

April 7, 2010

Mary Pat, Intergroup Chairperson, opened the meeting at 7:33 PM, followed by a moment of silence and the serenity prayer.

John read the short definition of Intergroup.

New Intergroup reps: Kerinda, Larry, Bill, Dave, John, Todd, John, Gary

Visitors: Lisa, Robert, Dion

44 Voting Members were present.

7<sup>th</sup> Tradition was practiced.

Mora read the twelve traditions.

Additions or corrections to the agenda: None

Additions or corrections to the previous month's minutes: None

Treasurer's Report: Michael – Prudent Reserve was \$300, March brought in \$85. After refreshments and expenses were paid the balance was zero.

#### Announcements:

New reps who missed the orientation, please fill out a red form and get it to Bruce. Also please come to orientation next month.

Cornerstone Fellowship is having a Spring Fling on 4/23. Bob K is speaking and following is a BBQ and dance.

Secretary workshop is the first Saturday of the month at 10 AM and it located at the Central Office.

Sober and Free Conference is 4/23-25 at the Hilton, downtown San Jose. Please check out their website for more information. (soberandfree.org)

Archives Workshop is the 3<sup>rd</sup> Saturday of the month at 10 AM. If you'd like to help, come on down to the Central Office.

Birthdays: Rina – 5 Years, Joe – 27 Years, Mike – 4 Years, Scott – 3 Years, Barbara – 23 Years, Pat – 5 Years, Todd – 2 Years, Jim – 19 Years. Maria – 2 Years

#### Reports

**Intergroup Chair** – Mary Pat P.: Intergroup Procedural Guidelines committee is June, Dave and Mary Pat. Dick is no longer available. Is there any one who is available? Melissa made herself available.

**Central Service Board** – Doug G.: Board met on 3/25 10. Group contributions are down \$8000 Year To Date from last year. They will meet with Bruce to brainstorm ideas on how to make the Fellowship aware. Discussing office insurance. Creating new policies for the Procedure Guide. It will be completed before October elections. Would like to encourage members to become familiar with our COIN Newsletter.

**Central Office** – Bruce K.: Lots of events are coming up. There is a time change for the History presentations. Please pick up a new flier to distribute. Signs of Sobriety meeting needs support. Does anyone have ideas on how to increase the meetings' awareness?

**PI/CPC** – Tommy M.: Thanks for \$300 for literature at the School Psychologist's Conference. It was a huge success! There were 800 psychologists and there were requests for presentations at High Schools and for Young People pamphlets. They are in the process of getting out letters to Junior High and High Schools for presentations. They elected their PI Vice Chair tonight. Please pass the flier out to your groups. Looking for people to be of service. Need liaisons, the workshop is the 2<sup>nd</sup> Saturday of the month.

#### Twelfth Step Committee:

Daytime -Mike M. - 516 daytime calls and 8 12-Step calls.

Nights and Weekends – Peter C. - 222 evening & weekend calls: Diverter Monthly workshop - 3<sup>rd</sup> Saturday of the month at 10 am at 1980 Hamilton Ave, San Jose. Need new recruits – go to the workshop to get info. 1 year sobriety requirements, and a good understanding



### MINUTES, cont.

the steps and traditions. Need alternates as well. 12 Step volunteers: 6 months of sobriety.

**Outreach Committee:** Pat needs to meet with Lee. They have a group of 5 and they have met and discussed the work done previously. If you'd like to get involved contact Pat G.

**Newsletter Committee** – Cathyann O.: She is receiving lots of articles. Thanks you to the people who announce the COIN in their meetings. Please continue to do that. May topic is "Acceptance". Coin subscription is \$5 a year and it's free online at the central office website.

**Activities Committee** – Gloria V.: Founders' Day – Need raffle prizes donated. Please contact Peter if you can donate. Chili Cook-off – There are 8 groups making Chili and 3 groups doing corn bread. There will be a sober band and door prizes. Need volunteers to set up and clean up. There is a planning meeting 4/9 at 6:30 PM.

#### Other Service Committee Reports

**Unity Day** – Amy F.: Flier is finished and is being translated into Spanish. Next planning meeting is 4/22 at 7PM at Harry's Hoffbrau. Asked Intergroup for \$775 contribution to help put on Unity Day. The amount is \$25 more than last years' contribution. There was a motion and it passed.

**Northern California Council of Alcoholics Anonymous** – Mike H.: San Jose convention 6/11-13. They will have a live band and guest speakers. Please handout the flier and they need volunteers and Spanish speaking volunteers. Planning meeting 4/10 at 10 AM at 1 North San Antonio Road in Los Altos.

**Hospitals & Institutions** – Joe B.: As of 3/23 Area 71 brought in \$2495.21 in pink can contributions. Diane O said thanks for the contributions and keep it up. Need volunteers for: Elmwood, Spanish speaking at Elmwood, Men's Advent group, Women's House of Grace, In Vision, Women's Mariposa, Spanish at Pathways, Golden Living.

#### Bridging the Gap - no report

**North County General Service**— Rose W.: They have been focusing on the mechanics of gathering group consciences on Conference agenda topics. 4/10 GSR's are going to Cloverdale to take their group's conscience to our delegate. Post conference assembly in 5/8 in Vacaville. They are beginning work with South County for the 8/7 CNCA Summer Assembly. They'd like to partner with the Outreach Committee in the future. Anyone is invited to attend the monthly district meeting the 2<sup>nd</sup> Wed of the month at 7:30 PM at St. John's Lutheran Church in Sunnyvale.

**South County General Service**: Summer Conference 8/7 at the Santa Clara Fairgrounds in the Gateway Hall. They need volunteers.

**SCCYPAA** – Amy F. and Todd: Would like ideas on how they could outreach to new areas of the county. Elections for the new committee will be held on 6/26. More details to come. ACCYPAA will be held in Burlingame next year. There is a business meeting on 4/18 at Fort Mason from 12-6 pm.

#### **UNFINISHED BUSINESS:**

**Communications/Information Distribution** – Mike B & Cynthia F.: They met and have lots of ideas. They will be posted on the central office website for everyone to view and comment on in our meeting next month. Some of what they have in mind: update website with all current events, update web more often and hire someone to do that, post Intergroup meeting monthly minutes by the Monday following the meeting, new information to give at Intergroup Reps orientation.

#### Inventory Response Committee - David W. absent

**Founders' Month activity** – Johnny O.: Since he can remember this is the first time Intergroup has put on this large of event in 41 years. Please throw out the old fliers and use the new ones. The time has changed. Please let people know to carpool to the event. They are looking for volunteers; call Joe B if you'd like to help. Men need to wear suits and the women need to wear business attire. In 1981-84 the Central Office put together 40 years of our AA History in Santa Clara County. In 1984 at the Marriot Hotel there was a big presentation, Black Tie event. 725 people attended at \$25 per person. They heard about AA in this valley. There were cassettes made of this event and the Central Office has put them onto CD's. They are available at the Central Office for anyone who would like to go and purchase them

NEW BUSINESS: None OPEN FORUM: Nothing

Meeting was adjourned at 8:42 pm.

Recorded in Love and Service by Amy F.

10:01 AM 05/24/10 Accrual Basis

# INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC. Profit & Loss

April 2010

	Apr 10	Apr 09	Jan - Apr 10
Ordinary Income/Expense	7451.10	710.00	
Income			
3030 · Contributions-General	11,630.35	11,482.67	41,359.69
8010 · Literature Sales	5,445.48	5,486.61	19,933.17
8020 · Meeting Guide Sales	756.00	917.00	3,973.50
8050 · Activities Committee	2,507.64	1,012.04	2,680.28
8060 · Newsletter Subscriptions	0.00	10.00	65.00
Total Income	20,339.47	18,908.32	68,011.64
Cost of Goods Sold	,	•	,
5000 · Cost of Goods Sold			
5100 · Cost of Inventory Sold	3,866.18	3,969.99	14,247.73
5150 · Cost of Meeting Directories	214.08	625.17	1,379.26
Total 5000 · Cost of Goods Sold	4,080.26	4,595.16	15,626.99
Total COGS	4,080.26	4,595.16	15,626.99
Gross Profit	16,259.21	14,313.16	52,384.65
Expense	. 5,250.2	,	02,001.00
6010 · Alarm Service	207.00	177.00	414.00
6015 · Activities Committee Expense	3,611.67	0.00	4,318.87
6030 · Accounting and Legal Fee	0.00	350.00	800.00
6070 · Bank Credit card charges (Credit card costs and fees)	91.96	94.63	377.03
6120 · Computer Expenses	99.00	131.36	99.0
6140 · Conferences - Office Manager	0.00	0.00	85.50
6150 · Unity Day Expense	775.00	750.00	775.0
6160 · Copier Expense	522.40	281.55	1,150.80
6230 · Insurance - General Liability	0.00	1,758.00	77.5
6240 · Employee HRA Plan	845.46	817.36	3,282.2
	29.95	29.95	129.7
6245 · Internet Access Charges	87.92	29.93	779.7
6330 · Office Expense	23.14		
6370 · Office Paper Supply		864.00	1,105.50
6380 · Payroll Taxes	687.35	677.08	2,888.8
6410 · Postage	28.21	168.00	352.74
6480 · Rent	2,407.30	2,343.95	9,685.8
6540 · Salaries - Office	7,715.71	7,831.63	30,140.89
6560 · Payroll Expenses	76.40	73.94	358.6
6600 · Signing Services	200.00	250.00	850.00
7010 · Taxes and Licenses	0.00	10.00	0.00
7050 · Telephone	392.18	328.89	1,242.5
7060 · Travel	41.53	0.00	79.32
9080 · Sales Tax (Sales tax paid on purchases)	-0.24	0.09	-1.19
Total Expense	17,841.94	16,959.96	58,992.7
Net Ordinary Income	-1,582.73	-2,646.80	-6,608.06
Other Income/Expense			
Other Income			
8030 · Interest Income	0.32	122.71	250.78
Total Other Income	0.32	122.71	250.78
	0.22	122.71	250.78
Net Other Income	0.32	122.71	200.71

4:30 PM 05/05/10 Accrual Basis

# INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC. Balance Sheet

As of April 30, 2010

	Apr 30, 10
ASSETS	
Current Assets	
Checking/Savings	
1010 · Petty Cash	225.00
1020 · First Republic Bank (Checking account)	5,699.89
1021 · First Republic Bank CD 0429 (12 Mo. CD @ 1.73%, 08/12/2010)	17,148.90 **
1022 · First Republic Bank CD 0486 (12 Mos. CD @ 1.29%, 11/12/2010)	17,101.72 **
1023 · First Republic Bank CD 3228 (12 Mos. CD @ 2.47%, 02/04/2011)	15,843.31 **
1024 · First Republic Bank CD 0551 (6 Mos. CD @ .95%, 05/12/2010)	17,090.01 **
Total Checking/Savings	73,108.83
Accounts Receivable	
1110 · Accounts Rec - Group Deposits	-1,222.39
Total Accounts Receivable	-1,222.39
Other Current Assets	
1250 · Literature Inventory	14,972.87
1310 · Prepaid Insurance	1,801.00
1499 · Undeposited Funds	1,635.64
Total Other Current Assets	18,409.51
Total Current Assets	90,295.95
Fixed Assets	
1630 · Office Equipment	28,857.02
1640 · Office Furnishings - Asset	7,097.67
1641 · Less Accumulated Depreciation	-23,846.00
1680 · Leasehold Improvements	300.00
1681 · Less Accumulated Amortization	-173.00
Total Fixed Assets	12,235.69
Other Assets	4 000 05
1860 · Deposits	1,993.85
Total Other Assets	1,993.85
TOTAL ASSETS	104,525.49
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	50.00
2100 · Payroll Liabilities (Payroll Liabilities)	50.00
2240 · Sales Tax Payable (due quarterly) Total Other Current Liabilities	589.20
Total Current Liabilities	639.20
	639.20
Total Liabilities	639.20
Equity	10 005 60
2740 · Temporarily Restricted Funds	12,235.69
3900 · Unrestricted Funds Net Income	97,908.51 -6,257.91
Total Equity	103,886.29
rotar Equity	100,000.29
TOTAL LIABILITIES & EQUITY	104,525.49
	,

\*\* Our Prudent Reserve Accounts total: \$67,183.94

This represents 4.8 mos., or 80%, of the Board established goal of 6 months of operating expenses.

4:35 PM 05/05/10 **Accrual Basis** 

# INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC. **Group Contributions**April 2010

	Apr 10	Jan - Apr 10		Apr 10	Jan - Apr 10
1 Inv Freedom Fellowship 70940	35.00	140.00	Happy Destiny (Women) 109 (Tues.)	215.03	915.53
1 INV Fremont & Hollenbeck Group 70907	0.00	523.60	High Hope SJ 239 (Sat.)	0.00	121.72
1 INV R and B Group 70972	0.00	433.41	HOW Group 71 (Mon.)	0.00	280.00
1 INV Saturday Nite Live Group 70905	210.00	210.00	Humbly Asked 8.00A 87 (Sun.)	0.00	142.00
1 Inv Seeking Guidance Group 70976	898.80	1,408.40	In the Solution 647 (Sat.)	0.00	160.00
1 INV South County Fellowship 70954	210.00	840.00	Intergroup Council 80909	0.00	107.00
1 INV Winchester Fellowship 70960	75.00	75.00	Invaders Group 44 (Sun.)	0.00	100.00
12 Steps at Noon 303 (Fri.)	100.00	100.00	Joy of Living 464 PA (Wed.)	0.00	285.00
A Vision for You Women's 802 (Tues.)	70.00	140.00	Ladies Amethyst AA Study Group 749 (Wed.)	0.00	154.20
Almaden Valley Discussion 30 (Sun.)	0.00	256.69	Lesbians Living the Promises 349 (Fri.)	0.00	70.00
As Bill Sees It 6.00P 518 (Mon.)	242.20	455.70	Los Altos Men's Group 59 (Mon.)	157.00	317.00
Attitude Adjustment SJ 258 (Fri.)	156.85	156.85	Los Gatos Tuesday Night 110 (Tues.)	140.00	140.00
Attitude Adjustment SJ 321 (Mon.)	0.00	92.01	Meditation Meeting LA 39 (Sat.)	0.00	102.80
Attitude Adjustment SJ 446 (Sun.)	0.00	120.00	Men's Basic Step Study Group 891 (Tues.)	0.00	236.00
Berryessa Group 527 (Wed.)	0.00	84.00	Men's Group 97 (Mon.)	0.00	168.00
Big Book Men's Group (Men) 106 (Tues.)	156.00	156.00	Men's Honesty Group SJ 26 (Sat.)	0.00	808.50
Big Book Speakers Group 289 (Fri.)	167.30	400.40	Men's Single Problem Study 220 (Thur.)	0.00	1,120.00
Bill's Basement 384 (Fri.)	120.44	174.44	Midday Women's Group 91 (Mon.)	130.86	285.49
Birthday Contribution 00951	122.00	692.00	Monday at a Time 208 (Mon.)	21.39	21.39
Cambrian Saturday Night 376 (Sat.)	0.00	420.00	Monday Midday Meeting PA 714 (Mon.)	140.00	140.00
Caveman Group (Men's Big Book) 659 (Sun.)	0.00	427.00	Mountain Miracles 882 (Thur.)	197.40	197.40
Chip Winners Group 168 (Wed.)	0.00	202.43	Mountain View Group 350 (Sat.)	0.00	218.19
Down to Earth Group 563 (Tues.)	0.00	77.05	New Life Start 444 (Sun.)	0.00	151.70
Dr. Bob's Nightmare 360 (Sun.)	375.90	375.90	New Nooners 808 (Mon.)	0.00	110.00
Early Bird 414 (Sat.)	0.00	40.91	New Steps for Living 20 (Sun.)	314.65	848.70
Early Monday Night 68 (Mon.)	1,182.52	1,182.52	Palo Alto Group 302 (Fri.)	0.00	1,145.20
Early Tuesday Group 119 (Tues.)	317.78	647.48	Palo Alto Men's Meeting 525 (Tues.)	0.00	371.89
Easier Way Group 290 (Fri.)	365.62	624.91	Pass It On Group Los Altos 418 (Sun.)	0.00	442.14
East Valley Group 322 (Fri.)	50.00	150.00	Personal 00911	1,018.08	1,957.56
El Camino Group 108 (Tues)	88.84	135.74	Plaza Del Rey Group 52 (Sun.)	0.00	230.00
Eleventh Step Meditation 873 (Fri.)	0.00	109.48	Progress Not Perfection 229 (Sun.)	0.00	105.00
Evergreen Group 884 (Thur.)	0.00	70.00	Saratoga Serenity Group 329 (Fri.)	0.00	28.50
Fireside Big Book Study 809 (Tues.)	0.00	35.00	Saturday 6PM Meeting LG 413 (Sat.)	100.00	160.00
G Fair Avenue Fellowship 70901	413.24	1,067.13	Saturday Morning Los Gatos 777 (Sat.)	0.00	700.00
G Forged From Adversity Group 70957	0.00	1,050.00	Saturday Night Promises PA 847 (Sat.)	0.00	385.70
G Gilroy Groups 70906	70.00	70.00	SCCYPAA	0.00	560.00
G Higher Power Hour 70952	0.00	466.20	Second Tradition Group Spkr 721 (Sat.)	0.00	220.00
G Serenity at Noon (fka Agnew) 70921	0.00	378.59	Serenity Discussion 210 (Wed.)	1,337.30	1,337.30
G Serenity First Fellowship 70902	25.00	100.00	Signs of Sobriety .) 402 (Mon.)	25.00	25.00
G Sufficient Substitute	210.00	560.00	South Valley Women's Surrender 88 (Mon.)	0.00	280.00
G Sunrise Group of Palo Alto 70963	0.00	357.00	Speaker Meeting PA 18 (Sun.)	0.00	345.00
G Sunrisers Group/Carrows 70932	636.43	1,867.94	Spiritual Awakening 813 (Tues.)	0.00	340.90
G Third Tradition Women's Grp(The 70979	183.29	922.43	Spiritual Progress 269 (Thur.)	0.00	21.00
G We Care Group 70934	0.00	1,050.00	Spiritual Step Study Group 233 (Sun.)	143.25	309.29
G West Valley Fellowship 70942	0.00	510.00	St. Luke's Group 113 (Tues.)	0.00	200.00
Gathered Together for Sobriety 43 (Sun.)	0.00	30.00	Starting the Steps 753 (Fri.)	0.00	100.00
Gay & Lesbian Sober Experience 896 (Mon.)	0.00	67.66			
Gay Grab Bag Solution 41 (Sun.)	0.00	174.68			
Gay Men & Women Together 85 (Mon.)	0.00	136.35			
Get Well Group 17 (Sun.)	0.00	150.00			

4:35 PM 05/05/10 **Accrual Basis** 

# INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

# Group Contributions April 2010

	Apr 10	Jan - Apr 10
Step Study (Women) LG 820 (Wed.)	0.00	122.36
Sunshine Group noon 243 (Thur.)	0.00	170.00
T.G.I.F. Speaker/Discussion 298 (Fri.)	200.00	300.00
The Other Wednesday Nite (Men) 209 (Wed)	350.00	795.00
Think Tank (Men) SJ 361 (Sat.)	0.00	840.00
Trinity Group 370 (Sat.)	40.00	40.00
Tuesday Noon Step Study 556 (Tues)	0.00	490.00
Unknown	490.00	840.00
Up the Creek-Daily Reflections 745(Tues.)	50.00	200.00
Villages Group of AA (The) 406 (Mon	78.18	407.73
Winchester Mystery Meeting 102 (Tues.)	0.00	210.00
Women's Brunch PA 640 (Sat.)	0.00	395.00
Women Sharing the Solution 519 (Thur.)	0.00	159.60
	11,630.35	41,349.69

Ар	r 10	Jan - Apr	10

FRIDAY, JUNE 4<sup>TH</sup> AT 7:30 p.m.

THE ROOTS OF A.A. IN SANTA CLARA COUNTY

Presented by Intergroup

Followed by

THE WRITING OF THE BIG BOOK AND THE HISTORY OF A.A. IN AKRON Presented by

Gail L.

Former A.A. Archivist from Akron, OH

This Presentation Includes Photos and Memorabilia From the Akron Archives

SANTA CLARA COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS PRESENTS A WEEKEND OF A.A. HISTORY



# **DOORS OPEN:**

Friday at 6:30 p.m. Sunday at 2:00 p.m.

# LOCATION:

Lincoln Glen Church 2700 Booksin Avenue San Jose, CA SUNDAY, JUNE 6<sup>TH</sup> AT 3:00 p.m.

for

THE ROOTS OF A.A. IN SANTA CLARA COUNTY

Presented by Intergroup

Followed by

# THE WOMEN BEHIND THE MEN

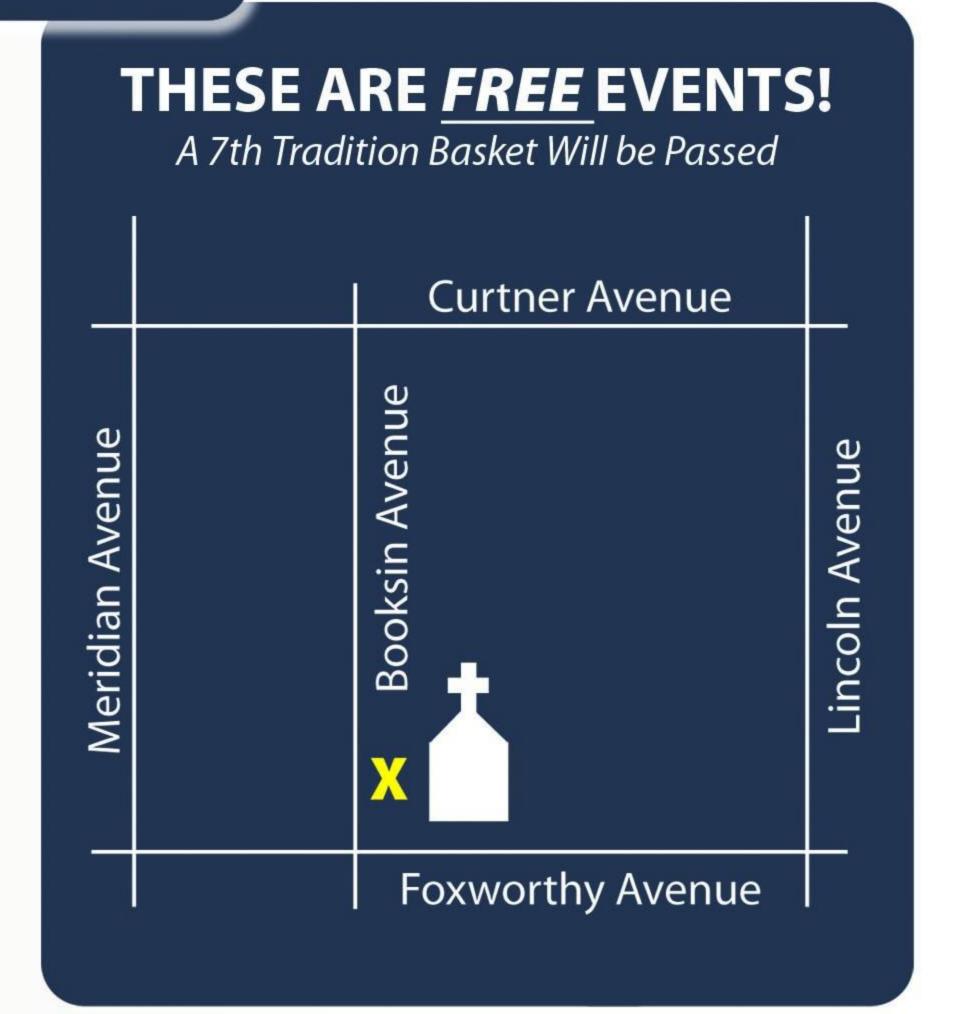
A Study of the Women
Who Had a Vital Impact on the
Beginning of the A.A. Program
Presented by

Gail L.

Former A.A. Archivist from Akron, OH

- \*\*Absolutely **No Seat Saving** For Absentees --No Exceptions
- Join all of us on **Saturday, June 5th** for the **Founders Day Picnic** at Baylands Park See www.aasanjose.org for details

THIS EVENT IS SURE TO FILL UP SEATING IS LIMITED
TO THE FIRST 550 PEOPLE -MAKE SURE TO COME EARLY!



# 66 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

Celebrate AA's 75<sup>th</sup> Birthday with...
"Food, Fun & Fellowship"

Suggested Donation: \$10 Single

\$15 Couple

...and Kids under 12 FREE !!!

\$6 per car parking fee,

Carpool to the event !!! (Recommended)

and please... "No Pets or water balloons"



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

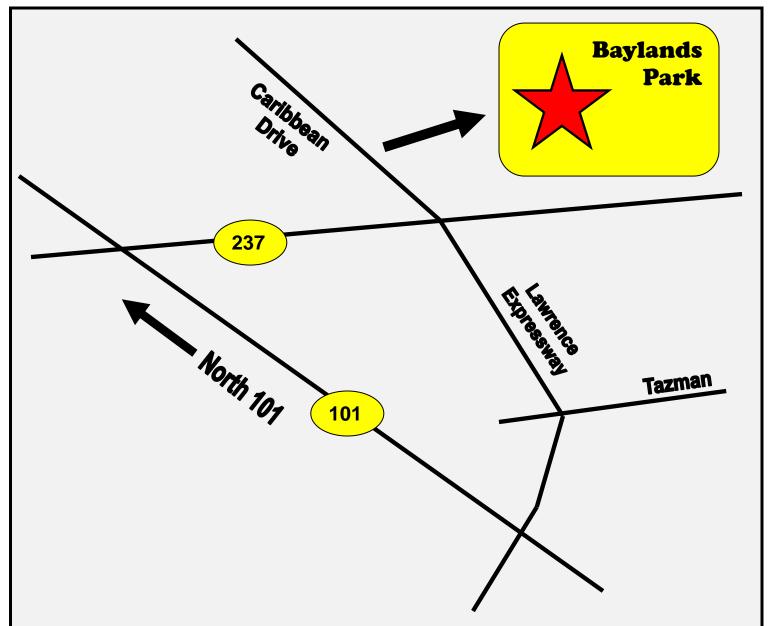
Games

Music AA Speaker Mtg

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

Recommend bringing a lawn chair or blanket for afternoon speaker
For info contact Peter C. at: mvpeter@sbcglobal.net

# Map to "Baylands Park in Sunnyvale



<u>From the West</u>: Take Hwy 237 East to Lawrence / Caribbean Dr exit to the north and take the first right into the park.

From the East: Take Hwy 237 West to Lawrence / Caribbean Dr exit to the north and take the first right into the park.

<u>From the South</u>: Take Hwy 101 North to the Lawrence Expwy exit. Take Lawrence "North" (east) past Hwy 237 and take the first right turn into the park past 237