



We Will Not Regret The Past

When I was new I remember hearing “we will not regret the past” read as part of the promises. I barely noticed it, not believing it could be true, or that it even mattered compared to the more urgent matters in my life. Hitting bottom was unbelievably painful and I had nearly destroyed my marriage and the lives of my wife and kids, how could I ever not regret that? I was so ashamed of what I’d done on my last week-long binge that I didn’t even share all the details with my sponsor for nearly a year.

Due to my childish understanding of God, I believed that big changes in people’s lives were huge, instantaneous experiences, ones that I did not have. This was not so. Like the rest of my spiritual awakening, this promise came gradually over time as I heard

more and more people share openly about the ugly details of their alcoholism, and more importantly, that they no longer suffered from those experiences. I worked thru my inventory and



then thru the steps and began making my 9th step amends. One day when I was talking to a new man after a meeting, I found myself discussing freely, openly and without hesitation, many of the details about who I had become in my drinking. Past experiences that I used to have trouble sharing with my sponsor now came pouring out. This man was like me, ashamed of his recent drinking binge,

and I could see it was just a matter of time until the guilt and shame would make him want to drink again. As I talked, he started to relax and seemed to become lighter as he sensed he wasn’t alone, that someone understood how he felt. I realized I was doing for him exactly what my sponsor and other AA members had done for me.

I’ve heard someone describe the ugliness of their past as a reference book that they have closed and placed on a shelf in their mind. They haven’t forgotten it, nor do they wish to because any time a new person walks in, they are able to take the book from the shelf and share just exactly what they were like; if the new member can relate, and is willing to follow the path, they too can find the way out of the suffering caused by alcoholism.

- Anonymous

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General Service Article - PRAASA

The Pacific Region of Alcoholics Anonymous consists of the nine western states (AK, AZ, CA, HI, ID, NV, OR, UT and WA), which are divided into 15 Areas. Ever year since 1968 there's been a Service Assembly held on the first weekend in March, hosted by one of the fifteen Areas. Our own Northern California Coastal Area hosted the 42nd PRAASA at the Marriott Convention Center in Oakland March 6th, 7th and 8th, which I attended and found to be interesting and enlightening.

Over the years, I've heard the Traditions read many, many times at meetings. To the point where I hardly consider their significance as they're being read. Kind of like when I'm reciting the Lord's Prayer at the end, while admiring someone's shoes covetously. During PRAASA, I got to see a little bit of how the Twelve Concepts for World Service are applied as a means of

manifesting and bringing to task the Twelve Traditions. And how elegantly and powerfully the Traditions (and Concepts) align the Service and Unity Legacies of the triangle.

Not that I'm ignoring the Recovery leg of the triangle in this scheme: After a couple of service meetings or business meetings, one might well have the urge to call their sponsor or attend a regular AA meeting. The circle around the triangle perhaps represents the circle we're sometimes running laps around in our head during service commitments, developing endurance.

Which comes in handy when people start lining up at the microphone, wanting to discuss an amendment to a motion which nobody had felt the need to discuss originally. Good motion. Barely missed being seconded and going to a vote ten minutes ago. It's okay, though, don't trip (I was saying to myself.). In another ten minutes or so the amendments will have been shot down and the motion is going to be back

to pretty much what was written when it first got to the floor.

The would-be amenders will have exercised their Right of Participation (Concept IV) or maybe their Right of Appeal (Concept V), and that's what's most important. That's where the magic happens that can't happen anywhere else. It's how our unity is established and maintained. There's no other place where this form of "true democracy" can be found. Only in service assemblies or conferences of Alcoholics Anonymous.

It's just remarkable how well the Traditions function as a way of bringing together those of us who wouldn't normally mix, allowing us the ability to exchange ideas, and distilling all the group consciences down to one voice.

David C.

We Will Not Regret The Past

Member Experience

Coming to AA the first couple of times I wanted to forget the past, to bury it and never have it enter my thoughts again. The past was way too full of lost years, lost time, lost everything and I figured the best way to deal with all that guilt and shame I was feeling was to not acknowledge the past and try and salvage what I could in the days to come.

Now I am beginning to realize with almost four months of sobriety that if it wasn't for the past and all the insanity I was caught up in drinking alcohol and living on the streets, I wouldn't be where I am today. It is a very beautiful phrase, 'We will not regret the past.' This saying in AA is actually helping me to change my perceptions of what a Higher Power is to me, a Higher Power who actually likes me for who I am, the good and the bad. I'll explain.

On my last drunk I ended up in the hospital hanging on for dear life. A social worker at the hospital saw me lying on my gurney in a dirty heap and somewhere during the conversation she said to me, "Dean, you deserve to be happy." I really never heard it put that way before. My Higher Power until that point had wanted me to suffer immensely. The way I was taught about God combined with manic/depression and a strong case of denial, I was never going to

succeed in this lifetime. I would have died an alcoholic death like many before me. Now I know a little better.

We will not regret the past means that I do not have to keep feeling guilty and shameful of what my life has been thus far. We will not regret the past means my Higher Power is becoming more forgiving and loving rather than that big guy up in the clouds waiting for me to screw up just one little bit. I need a newer version of my Higher Power and I am beginning to show more love and more forgiveness to my fellow man. This is helping me begin to feel what it is like to actually be happy. My idea of happiness was if I had a drink in my hand and I was laughing. Now I am learning that I don't have to regret the past which is helping me get a little closer to happiness and maybe someday my experience will benefit somebody else.

Dean P



Recovery Related Acronym

GROWTH: God Reveals Other Ways To Happiness

We Will Not Regret The Past: Member Experience

Where have we seen these words? We have seen them in The Big Book, in The Promises. The Promises? Wait a minute. The Promises mostly state positive things like, "We are going to know a new freedom and a new happiness." It was hard for me to understand why "we will not regret the past" when the past was a place where I wanted to keep it, in the past, not wanting to face it ever again, and how could that be done without regret?

In looking up the word regret in the dictionary, one of the definitions of regret means: "sorrow aroused by circumstances beyond ones' control..." Beyond ones' control. That was the key. In this disease, the only disease

in the world that tells me I don't have it, of course it had me convinced everything was fine and dandy under its' influence. Toward the end of my drinking career, I had even petitioned to God to please not let me lose my mind, which almost happened. With His help and yours, after sobering up, He gave me a much better way of life and many dear friends. In contrast to my drinking days I had no friends and was alienating family. Out from under the control of alcohol, I have daily opportunities to prevent future wrong doings, and restore broken relationships. I learned in early sobriety that the past is also a vital part of my continuing progress, not perfection, in work-

ing this program on a daily basis. How do I do this? I now keep in contact with My Higher Power, who is God, and my friends. I cannot do this alone.

Therefore, I look forward to every new day given to me by the Grace of God, and I will not regret the past, meaning I will not dwell on what I cannot change, the "sorrow aroused by circumstances beyond my control" from the past. I will know a new freedom and a new happiness. I will comprehend the word serenity and know peace.

May all of you experience The Promises, and thank you for helping to keep me sober today.

Anonymous

In Memory Of

Father Joe M. October 12, 1924 - March 9, 2009.

Known for his "Chalk Talks", his enthusiasm for sobriety coupled with his passion for teaching evolved into an unending quest to ease the suffering of individuals and families affected by alcoholism.

Lucy Mc.T. September 7, 1905 – February 28, 2009 .

Lucy was a friend of Bill W. for almost 47 yrs. She and her late husband, Little Eddie, gave many people a place to live when they had nowhere left to go.

Richey G. — 28 years

We Will Not Regret The Past: Member Experience

We as recovering alcoholics are blessed to have experienced two lives: our drinking life and our new life in recovery. To the average bystander, these two lives are not just in sharp contrast to each other, they appear to be exclusive unto themselves.

We see things differently. We know we are the sum of all our parts - the good, the bad, and the ugly. Quality sobriety involves all these components coming together to form a whole person. This idea may seem so utterly simple, but most of us come to AA all broken up inside and have little faith we can ever get well. Hindering the healing process is our marked resistance to accept our painful past. In those early days of recovery, we would rather look away from such a morbid scene than examine it closely. Without incorporating our past into our sobriety, it may be very difficult to find peace and our usefulness in working with another suffering alcoholic can be greatly diminished. Those of us who have survived our drinking past have emerged on the other side much stronger, more confident, and eternally grateful. That shameful thing that once tormented us mercilessly is now one of our greatest qualities.

Like many newcomers, I carried the crippling weight of my past on my shoulders and I desperately wished it would all simply disappear. Then I heard that "we will not regret the past nor wish to close the door on it" and I found it difficult to comprehend how this could be possible or if it was even a wise thing to do. In time, I discovered just how valuable and powerful our history really is. Our experience, strength, and hope are priceless assets, and in time we em-

brace both our past and our present with equal respect and appreciation. But arriving to this point is certainly not an easy or painless journey, and once we get here there is no guarantee that we will not, from time to time, slide back to that place where the shame of our past looms large.

I, like many other alcoholics, created my share of wreckage during my drinking days. Most of the trouble I caused was to myself, but one of the greater sources of my guilt and remorse was how my wild and reckless behavior - particularly in my teen years and early 20s - robbed certain people of their peace of mind, mostly immediate family members, such as my parents, my former wife, and my young daughter.

My first wife and I married and had a daughter when we were both barely 20 years old. She was not and is not an alcoholic, but I had been one for years. Ours was a tempestuous relationship, fueled by my drinking and drugging and our mutual immaturity. By the time we were in our mid-20s, we had separated close to a dozen times. These separations had devastating effects on my daughter, who was too young to understand why her parents were so unstable.

One incident still tears at my heart even after so many years. My wife and I were separated - again. She was staying out of state at her sister's house. On several previous separations, my wife stayed with her sister, who was well aware of my drinking and the problems her sister and I were having. My wife's sister had a little boy the same age as my daughter - both were around 6 at the time.

Continued on page 6

We Will Not Regret The Past: Member Experience continued

On this one particular evening, I called my wife so I could talk to my daughter. I had been drinking and I was about halfway drunk already when I called. As I was talking to my daughter, I could hear the little boy in the background shouting out in mocking fashion, "Your dad is drunk, your dad is drunk." My daughter shouted back at him, "He is not!" Then she whispered into the phone, "Your not drunk, are you, Daddy?"

Incidents like that convinced me that there could be no forgiveness for me nor was there any way to redeem myself. I drank over things like these for years.

I was first introduced to AA in 1977 via a rehab back East. Almost immediately, I felt nothing but disdain for AA and AA members. I thought it was so pathetic that some AAs hadn't had a drink in years and they were still coming to meetings - and liking it. How moronic! But then something incredible happened to me at one of those meetings. It was at a large Sunday night speakers' meeting. Of course, I sat on the back row, proudly wearing a morose look that I had perfected in front of the mirror. I hated AA and I was going to show it! The first speaker started to tell his story and soon had the audience roaring with laughter. My impeccably chiselled morose look evaporated and was replaced by one of bewilderment. The speaker was telling my story - the marital problems, the car wrecks, passing out on sidewalks and alleys, losing jobs, and on and on. Here's the peculiar part: people were laughing at these horrible things. How could that be? These awful things had happened to me and they were NOT funny! But why were they funny to them? I really wanted to know.

One of the most disturbing things that the disease does to us is that it pushes us out of the world and into that state of "pitiful and incomprehensible demoralization," a sort of soul sickness we suffer in solitary confinement. In this isolation, we get sicker and sicker, losing perspective and objectivity, and we believe we are alone in the world and no one can understand us or help us. When we come to AA, we begin to hear that others suffered in the same way we did and that their stories are very similar to ours. By working the program, they have gotten a more balanced perspective and can see the humor in some of their behavior. That laughter we hear in AA is the music of hope. I didn't know it at the time, but that is what I heard that night many years ago. I heard it not with my ears, but with my heart. It was that AA member sharing his experience, strength, and hope that touched a part of me that I thought was long dead.

As we progress in the program, we learn to diffuse the destructive power and control our past has over us. We become strong. Our feelings of guilt and remorse are replaced by a healthy respect and appreciation of our past, and we understand how we can use it to the wonderful benefit of others.

And then one day we find ourselves at a meeting, listening to someone tell his crazy story with that tone of hilarious AA irony, and we are laughing and the music we are making sounds beautiful.

A Word About Service Sponsorship

The July COIN will be dedicated to the topic of what Service Sponsorship is all about. If the term is new to you then the following excerpt from the *Questions and Answers on Sponsorship Pamphlet* (quoted with permission of A.A.W.S.) should shed a little light on the subject:

A service sponsor is usually someone who is knowledgeable in A.A. history and has a strong background in the service structure. The A.A. member is introduced to a new language: G.S.R., D.C.M., area assembly, minority opinion. They will become familiar with the Traditions, Concepts and Warranties, as well as the A.A. *Service Manual/Twelve Concepts for World Service, Alcoholics Anonymous Comes of Age* and other A.A. literature.

The service sponsor begins by encouraging the member to become active in their home group - coffee, literature, cleanup, attending business or intergroup meetings, etc. The service sponsor should keep in mind that all members will not have the desire or qualifications to move beyond certain levels and, thus, the service sponsor might help find tasks appropriate to individuals' skills and interests. Whatever level of service one performs, all are toward the same end - sharing the overall responsibilities of Alcoholics Anonymous.

We look forward to letting you know more about this aspect of service from those who have spent a great deal of time encouraging others to get involved in service.

Thought to Ponder....

That light at the end of the tunnel may be you.

Letter From the Editor

Hello everyone,

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

- May - Online Fellowship
- June - Willingness
- July - What is A Service Sponsor?
- Aug. - Why Go to Meetings?

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

1. The first edition of our Big Book was published in April, 1939. 5,000 copies were made in that first printing, done on large, thick pages with a big jacket and bright yellow and red dust cover. The idea was to make this book noticeable and as large as possible, partially to justify the hefty price of \$3.50. Many attempts were made to interest the national magazines of that day, but no interest was generated. As well, Dr. Harry Emerson Fosdick gave a beautiful review of the book in religious periodicals, but sales remained flat. Fortunately, the printer had agreed to store our books for us. Then the famous Saturday Evening Post article on A.A. by Jack Alexander appeared in the March 1, 1941, issue and sales took off. We've not looked back since. One of those original 5,000 Big Books can be viewed in our Central Office archives display.
2. The first General Service Conference met in April, 1951. Prior to that time, Bill W., Dr. Bob, and the Trustees of the Alcoholic Foundation were making the decisions for Alcoholics Anonymous. Certainly Bill and Bob would not be with us forever and they also believed that the groups should be represented and involved in conducting A.A.'s business. The Conference was begun on a five year trial basis and proved so effective that it was accepted by the Fellowship as a permanent arrangement in April of 1955. Each group has a powerful voice and vote in those matters critical to A.A. through its G.S.R.
3. We have many letters in our Archives display at Central Office that show our history and are of real value in showing how A.A. developed in Santa Clara County. For example, we have a letter dated April 12, 1943, to Bill W. from Wendell "Dave" D. describing the progress of the Palo Alto Group. He stated that the past year "has seen many new members added to our group, in fact within the last month we sponsored the new Burlingame San Mateo group which now functions on its own as a healthy new unit." Another letter dated May 19, 1943, from Gordon R. says that he is sending \$5.00 to the Alcoholic Foundation. He stated that "this is a small surplus" over their expenses from the San Jose Group. Early on we recognized the importance of participation over that of money.

May 2009

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

378 Village St., East Dorset VT, 05253

LOCAL EVENTS

- Apr. 17-19: Sober & Free 2009 Conference, "I Am Responsible" (see flyer inside)
Apr. 18: SCCYPAA and PENYPAA are having "A Plain Ordinary Whoopee Party", go figure (see flyer)
Apr. 25 2ND ANNUAL INTERGROUP CHILI COOKOFF (see flyer inside)
Aug. 23: UNITY DAY, "Enthusiasm and Gratitude in Action" (see flyer inside)

EVENTS AROUND THE COUNTRY

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

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

Alcoholics
Anonymous . . .
How may we help you?



Telephone Calls Received During November

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|--|-----|
| Daytime at Central Office | 504 |
| Daytime 12 Step Calls | 7 |
| Evening and Weekend calls | 458 |
| 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

We Are Not Saints, Tues. 7:00PM, moved from Southside Community Center to New Creation Lutheran Church, 7275 Santa Teresa Blvd., San Jose (3-6)
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 Meterranian Apts., 550 Kiely Blvd, The Club House.

New

Let's Find the Solution, Wed. 7:30PM, Legacy Community Church, 16735 Lark Ave., Los Gatos (3-2)
Bottom Up, Sat. 8:00PM, EHC (homeless center), 2011 Little Orchard, San Jose (3-13)
Medicine Crow Talking Circle, Sat. Noon, Alano Club of San Jose (3-23)
Young 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 |
|---------------------|-------|----------------------|-------------|
| Josephine (Joey) D. | 20 | Joey | 3/23/1989 |
| Vicky G.C. | 19 | Vicky | 3/24/1989 |
| Jerry R. | 20 | Jerry | 2/21/1989 |
| Elizabeth H. | 12 | Patricia K. | 3/31/1997 |
| Skip W. | 5 | Skip | 3/9/2004 |
| Albert V. | 38 | Pat C. | 9/01/1971 |
| Joe B. | 26 | The Colonel & Pat C. | 6/06/1983 |
| Shari S. | 3 | The Colonel & Pat C. | 3/29/2006 |
| Al B. | 28 | The Colonel & Pat C. | 3/29/1981 |
| Julie W. | 3 | The Colonel & Pat C. | 3/31/2006 |
| Sue S. | | The Colonel & Pat C. | In Memoriam |
| Jack H. | | The Colonel & Pat C. | In Memoriam |
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HAPPY BIRTHDAY TO ALL!!

174 YEARS OF SOBRIETY

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

INTERGROUP MINUTES

April 1, 2009

Mary Pat P., Intergroup Chairperson, opened the meeting at 8:01 pm, followed by a Moment of Silence and the Serenity Prayer. Renate read the short Definition of Intergroup.

There were 45 voting representatives and 11 visitors in attendance.

Danny read the Twelve Traditions.

Additions to the Agenda: Jean Marie is liaison to Intergroup for PI/CPC. No corrections were made.

No Corrections or additions to the previous month's minutes:

Intergroup Council Treasurer's Report: Mary Pat P. for Mike M.

| | | | |
|-----------------------|----------|----------|--------------------------|
| Beginning Balance: | 03/04/09 | \$204.01 | Prudent Reserve \$300.00 |
| Contributions | 03/04/09 | \$85.00 | |
| Refreshments | 03/04/09 | \$15.00 | |
| Payment to Intergroup | 03/04/09 | \$184.01 | |
| Rent | 03/04/09 | \$90.00 | |
| Balance | 04/01/09 | \$00.00 | Prudent Reserve \$300.00 |

Birthdays: Jim 18 yrs; Jan 15 yrs; Maxine 21 yrs; David 21 yrs.; Maria 1 yr; Pat 4 yrs; Danny 2 yrs; Peter 4 yrs; John 2 yrs; David 9 yrs; Kathy 7 yrs.

Reports

Intergroup Chair – Mary Pat P.

3 new Intergroup reps.

Thank you to Paula for running last month's meeting.

Central Service Board – Mike D. for Lexi

Board deferred purchase decision of International Big Books.

New book prices from AA World Service..

Financial situation is still ok, although, we looked at the economy and it's impact on us with wariness.

Search for new employee progresses, there are good candidates.

Financially supporting groups participating in the Chili Cook-Off

Central Office – Chuck for Bruce K.

Big Book prices will increase \$2 for all sizes except for pocket which will increase 50 cents. All 12x12s will increase \$1.

Office Assistant part-time position open. Please submit resume, including AA service to Bruce at Central Office.

4. PI/CPC – Jean Marie

Have representation from SCCYPA, bringing younger faces to presentations.

Will be starting presentations at DUI classes run by Asian Americans for Community Involvement.

Presentations at Fremont High School, San Jose State, Homestead High School.

5. Twelfth Step Committee –

Daytime – Bruce K. – No report

Nights and Weekends – Peter – Shifts are available.

Diverter workshop: Every 3rd Saturday starting at 10:00 am., First Congregation Church, 1980 Hamilton Ave, San Jose, 95125.

6. Outreach Committee – Lee C. – No report

7. Newsletter Committee – Cathyann

List of upcoming COIN topics for the next few months:

May: Online Fellowship

June: Willingness

July: Service Sponsor

8. Activities Committee – Marilyn H.

April 25th – Chili cook-off at Prince of Peace, 12770 Saratoga Ave, Saratoga. Theme: "Celebrating our Home Groups"

12-1pm Chili tasting and judging; 1-2pm Chili and cornbread feasting with desserts; 2-3pm AA speaker meeting.

Groups participating this year: Men's Basic Step Study, South County Fellowship, Easier Way, Women's Get-up and Go,

Sunday Spiritual Progress Group, Serenity First Fellowship, Attitude Adjustment, Get Well Group, SCCYPA, Unity

7am Sunrise, Monday Midday Women's, We Care Group Milpitas, Saturday Night Live, Let's Find the Solution.

9. Other Service Committee Reports

Unity Day – Peter

Added Service Sponsor workshop, flyers completed.

Unity Day scheduled for August 23rd, 2009.

Requested \$750 from Intergroup. Motion made: Seconded; Motion passed by Intergroup representatives.

Northern California Council of Alcoholics Anonymous – Barbara B

NCCAA Conference in Sacramento, July 17-19, Double Tree Hotel, 2001 Point West Way.

MINUTES, cont.

Hospitals and Institutions – Charlene

February pink can totals \$3369.90.

Asked if Intergroup reps could find out if their group has an H&I rep and speak to Charlene next month if they do not.

Area 71: Go into 27 facilities, hosting 60 meetings per month.

Southern CA H&I participated in the March 13-16 conference

The 38th H&I conference, “Freedom from Bondage,” May 29-31, 2009, City of Gault.

Bridging the Gap – Bill

86 contacts made in January.

Request women to assist with BTG presentations at Mariposa and House on the Hill. If available, please contact Central Office.

Monthly meetings: 4th Wednesday of each month, 7pm at 1st Congregational Church at Leigh and Hamilton.

North County – Mark R – No report

South County – Steven F. – No report

UNFINISHED BUSINESS:

Sponsorship Workshop – Mary Pat for Barbara N.

Two people attended the organizing meeting on Monday, March 9.

Looking for people who are interested in organizing a sponsorship workshop. Call Barbara at 1-650-964-5252

Communications/Information Distribution – Mary Pat

Tom H. “website guy” gave information on what he does for the AA website.

The website has the ability to make information available to everyone with specific log-ons for groups.

Motion: Create an Ad Hoc committee to gather information and return to Intergroup next month.

Motion was made and Seconded. Motion was passed by Intergroup representatives.

Intergroup Picnic – Peter

Discussed his experience running the Founder’s Day Picnic and other large gatherings.

Brought timeline needed to put on Intergroup picnic in 2010. Biggest concern is finding a location and reserve it one year and one day ahead.

Suggested Intergroup co-sponsor Founder’s Day Picnic in June 2009 to help make the decision to run a large picnic in 2010.

Motion: Intergroup co-sponsor the Founder’s Day Picnic on June 7th, 2009 and contribute \$225 towards the cost.

Motion was Seconded and passed by Intergroup representatives.

Discussion: Should an Ad Hoc committee be created to research sponsoring a picnic or should this fall under the Activities Committee.

Motion: An Ad Hoc committee is to be created under the supervision of the Activities Committee to research Intergroup hosting a picnic in 2010. Motion Seconded and passed by Intergroup representatives.

NEW BUSINESS:

Jan – Wanted Intergroup to discuss reprinting small green cards that state “The 24 Hour Program of AA from page 86 of the Big Book.

Discussion: printing was dropped by Intergroup Council in past due to cost and already found in Big Book.

Motion made and Seconded and passed by Intergroup representatives to table discussion until next month.

Jan was asked to bring to next meeting the cost of printing and paper.

OPEN FORUM: none

With no further business, the meeting was adjourned at 9:24 pm

Respectfully submitted,

Kathy H.

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Profit & Loss

March 2009

| | Mar 09 | Mar 08 | Jan - Mar 09 |
|--|-----------|-----------|--------------|
| Ordinary Income/Expense | | | |
| Income | | | |
| 3030 · Contributions-General | 11,321.85 | 6,786.81 | 37,801.75 |
| 8010 · Literature Sales | 5,176.77 | 4,136.36 | 17,595.25 |
| 8020 · Meeting Guide Sales | 840.50 | 925.00 | 3,591.00 |
| 8060 · Newsletter Subscriptions | 15.00 | 40.00 | 55.00 |
| Total Income | 17,354.12 | 11,888.17 | 59,043.00 |
| Cost of Goods Sold | | | |
| 5000 · Cost of Goods Sold | | | |
| 5100 · Cost of Inventory Sold | 3,912.07 | 2,911.70 | 12,972.41 |
| 5150 · Cost of Meeting Directories | 208.61 | 675.25 | 1,575.06 |
| 5000 · Cost of Goods Sold - Other | 0.00 | 0.00 | 0.00 |
| Total 5000 · Cost of Goods Sold | 4,120.68 | 3,586.95 | 14,547.47 |
| Total COGS | 4,120.68 | 3,586.95 | 14,547.47 |
| Gross Profit | 13,233.44 | 8,301.22 | 44,495.53 |
| Expense | | | |
| 6010 · Alarm Service | 0.00 | 0.00 | 177.00 |
| 6030 · Accounting and Legal Fee | 11.00 | 173.04 | 1,286.69 |
| 6060 · Amortization of Improvements | 3.25 | 3.25 | 3.25 |
| 6070 · Bank Credit card charges (Credit card costs and fees) | 121.99 | 74.04 | 264.76 |
| 6140 · Conferences - Office Manager | 50.58 | 25.00 | 50.58 |
| 6160 · Copier Expense | 52.16 | 171.04 | 195.28 |
| 6190 · Depreciation Expense | 1,418.00 | 1,370.50 | 1,418.00 |
| 6220 · Insurance - Worker Compensation | 0.00 | 0.00 | 480.22 |
| 6230 · Insurance - General Liability | 501.00 | 143.75 | 626.00 |
| 6240 · Employee HRA Plan | 817.36 | 1,319.79 | 2,452.08 |
| 6245 · Internet Access Charges | 38.83 | 19.95 | 78.73 |
| 6330 · Office Expense | 243.09 | 709.93 | 354.80 |
| 6350 · Office Furnishings - Expense | 96.35 | 0.00 | 96.35 |
| 6360 · Archives | 0.00 | 41.22 | 0.00 |
| 6370 · Office Paper Supply | 0.00 | 0.00 | 264.51 |
| 6380 · Payroll Taxes | 645.73 | 534.98 | 2,052.68 |
| 6410 · Postage | 0.00 | 181.65 | 403.40 |
| 6480 · Rent | 2,407.30 | 2,280.60 | 7,088.50 |
| 6540 · Salaries - Office | 7,519.67 | 6,281.79 | 22,036.62 |
| 6560 · Payroll Expenses | 71.92 | 0.00 | 219.79 |
| 6600 · Signing Services | 200.00 | 200.00 | 400.00 |
| 7010 · Taxes and Licenses | 0.00 | 60.00 | 60.00 |
| 7050 · Telephone | 338.95 | 267.18 | 1,000.79 |
| 7060 · Travel | 0.00 | 0.00 | 30.59 |
| 9080 · Sales Tax (Sales tax paid on purchases) | 0.00 | 0.00 | -0.34 |
| Total Expense | 14,537.18 | 13,857.71 | 41,040.28 |
| Net Ordinary Income | -1,303.74 | -5,556.49 | 3,455.25 |
| Other Income/Expense | | | |
| Other Income | | | |
| 8030 · Interest Income | 0.00 | 52.63 | 504.90 |
| 8050 · Activities Committee | -900.00 | 243.17 | -900.00 |
| Total Other Income | -900.00 | 295.80 | -395.10 |
| Net Other Income | -900.00 | 295.80 | -395.10 |
| Net Income | -2,203.74 | -5,260.69 | 3,060.15 |

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Balance Sheet

As of March 31, 2009

| | <u>Mar 31, 09</u> |
|---|--------------------------|
| ASSETS | |
| Current Assets | |
| Checking/Savings | |
| 1010 · Petty Cash | 225.00 |
| 1020 · First Republic Bank (Checking account) | 13,729.44 |
| 1021 · First Republic Bank CD 3202 (4 Mo. CD @ 1.54%, 05/06/2009) | 15,559.29 ** |
| 1022 · First Republic Bank CD 3210 (6 Mos. CD @ 1.78%, 08/04/2009) | 20,618.80 ** |
| 1023 · First Republic Bank CD 3228 (12 Mos. CD @ 2.03%, 02/04/2010) | 15,524.95 ** |
| 1024 · First Republic Bank CD 2608 (8 mos. CD @ 3.73%, 07/26/2009) | 13,081.29 ** |
| 1042 · Capital Preservation Fund (Treas. fund, variable interest) | 15,741.20 ** |
| Total Checking/Savings | <u>94,479.97</u> |
| Accounts Receivable | |
| 1110 · Accounts Rec - Group Deposits | <u>-1,349.18</u> |
| Total Accounts Receivable | <u>-1,349.18</u> |
| Other Current Assets | |
| 1250 · Literature Inventory | 17,999.58 |
| 1310 · Prepaid Insurance | 224.00 |
| Total Other Current Assets | <u>18,223.58</u> |
| Total Current Assets | 111,354.37 |
| Fixed Assets | |
| 1630 · Office Equipment | 28,857.02 |
| 1640 · Office Furnishings - Asset | 7,097.67 |
| 1641 · Less Accumulated Depreciation | -19,592.00 |
| 1680 · Leasehold Improvements | 300.00 |
| 1681 · Less Accumulated Amortization | <u>-163.25</u> |
| Total Fixed Assets | 16,499.44 |
| Other Assets | |
| 1860 · Deposits | <u>1,993.85</u> |
| Total Other Assets | <u>1,993.85</u> |
| TOTAL ASSETS | <u>129,847.66</u> |
| LIABILITIES & EQUITY | |
| Liabilities | |
| Current Liabilities | |
| Other Current Liabilities | |
| 2240 · Sales Tax Payable (due quarterly) | <u>1,547.91</u> |
| Total Other Current Liabilities | <u>1,547.91</u> |
| Total Current Liabilities | <u>1,547.91</u> |
| Total Liabilities | 1,547.91 |
| Equity | |
| 2740 · Temporarily Restricted Funds | 16,499.44 |
| 3900 · Unrestricted Funds | 108,740.16 |
| Net Income | 3,060.15 |
| Total Equity | <u>128,299.75</u> |
| TOTAL LIABILITIES & EQUITY | <u>129,847.66</u> |

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

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

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

March 2009

| | Mar 09 | Jan - Mar 09 |
|---|----------|--------------|
| 1 INV Fremont & Hollenbeck Group 70907 | 254.80 | 625.78 |
| 1 INV Fremont & Manet Group 70975 | 560.00 | 1,068.00 |
| 1 INV R and B Group 70972 | 155.83 | 897.15 |
| 1 INV Saturday Nite Live Group 70905 | 70.00 | 210.00 |
| 1 Inv Seeking Guidance Group 70976 | 0.00 | 563.87 |
| 1 INV Spiritual Progress Group 70904 | 0.00 | 360.00 |
| 3rd Steppers Book Study (Wom) 610 (Thur.) | 236.43 | 236.43 |
| A Vision for You Women's 802 (Tues.) | 0.00 | 70.00 |
| A.B.C. Women's Group 58 (Mon.) | 0.00 | 350.00 |
| As Bill Sees It 6.00P 518 (Mon.) | 0.00 | 210.00 |
| Attitude Adjustment SJ 886 (Tues.) | 47.00 | 84.30 |
| Attitude Adjustment SJ 198 (Wed.) | 0.00 | 206.35 |
| Attitude Adjustment SJ 321 (Mon.) | 0.00 | 220.50 |
| Basic 12 & 12 00662 (Mon.) | 0.00 | 210.00 |
| Bedmakers Group (Men) 812 (Thur.) | 0.00 | 47.00 |
| Big Book Meeting 160 (Wed.) | 220.00 | 220.00 |
| Big Book Study Mlpts 8.00P 347 (Sat.) | 50.00 | 50.00 |
| Bill's Basement 384 (Fri.) | 0.00 | 126.00 |
| Birthday Contribution 00951 | 287.00 | 832.00 |
| California Ave. Supper Group 715 (Thur.) | 0.00 | 369.60 |
| Cambrian Saturday Night 376 (Sat.) | 350.00 | 700.00 |
| Campus Group 234 (Thur.) | 125.73 | 125.73 |
| Chip Winners Group 168 (Wed.) | 0.00 | 222.00 |
| Courage to Change 145 (Wed.) | 0.00 | 160.97 |
| Daily Reflections 432 (Thur.) | 194.95 | 194.95 |
| Dr. Bob's Nightmare 360 (Sun.) | 195.00 | 195.00 |
| Early Tuesday Group 119 (Tues.) | 0.00 | 257.08 |
| Easier Way Group 290 (Fri.) | 0.00 | 178.39 |
| East Valley Group 322 (Fri.) | 40.00 | 90.00 |
| Eleventh Step Meditation Mtg 276 (Thur.) | 0.00 | 140.00 |
| End of the Line Men's Group 147 (Tues.) | 0.00 | 433.31 |
| Free to Be Me (Women) 736 (Thur.) | 42.00 | 42.00 |
| G Fair Avenue Fellowship 70901 | 171.03 | 369.81 |
| G Forged From Adversity Group 70957 | 0.00 | 1,050.00 |
| G Remember We Deal With Alcohol 70938 | 770.00 | 770.00 |
| G Serenity at Noon (fka Agnew) 70921 | 1,398.60 | 3,148.60 |
| G South County Fellowship 70954 | 0.00 | 875.00 |
| G Sunrises Group/Carrows 70932 | 342.23 | 1,407.96 |
| G Third Tradition Women's Grp(The 70979 | 0.00 | 527.53 |
| Gay & Lesbian Sober Experience 896 (Mon.) | 0.00 | 98.00 |
| Gay & Lesbian Step & Tradition G 221(Fr | 50.68 | 50.68 |
| Gay Grab Bag Solution 41 (Sun.) | 0.00 | 119.30 |
| Gay Men's Freedom 262 (Thur.) | 0.00 | 161.00 |
| Get Up and Go SC (Women) 187 (Sat. | 0.00 | 315.83 |
| Get Well Group 17 (Sun.) | 161.90 | 301.90 |
| Grace Group of AA PA 352 (Sat.) | 0.00 | 331.00 |
| Grateful Live Group 535 (Mon.) | 302.05 | 302.05 |
| Happy Hour Campbl 652 (Fri.) | 0.00 | 269.50 |
| Happy, Joyous & Free 650 (Tues.) | 0.00 | 266.00 |
| High Hope SJ 239 (Sat.) | 0.00 | 129.00 |
| In the Basement 545 (Sun.) | 110.16 | 110.16 |
| Inspiration Big Book 195 (Wed.) | 0.00 | 50.00 |
| Intergroup Council 80909 | 184.01 | 184.01 |

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC.

Group Contributions

March 2009

| | Mar 09 | Jan - Mar 09 |
|---|------------------|------------------|
| Invaders Group 44 (Sun.) | 50.00 | 50.00 |
| Ladies Amethyst AA Study Group 749 (Wed.) | 163.00 | 163.00 |
| Lesbians Living the Promises 349 (Fri.) | 140.00 | 140.00 |
| 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 |
| Los Gatos Tuesday Night 110 (Tues.) | 70.00 | 70.00 |
| 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 |
| Men's Honesty Group SJ 26 (Sat.) | 0.00 | 560.00 |
| Men's Single Problem Study 89 (Mon.) | 0.00 | 603.00 |
| Men's Single Problem Study 220 (Thur.) | 0.00 | 1,050.00 |
| Midday Women's Group 91 (Mon.) | 100.00 | 100.00 |
| Midweek Spiritual Progress 213 (Wed.) | 0.00 | 420.00 |
| Mountain Miracles 882 (Thur.) | 0.00 | 269.50 |
| Mountain View Group 350 (Sat.) | 0.00 | 70.00 |
| New Direction 12 x 12 90 (Mon.) | 0.00 | 70.00 |
| New Nooners 808 (Mon.) | 145.00 | 145.00 |
| New People's Group 3 (Sun.) | 0.00 | 413.00 |
| New Steps for Living 20 (Sun.) | 0.00 | 435.34 |
| Noon Discussion 177 (Wed.) | 0.00 | 75.00 |
| Palo Alto Men's Meeting 525 (Tues.) | 0.00 | 282.80 |
| Pass It On Group Los Altos 418 (Sun.) | 0.00 | 181.32 |
| Personal 00911 | 2,031.00 | 2,358.00 |
| Positive Outlook Group SJ 368 (Sat.) | 0.00 | 108.00 |
| Rincon Men's Fellowship 567 (Thur.) | 0.00 | 350.00 |
| Saturday Morning Los Gatos 777 (Sat.) | 0.00 | 700.00 |
| Saturday Night Promises PA 847 (Sat.) | 0.00 | 214.20 |
| Second Tradition Group Spkr 721 (Sat.) | 1,064.00 | 1,064.00 |
| Serenity at Noon 215 (Wed.) | 0.00 | 175.31 |
| Shared Gift (The) (Women) 61 (Mon.) | 0.00 | 185.00 |
| Single Problem Topic 582 (Mon.) | 0.00 | 581.70 |
| South Valley Women's Surrender 88 (Mon.) | 240.80 | 240.80 |
| Spiritual Step Study Group 233 (Sun.) | 0.00 | 307.55 |
| St. Luke's Group 113 (Tues.) | 0.00 | 110.00 |
| St. Mark's Group 270 (Thur.) | 168.65 | 768.65 |
| Starting the Steps 753 (Fri.) | 100.00 | 100.00 |
| T.G.I.F. Speaker/Discussion 298 (Fri.) | 100.00 | 300.00 |
| The Other Wednesday Nite (Men) 209 (Wed) | 630.00 | 630.00 |
| Think Tank (Men) SJ 361 (Sat.) | 0.00 | 840.00 |
| Thy Will be Done (Meditation) Cambl 974 | 0.00 | 55.52 |
| Trinity Group 370 (Sat.) | 0.00 | 80.00 |
| Up the Creek-Daily Reflections 745(Tues.) | 0.00 | 75.00 |
| Veterans of Alcohol (Open) 874 (Tues.) | 0.00 | 280.00 |
| Villages Group of AA (The) 406 (Mon) | 0.00 | 560.00 |
| Women's Brunch PA 640 (Sat.) | 0.00 | 322.75 |
| Women's Topic Disc. Group 103 (Tues.) | 0.00 | 174.00 |
| Women Sharing the Solution 519 (Thur.) | 0.00 | 238.70 |
| TOTAL | 11,321.85 | 37,801.75 |



Diverter Volunteer *“Workshop!”*



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...



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.