

Volume 5 Issue 11 NOVEMBER 2010

Attitude of Gratitude

I sat in a meeting listening to a speaker talk about being sober for 30 years. He told the group that in 30 years, he has never gone more than 3 days without a meeting. He's had good times and very hard times and successfully walked through them all. He prays and reads everyday and has done so since he's been sober. He works the steps. He rereads the Big Book cover to cover once a year. He's in service, has a sponsor, sponsors others and talks to new comers. Challenges have come along. He had an opportunity to make a lot of money with a person of bad character but chose not to. At first I thought he didn't want to get caught in a scheme. He said he walked away because he didn't want to drink. I believe that for both of us it wasn't about doing something wrong but about the consequences of doing something wrong. I know if I take that first drink, everything I can imagine and everything I cannot imagine will come true. He had the

wisdom to know that difference and the right thinking to take the right action. I was grateful to be in the meeting to get the message reminding me to always be mindful of my attitude and my thinking.



In 1951, Bill W. wrote in the A.A. Service Manual, p.1 "Our Twelfth Step - carrying the message - is the basic service that the A.A. Fellowship gives; this is our principle aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die."

We are responsible for taking action when another person reaches out for help. We reach out to the fellow suffer with a true vision of hope and possibility that they, otherwise, may never have. How can we be there to help another if we are not sober? How could we know of any reward if we are drunk?

Certainly, I cannot see 30 years into the future. However, I am certain of the past. I can only manage what is in front of me in partnership with my Creator. I'm grateful I walked into a meeting where one sentence spoken could mean nothing to anyone else yet inspire me for the rest of the day. I want to get one more idea that might make a difference to another person. I look for one small win. I hope for one small victory. With this attitude of gratitude, I have faith in my Higher Power, the program, and myself that I can do the same thing tomorrow.

Joel R.



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Gratitude

When I arrived at the doorsteps of Alcoholics Anonymous I wasn't all that grateful. Then I heard people time after time announce themselves as "Grateful Alcoholics". I almost felt like I was getting sick. How could a person be grateful for this doomed course?

We hear people around the rooms these days mention gratitude constantly. I'm not so sure of the depth of their gratitude but I now have a measurement of my own.

When I came into AA I wanted desperately to "fit in". So I started to throw around "buzz words" and Gratitude was one of many. I was still reeling from the depths of real alcoholism and this affliction was out to kill me. I still really liked the effects of drinking but certainly could pass on the aftermath of each drinking debacle. I'm certain friends of my family many times said, (without me knowing), "He's from such a good family", "You'd think he'd quit for her" or "Why can't he just stop". These are all things that people who do not understand the thinking of an alcoholic would say, given the circumstances.

So upon my entry to AA I started saying I was "grateful" totally unaware of how ungrateful I really was. Then I heard something else... "Fake it 'til you make it". Now that was rich! I'd been faking it for so long this felt like an old shoe. The problem with this is that unless you really feel it, it won't make a difference. So you can mimic the words but if there's no depth or meaning, no transformation will take place. I didn't understand this and for years would relapse back to drinking from time to time totally unaware of the fact that something was missing. What I found that was missing was very simple. I was missing a thankful heart. I had a sense of entitlement from a young age and wasn't all that thankful deep below the surface.

After many years of trying this thing on it dawned on me that gratitude starts with true humility. Being humiliated wasn't the same as being humbled into recovery. Today I know my place in life and feel that each day is an opportunity to bring something to the table with my presence. I'm not a taker any longer and bound by the chains with which that behavior carries with it. The person that I identify myself with today is me. I know who I am and I'm grateful to have been given a final shot at getting this life in order. The years that have passed since my resurrection from the "old life" have been up and down, as life is. I've never felt a moment of lacking gratitude in the process of this time. My attitude has changed and the person I present today is not the same person that showed up many years ago.

Gratitude can manifest itself in many different forms but the bottom line is... "Am I really happy?" I can answer that today with an affirmative "Yes"!!! ...and I'm grateful for that. Thanks AA.

-Anonymous

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General Service Article

(encompassing AA as a whole)

Thank You For Letting Me Be Of Service

I often hear these words after a trusted servant gives a report to their group for the service entity they are representing. Why do you think they say that? Here's my theory: when I'm involved in something bigger than myself, I'm not thinking about me...me, so for that bit of time I'm relieved of the *burden of self*.

I looked up the word "servant" in the dictionary, and the meaning I came away with was that a servant has no personal agenda when carrying out the wishes of those being served. Add "trusted" to that, and to me it's a pretty remarkable responsibility I take on. This encourages me to always strive to keep my focus on principles rather than personalities for the service I'm performing for AA.

I originally began group service as a newcomer as a way to fit in, cleaning ashtrays and coffee cups. It introduced me to people and I was able to learn the art of small talk and to share personal experiences – to "fit in". As my meeting service grew I became more comfortable talking to people and helping the newcomer feel at ease. When my service expanded outside the group, my horizons expanded as well, and I met and became friends with wonderful people I would not otherwise have gotten to know. Each time I have taken on a service opportunity my understanding and appreciation of our fellowship has grown. (My sponsor told me early on that service would not always be convenient. I have found that to be true – but it has always, always been worthwhile.) I'm one small, vital part of a very large whole, as we all are. I usually have a good attitude about life when I'm focusing on something other than myself. Because of this, I can truthfully say, "thank you for letting me be of service".

Rose W.



Gratitude

Hi! My name is Tommy M., and I am an alcoholic. When I was asked to write an article on the subject of gratitude, it took me a while to figure out what I wanted to say. I celebrated my 3-year sobriety b-day last Wednesday, October 13th. I remember waking up at midnight that day, and quietly telling myself "I did it..."

If you know me personally, there have been a lot of things that have happened over the past year that would make people assume that I wouldn't be here today. From all the deaths in my family, to my illnesses, I think it safe to say that I have been through a lot. There have been many times that I have thought about turning to the bottle. But I knew that it wouldn't accomplish anything. The day after my birthday, I found myself at a men's meeting in Morgan Hill to accept my chip. After I received it. I sat down and started to reflect on the past year. I started crying when I realized just how much I had to be grateful for. My family, my friends, my boyfriend, and my daughter were just a few things on my list.

When I first came to Al-

coholics Anonymous, it was very hard to be grateful for anything. I hated the fact that I had to move, and I thought I was being forced to attend meetings. I wanted to blame everything and everybody for my misery and sorrow. I wanted to blame God for doing this to me, and I didn't want to accept help from anyone. Then I met my sponsor. He took me



through the steps and I started to change my perspective on things. Instead of blaming God for the bad things that happened, I was grateful that he allowed me to learn from them. I started to thank Him on a daily basis for being able to wake up each day. I learned that it was the little things in my life that I needed to grateful for.

One of things that my sponsor taught me was about service. I needed to get into service quickly. It was one of the

ways I was going to stay sober. So I did. Now, I have the privilege and the honor of serving as the Cooperation with the Professional Community (CPC) Chair, and the Recording Secretary for District 40 (General Service). I have many other commitments, and every day that I get to help another alcoholic in need, I am thankful. The things that I have learned while in AA, and the friends that I have made, well there really aren't any words I can use to describe it.

To close, I wanted to send a message to the new comer who is reading this: If you are new, and are doubting if you belong...DON'T! You belong here. You are among family. We are here to help you. If you are new, and are questioning your motives...STOP!! Just relax, and give yourself a chance. I didn't fully understand the concept of true gratitude until after my first year in the program. There are still days when I stumble, but I am glad that I have friends and family in this program that are willing to steer me back to the right path.

Tommy M.



Attitude of Gratitude

Very recently, I have been discussing with my new women the tool, which helped me to achieve my Attitude of Gratitude. It was triggered by and has grown from my very first AA assignment; "make a Gratitude List, any length you want, and call me when you're finished-unless you need to talk before". Little did I know that this Gratitude List, and the process of maintaining and adding to it, was to become a continuing life changing experience for me.

As I learned to count my blessings, came to realize that the material, the spiritual and the precious in my life could no longer be taken for granted. After 10 years, my 1st Sponsor re-located to the East Bay and I had a very hard time finding another who could fill her shoes.

One of the ladies I worked with also started me out with a Gratitude List first, but wanted me to include anything & everything from my previous list, and any new additions. I never wrote down the new additions before, they were just in my mind. We met and I read everything to her. When I finished, she complimented me and then laid something new on me; every time I got the "wah, wah, wah's" and "poor me's" I was to add 2 new things to my new gratitude list!

I learned 3 valuable things from this: #1 - There are thousands of things my HP has created that I took for granted; all I have to do is look around me on any given day and there they be. #2 - It made me THINK and learn to keep things in perspective by practicing "rule 62", thus cutting down on the poor me's. #3 - Most important...I am a sober child of God in Alcoholics Anonymous where we believe that nothing...absolutely nothing happens in God's World by mistake, and that it would be wise to welcome my life's lessons and grow from them as they are sent my way, by my God, with an Attitude of Gratitude.

God has blessed me abundantly. I have everything I need and my wants are on my "want and goal" list. But I am human and imperfect so, stuff happens that causes a "poor me" every now and then. For instance during the "heat waves" I felt no qualms in putting in my 2 cents about it...until the day it cooled down. At 3 PM that afternoon, I took our family dog out for his usual afternoon walk. The temp was much lower that day...80...and viola; the thought occurred to me that we are so lucky that we didn't get hit with 113 like in L.A. Well, better late than never. I had a refrigerator loaded with lots of cold bottled water for self, family & pets. It has become automatic...after the poor me's about the heat...2 items of

gratitude to make up for my complaining.

There is another facet of Gratitude that to me is quite important also, which is the ability to *show* my gratitude to others, and the ability to *receive* others' gratitude towards me. I have to continually think and speak my attitude of gratitude into existence to keep it.

I am open to hear all God wants me to hear and see, to give and receive as God puts the opportunities in front of me as I hone my "Attitude of Gratitude," which is the result of making a simple list. God's Grace is and always will be at the top of my list

Oh yes, as you might expect, my first assignment to my sponsees' before we start our reading & writing is; "I'd like you to write a gratitude list...any length you want." When they read it to me I tell them; "good work...now, when you get the poor me's, add 2 new items to your list." And there it is, they are on their way to developing their "Attitude of Gratitude", as they start "trudging the road to happy destiny"...and I get to keep "it" as I give "it" away!

Danette G. San Jose

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The Law of Giving

What you give away, think, say or do today will multiply tenfold and then return to you.

It may not come immediately, nor from the obvious source but the law of giving applies unfailingly. Some may think it happens through some "invisible" force. Others may say it's Karma. I usually say, "what comes around, goes around" to others I meet. My personal belief is that it's the law of God's love. Freely given to others... freely offered to you by God.

Whatever you feel or say about another, will come right back to you in some fashion. God is your source. You're simply a "light" for God. As you shine and send out the message by giving away his love, the same is returned to you.

If you speak about some person, a word of praise or two... soon, tens of other people will speak kind words of you.

Our thoughts are the broadcasts of our soul, not secrets of the brain. Kind thoughts bring us happiness. Petty ones, untold pain.

Giving works as surely as reflections in a mirror. So, guard and watch your thoughts. If you send hate, then hate you'll get back, but loving brings love nearer. Clear your mind of "bad" thoughts. Once practiced, this becomes a habit and no longer need to be thought about. Soon those bad thoughts are replaced by "good" thoughts. As you focus your mind on the "good" thoughts, those will naturally flow from your mind. Then spoken by you to others, will return in more ways than you can possibly imagine. This is God's love flowing to others through your light... Shining. Getting brighter with each kind thought given away to be a blessing to others.

Remember, as you start this day and thoughts begin to crowd your mind, that kindness comes quickly back to those who first are kind. Compliments come quickly back to those who first compliment others. Love comes back so quickly to those who first offer Love to others. Let these thoughts fill your head today.



Second Tradition Group

of Alcoholics Anonymous Saturday Night 8PM Speaker Meeting

> Lincoln Glen Church 2700 Booksin Ave. San Jose, CA

Upcoming Speakers

October 23rd October 30th November 6th November 13th November 27th December 4th December 11th January 1st January 8th January 22nd February 12th, . 2011 February 19th March 19th March 26th June 4th June 18th

Doug R. from Los Angeles, CA Bridget B. from Los Angeles, CA Shirley M. from Escondido, CA Steve L. from Brentwood, TN Patrick O. from Pleasanton, CA Bud S. from Pasadena, CA Luther B. from San Jose, CA Charlene S. from San Jose, CA Dodie G. from Long Beach, CA Keith P. from Redondo Beach, CA Kenna M. from Los Angeles, CA Marilyn S. from Los Angeles, CA Bill C. from Torrance, CA Theresa F. from N. Hollywood, CA Madeleine P. from Boise, ID Karl M. from Covina, CA

And many more.... (Missing dates are TBA)

For our group purpose there is but one ultimate authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.



Letter From the Editor

Hello everyone,

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

Dec - The Importance of Service

Jan - Our Past is Our Greatest Asset

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

- 1. In November of 1934 Bill W. was sitting in his kitchen drinking when the phone rang. It was his old drinking buddy Ebby. Bill said, "Long ago I had marked him for a hopeless case." Bill had heard that they were going to put Ebby away for alcohol insanity. It seems that Ebby had run a family car into a lady's house. He had run it all the way into her kitchen while she was in the kitchen. He had then gotten out of the car and tipped his hat saying, "Tis a nice morning for a cup of coffee is it not?" She had called the police and they were going to put him in the insane asylum. Rolland Hazard, who was a member of the Oxford Group, went to Ebby's judge with the judge's son and asked the judge if he would put Ebby in their care. When Ebby was put in their care they eventually told Ebby that he needed to testify. Not wanting to "testify", Ebby decided to go talk to his old friend Bill who was still drinking, and thus began the events which lead to the foundation of AA.
- 2. An AA who had known Ebby in Texas said that, "Ebby still seemed to feel he was not recognized adequately for his contribution to the start of AA. His employer for many years in Texas said that Ebby, "kind of thought the world owed him a living. He thought he never got the recognition that he should. That was stuck in his craw for years." Lois observed that Ebby seemed to be around AA but never in it. Ebby's sister-in-law wrote in a letter to him, "You are again concerned with the petty and material affairs of your surroundings and the bickerings and by-plays of your associates, with the thought still deep in your mind that you have been persecuted and discriminated against by others, while the real facts might well be that it is your own ego that is at fault." Whatever his problems may have been with sobriety, Bill was always grateful to Ebby and so should all AA's. Ebby died sober.



November 2010

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

LOCAL EVENTS

Nov. 20: "GRAPEVINE DAY" at Central Office, 10 a.m. - 2 p.m. Come learn what Grapevine offers!

Nov. 25: Thanksgiving Day Alcathon, Gilroy Groups, 7511 Gourmet Alley, Gilroy 6:30 a.m.—9:00 p.m.

EVENTS AROUND CALIFORNIA

Dec. 10-12: WACYPAA XIV, "Friendly Hands Stretched Out In Welcome", Yosemite Valley, CA

EVENTS AROUND THE COUNTRY

Nov. 25-28: 44th Annual Las Vegas Roundup, Los Vegas, NV

Feb. 10-13: 47th International Women's Conference, Anchorage, Alaska



December 2010

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

We want to help you spread the word.

Please send news and information about your group's activities before the end of the month so we can get them in the COIN. We accept them in any form, but emailing a flyer is best: office@aasanjose.org.

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Telephone Calls Received During October

Daytime at Central Office 376
Daytime 12 Step Calls 9

Alcoholics

Anonymous . . . w may we help you?

An average of just over 7,500 hits are made on our website each month!!

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

Weekender Speaker Meeting

Sundays at 6 p.m.

Good Shepherd Lutheran Church

1735 Hecker Pass Road, Gilroy

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

Silver Serenity, Thurs., 2:00PM, St. Lucy's Church, 2346 S. Winchester, Campbell

<u>But a Symptom,</u> Sun. 7:00 PM, Calvary Church, 16330 Los Gatos Blvd., LG <u>Women to Women</u>, 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

<u>Traditions Study</u>, Mon. 4:00PM, Holy Spirit Episcopal Church (St. Lawrence Hall), 41 W. Rincon, @ Winchester, SJ

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

<u>Truly Happy Hour</u>, Fri. 4:00PM, Holy Spirit Episcopal Church (St. Lawrence Hall), 41 W. Rincon, @ Winchester, SJ

CHANGED

<u>Gay/Lesbian AA Big Book Discussion</u>, Tues. 7:30 PM, moved from 1205 Pine to First Congregational Church, 1980 Hamilton, at Leigh, San Jose.

NO LONGER MEETING

Noon Discussion, Thurs., Noon, Prince of Peace, 12770 Saratoga Ave.

Remember We Deal With Alcohol Speaker list

Nov. 13: Joanne J., Entire Abstinence, Campbell

Nov. 20: Rock, Saturday Nite Live Group, SJ

Nov. 27: Joyce H., Attitude Adjustment Group, Denny's, SJ



BIRTHDAY CONTRIBUTIONS

BIRTHDAY CELEBRANT	YEARS	CONTRIBUTIONS BY	BIRTHDAY
Rose W.	34	Rose W.	10/31/1976
Joe B.	15	June F.	10/16/1995
Janice	25	Susan H.	Sept. 1985
Jim	25	Susan H.	Sept. 1985
Mike	25	Susan H.	Sept. 1985
Sally	25	Susan H.	Sept. 1985
Sombat	25	Susan H.	Sept. 1985
Ellie	25	Susan H.	Sept. 1985
Susan	25	Susan H.	Sept. 1985
Paula	25	Susan H.	Sept. 1985
Gary	25	Susan H.	Sept. 1985
Richard	25	Susan H.	Sept. 1985
Fran H.	30	Aileen B., Peggy Z.	10/15/80
Neale S.	35	Neale S.	10/16/1975
Bill D.	28	Mary Pat P.	03/18/1982
Rita R-M.	30	Mary Pat P.	06/12/1980
Evelyn M.	9	Mary Pat P.	04/01/2001
Gloria V.	3	Mary Pat P.	06/19/2007
Jim C.	24	Mary Pat P.	06/02/1986
Во С.	6	Mary Pat P.	06/07/2004
Peggy Z.	36	Mary Pat P.	05/29/1974
Bruce K.	27	Mary Pat P.	04/27/1983
Paula D-M.	25	Mary Pat P.	04/22/1985
Aileen B.	7	Mary Pat P.	04/06/2003
Evelyn M.	9	Mary Pat P.	04/01/2001
Kathy H.	8	Mary Pat P.	03/21/2002
Rose G.	20	Mary Pat P.	03/26/1990
Pat G.	35	Mary Pat P.	04/01/1975



HAPPY BIRTHDAY TO ALL!! 631 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

October 6, 2009

- Mary Pat, Intergroup Chairperson, opened the meeting at 7:30 PM, followed by A Moment of Silence and the Serenity Prayer
- Mary Pat introduced herself and welcomed everyone.
- Definition of Intergroup Walter
- Reading of the Twelve Traditions Kathy
- Introduction of New Group Representatives, Visitors, September birthday announcements:
- Introduction of New Reps: Diana, Joyce and Phil
- Mary Pat announced the new Intergroup rep orientation is in a new room in the gym.
- Visitors: Tom B., Barry, Kelly, Samantha, Stacy and Cruz
- September Birthdays: Chuck 11 years, Dave 20 years, Curtis 2 years, Doug 23 years, Barry 1 year, Dave B. 28 years, Rich 23 years.
- 7th Tradition
- 7:36 PM Corrections or Additions to the Previous Month's Minutes:
- Mary Pat stated that Steve G. elected/approved and passed with 43 votes.
- Mary Pat asked for approval of the minutes with zero (0) changes: all were in favor
- 7:38 PM Corrections or Additions to the Agenda:
- Mary Pat asked for approval of the agenda for the evening: all were in favor
- 7:40 PM Treasurer's Report Michael

Voting Member Count:

42 voting representatives were in attendance, according to the sign in sheet.

NEW BUSINESS

Mary Pat introduced the General Service volunteers attending and to run the election: Stacy, Samantha and Kelly from San Mateo. 7:43 PM - Bill D. (Nominating Committee Chair) read the list of nominees and invited the nominees to introduce themselves and comment on their service history.

Intergroup Chair nominee:

Bill V- introduced himself and spoke about his legacy of service.

No nominations from the floor.

Alternate Chair nominee:

June N- introduced herself and spoke about her legacy of service.

No nominations from the floor.

Bill D. reviewed the requirements for the Central Service Board nominees: (Must be over the age of 21, 5 years sobriety and a US Citizen.)

Board Nominees:

Larie, Rock, Dave B. Joanne J., Rich M., Celest M., and Bill D.

No nominations from the floor.

The board nominees present, introduced themselves and shared their AA service history.

Stacy said the vote will start with the Intergroup Chair he needs 51% majority (23 votes).

The nominees were asked to leave the room while the voting took place. A majority is 51% or 22/23 votes depending on the number of Intergroup members present (roll call was taken to confirm the number of voting members)

Vote for Intergroup Chair took place: Bill V received 42 votes

Vote for Alternate Intergroup Chair took place: June N received 40 votes

Vote for Central Service Board Position #1: Larie received 28 votes

Vote for Central Service Board Position #2: Joanne J received 29 votes

Vote for Central Service Board Position #3: Dave B received 32 votes

Stacy thanked everyone and congratulated the newly elected.

Mary Pat thanked our guests who ran the election.

Kathy on behalf of all Intergroup reps thanked Mary Pat for her service.

Mary Pat said it's been a privilege and thanked Paula (Alternate Chair) for her service.

ANNOUNCEMENTS (took place between voting)

Gloria V. (Activities Chair) Sponsor Brunch October 16 at St. Mark's from 11-2:00. Ticket pre-sales: 167 tickets sold, 2 speakers, good raffle prizes.

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MINUTES, cont.

Bruce (Central Office Manager) said he recently attended the National Managers Convention and thanked the group for their good efforts, guidance, and leadership. There are still Roots of AA in Santa Clara books available for sale at Central Office.

Steve G. (Communications Committee) Invited people to get involved with this committee; they will start meeting the end of the month (the last Thursday or Saturday of the month.)

Julius (Bridging the Gap) said he would like volunteers to get clearance and volunteer for his committee. He is looking for volunteers for the Momentum for Mental Health project and could use your support.

Linda wants people to remember to communicate Alcathon information to Central Office for coordination.

Doug (current board member) announced that this was his last Intergroup meeting and he's working on the board's Pass It On Meeting and Dinner (which is not paid for by Central Service Board).

Mike (NCCAA) Announced NCCAA convention in Modesto running from 6 PM on Friday the 15th until the afternoon of Sunday the 17th.

ADJOURNMENT

The meeting ended with the Lord's Prayer at 9:06 PM lead by Paula.

A LITTLE SOMETHING FROM CENTRAL OFFICE

Each year – 'long about late September, early October – the managers of the Central Offices around the U.S. and Canada get together with staff from the General Service Office and the Grapevine office in New York, with a General Service Trustee or two thrown in for good measure. We get to hear from each other, share our concerns, and learn. The official name of the gathering is The Intergroup/Central Office/AAWS/AAGV Seminar. This year we met in St. Louis from September 23 to 26, marking our 25th consecutive get-together.

Before beginning our work on Thursday, we all assembled on the bank of the mighty Mississippi River to view the famous St. Louis Gateway Arch, which is itself a part of the Jefferson National Expansion Memorial. This is a must see monument to our western expansion. Looking back from the Mississippi River, the Arch perfectly frames the courthouse where the original ill-fated Dred Scott decision was handed down - a poignant, emotional scene.

Over the next two days we had 15 workshops to choose from, three each session. In addition, we had early morning business and policy committee meetings and late evening reports and interactions with folks from the Board of Trustees, GSO, and Grapevine. One of my favorite workshops this year was called "Cheers", subtitled "Where Everybody Knows Your Name". I was surprised to learn that many managers resent being known in the Fellowship for the work they do and bristle at Central Office questions directed at them before and after meetings. I realized that you pretty much treat me as another alcoholic seeking continued sobriety and a superior way of living life. That's what I am and I thank you.

I returned from the Seminar with some new ideas (nothing too radical) and renewed commitment and enthusiasm for this work. Next year we will meet in Tucson, Arizona, and the year after that in Washington D.C. Should we do this in San Jose sometime? Let me know what you think.

Bruce

2:57 PM 11/03/10 Accrual Basis

Net

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

October 2010

	Oct 10	Oct 09	Jan - Oct 10
Ordinary Income/Expense			
Income			
3030 · Contributions-General	13,272.66	7,977.42	117,775.80
8010 · Literature Sales	4,565.51	2,989.56	46,222.69
8020 · Meeting Guide Sales	1,055.00	826.00	9,980.00
8050 · Activities Committee	470.00	981.92	8,344.28
8060 · Newsletter Subscriptions	10.00	5.00	150.00
Total Income	19,373.17	12,779.90	182,472.77
Cost of Goods Sold			
5000 ⋅ Cost of Goods Sold			
5100 · Cost of Inventory Sold	3,157.04	1,944.55	32,170.34
5150 · Cost of Meeting Directories	389.48	376.09	4,351.81
Total 5000 · Cost of Goods Sold	3,546.52	2,320.64	36,522.15
Total COGS	3,546.52	2,320.64	36,522.15
Gross Profit	15,826.65	10,459.26	145,950.62
Expense			
6010 · Alarm Service	207.00	207.00	828.00
6015 · Activities Committee Expense	309.84	0.00	7,817.63
6030 · Accounting and Legal Fee	0.00	0.00	2,400.00
6060 · Amortization of Improvements	0.00	0.00	9.75
6070 · Bank Credit card charges (Credit card costs and fees)	79.02	79.96	1,010.85
6120 · Computer Expenses	0.00	0.00	99.00
6140 · Conferences - Office Manager	0.00	755.33	1,082.96
6150 · Unity Day Expense	0.00	0.00	775.00
6160 · Copier Expense	97.37	125.36	2,418.19
6190 · Depreciation Expense	0.00	0.00	4,186.00
6220 · Insurance - Worker Compensation	0.00	0.00	461.23
6230 · Insurance - General Liability	162.83	132.00	1,764.91
6240 · Employee HRA Plan	845.46	817.36	8,355.03
6245 · Internet Access Charges	29.95	29.95	309.45
6325 · Office - Theft Losses	1,188.56	0.00	1,188.56
6330 · Office Expense	189.41	151.72	2,036.32
6370 · Office Paper Supply	0.00	0.00	2,930.34
6380 · Payroll Taxes	605.47	589.22	6,425.26
6410 · Postage	325.44	10.98	1,303.63
6480 · Rent	2,407.30	2,343.95	24,249.65
6540 · Salaries - Office	7,812.08	7,702.32	77,116.80
6560 · Payroll Expenses	87.00	76.40	839.06
6600 · Signing Services	250.00	200.00	2,000.00
7010 · Taxes and Licenses	0.00	0.00	60.00
7050 · Telephone	33.50	376.32	3,367.74
7060 · Travel	26.45	0.00	285.21
9080 · Sales Tax (Sales tax paid on purchases)	-0.33	0.03	-1.41
Total Expense	14,656.35	13,597.90	153,319.16
Net Ordinary Income	1,170.30	-3,138.64	-7,368.54
Other Income/Expense			
Other Income			
8030 · Interest Income	0.00	0.53	773.67
Total Other Income	0.00	0.53	773.67
Net Other Income	0.00	0.53	773.67
t Income	1,170.30	-3,138.11	-6,594.87

3:02 PM 11/03/10 Accrual Basis

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

As of October 31, 2010

	Oct 31, 10
ASSETS	
Current Assets	
Checking/Savings	
1010 · Petty Cash	215.97
1020 · First Republic Bank (Checking account)	14,950.63
1021 · First Republic Bank CD 0429 (12 Mo. CD @ 1.73%, 08/12/2010)	17,296.65 **
1022 · First Republic Bank CD 0486 (12 Mos. CD @ 1.29%, 11/12/2010)	17,211.47 **
1023 · First Republic Bank CD 3228 (12 Mos. CD @ 2.47%, 02/05/2011)	16,038.93 **
1024 · First Republic Bank CD 0551 (12 Mos. CD @ 1.04%, 05/19/2011)	10,026.47 **
Total Checking/Savings	75,740.12
Accounts Receivable	
1110 · Accounts Rec - Group Deposits	-1,099.10
Total Accounts Receivable	-1,099.10
Other Current Assets	
1250 · Literature Inventory	18,297.63
1310 · Prepaid Insurance	1,088.68
1499 · Undeposited Funds	62.74
Total Other Current Assets	19,449.05
Total Current Assets	94,090.07
Fixed Assets	
1630 · Office Equipment	28,857.02
1640 · Office Furnishings - Asset	7,097.67
1641 · Less Accumulated Depreciation	-28,032.00
1680 · Leasehold Improvements	300.00
1681 · Less Accumulated Amortization	-182.75
Total Fixed Assets	8,039.94
Other Assets	4 002 05
1860 · Deposits	1,993.85
Total Other Assets TOTAL ASSETS	1,993.85 104,123.86
LIABILITIES & EQUITY	104,123.00
Liabilities Liabilities	
Current Liabilities	
Other Current Liabilities	
2100 · Payroll Liabilities (Payroll Liabilities)	50.00
2240 · Sales Tax Payable (due quarterly)	524.53
Total Other Current Liabilities	574.53
Total Current Liabilities	574.53
Total Liabilities	574.53
Equity	074.00
2740 · Temporarily Restricted Funds	10,842.08
3900 · Unrestricted Funds	99,302.12
Net Income	-6,594.87
Total Equity	103,549.33
• •	,
TOTAL LIABILITIES & EQUITY	104,123.86
	<u> </u>

** Our Prudent Reserve Accounts total: \$60,573.52
This represents 4 mos., or 67% of the Board established goal of 6 months of operating expenses.

3:05 PM 11/03/10 **Accrual Basis**

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC. Group Contributions October 2010

	Oct 10	Jan - Oct 10	-	Oct 10	Jan - Oct 10
1 Inv Freedom Fellowship 70940	70.00	353.50	Eleventh Step Group 167 (Wed.)	0.00	280.00
1 INV Freedom Fellowship 70340 1 INV Fremont & Hollenbeck Group 70907	0.00	1,065.18	Eleventh Step Group 167 (Wed.) Eleventh Step Meditation 873 (Fri.)	0.00	332.22
1 INV Fremont & Manet Group 70975	0.00	1,330.00	. , ,	0.00	168.00
1 INV H & I	0.00	2.00	Evergreen Group 884 (Thur.) Fireside Big Book Study 809 (Tues.)	0.00	119.00
1 INV R and B Group 70972	0.00	1,256.41	G Fair Avenue Fellowship 70901	148.95	1,881.12
•	70.00	560.00	G Forged From Adversity Group 70957	0.00	1,050.00
1 INV Saturday Nite Live Group 70905	834.00	4,203.26	G Gilroy Groups 70906	0.00	280.00
1 Inv Seeking Guidance Group 70976 1 INV South County Fellowship 70954		2,100.00	•	0.00	1,174.20
·	210.00 75.00	2,100.00	G Higher Power Hour 70952 G One Day at a Time 70903	700.00	1,774.20
1 INV Winchester Fellowship 70960	0.00	130.00	•	0.00	630.00
12 Steps & HOW (Women) 25 (Tues.)	98.00	268.00	G Remember We Deal With Alcohol 70938	1,078.00	2,326.69
12 Steps at Noon 303 (Fri.)			G Serenity at Noon (fka Agnew) 70921		
3rd Steppers Book Study (Wom) 610 (Thur.)	0.00	164.06	G Serenity First Fellowship 70902	25.00 0.00	225.00
A P.C. Women's Croup 59 (Man)	0.00	330.00	G Sufficient Substitute	0.00	960.00
A.B.C. Women's Group 58 (Mon.)	0.00 0.00	169.00 306.69	G Sunrise Group of Palo Alto 70963 G Sunrisers Group/Carrows 70932	509.62	2,397.00
Almaden Valley Discussion 30 (Sun.) As Bill Sees It 6.00P 518 (Mon.)	152.60	839.30	•	182.76	5,190.29 2,160.75
As Bill Sees It 6.00P 518 (Mon.) Attitude Adjustment SJ 258 (Fri.)	0.00	180.65	G Third Tradition Women's Grp(The 70979 G We Care Group 70934	0.00	2,160.75 1,050.00
• , ,	0.00	141.01	·	0.00	510.00
Attitude Adjustment SJ 321 (Mon.)	0.00	120.00	G West Valley Fellowship 70942 Gathered Together for Sobriety 43 (Sun.)	0.00	86.00
Attitude Adjustment SJ 446 (Sun.)	0.00	153.30	Gay & Lesbian Sober Experience 896 (Mon.)	201.35	269.01
Attitude Adjustment SJ 443 (Sat.)	0.00	202.00	• • • • • • • • • • • • • • • • • • • •	0.00	49.70
Back to Basics Saratoga Noon 151 (Tues.) Basic 12 & 12 00662 (Mon.)	0.00	240.00	Gay Alcoholics Living/Sobriety 742 (Mod.)	0.00	173.00
,	0.00	37.00	Gay Alcoholics Living/Sobriety 742 (Wed.)	119.00	293.68
Basic Big Book 710 (Thur.)	0.00	72.00	Gay Living Schor Group 31 (Sun.)	0.00	191.51
Bedmakers Group (Men) 812 (Thur.)	0.00	84.00	Gay Mon & Women Together 95 (Mon)	0.00	365.35
Berryessa Group 527 (Wed.)	0.00	113.00	Gay Men & Women Together 85 (Mon.) Gay Men's Freedom 262 (Thur.)	260.00	372.44
Better Way of Living 197 (Wed.)	0.00	256.00		0.00	135.00
Big Book Men's Group (Men) 106 (Tues.) Big Book Speakers Group 289 (Fri.)	217.00	617.40	Gay Reflections on the Solution 841(Sun.) Get Up and Go SC (Women) 187 (Sat.	0.00	970.00
Bill's Basement 384 (Fri.)	154.70	344.16	Get Well Group 17 (Sun.)	282.80	432.80
Birthday Contribution 00951	59.00	1,270.00	Grace Group of AA PA 352 (Sat.)	0.00	456.00
Boiled Owls (Men's) LG 816 (Wed)	0.00	789.52	Grapevine Speakers 327 (Fri.)	0.00	98.57
Bowers Fellowship 46 (Sun.)	0.00	838.88	Grateful Live Group 535 (Mon.)	0.00	1,740.90
California Ave. Supper Group 715 (Thur.)	0.00	303.95	H.O.W. Group 164 (Wed.)	26.00	26.00
Cambrian Saturday Night 376 (Sat.)	0.00	1,260.00	Happy Destiny (Women) 109 (Tues.)	289.10	1,513.86
Campus Group 234 (Thur.)	179.59	201.30	Happy Hour LG 652 (Fri.)	0.00	90.00
Caveman Group (Men's Big Book) 659 (Sun.	0.00	567.00	Happy, Joyous & Free 650 (Tues.)	0.00	150.00
Chip Winners Group 168 (Wed.)	0.00	549.98	High Hope SJ 239 (Sat.)	115.07	305.37
Chips and Dyps 559 (Tues.)	0.00	2,064.82	HOW Group 71 (Mon.)	0.00	840.00
Design for Living 200 (Tues.)	0.00	90.00	Humbly Asked 8.00A 87 (Sun.)	0.00	282.00
Down to Earth Group 563 (Tues.)	0.00	77.05	In the Basement 545 (Sun.)	0.00	40.00
Downtown Steppers (Men) 392 (Mon.)	0.00	70.00	In the Solution 647 (Sat.)	0.00	300.00
Dr. Bob's Nightmare 360 (Sun.)	0.00	375.90	Intergroup Council 80909	0.00	433.60
Early Bird 414 (Sat.)	0.00	40.91	Invaders Group 44 (Sun.)	0.00	400.00
Early Monday Night 68 (Mon.)	0.00	1,182.52	Joy of Living 464 PA (Wed.)	0.00	385.00
Early Spiritual Progress 7 (Sun.)	0.00	100.00	Ladies Amethyst AA Study Group 749 (Wed.	169.17	621.15
Early Tuesday Group 119 (Tues.)	371.70	1,381.78	Lesbians Living the Promises 349 (Fri.)	0.00	210.00
Easier Way Group 290 (Fri.)	395.70	1,523.20	Liquor Was But A Symptom 203 (Thur.)	0.00	96.00
East Valley Group 322 (Fri.)	100.00	400.00	Live and Let Live 24 (Sun.)	0.00	206.39
Eastside Step Study 45 (Sun.)	0.00	100.00	Living in the Solution (W) MH 33 (Sat.)	0.00	133.54
El Camino Group 108 (Tues)	0.00	254.85	Living Solutions 728 (Fri.)	0.00	1,210.50
L. Callino Group 100 (1465)	0.00	204.00	(i ii.)	0.00	1,210.00

3:05 PM 11/03/10 **Accrual Basis**

INTERGROUP CENTRAL OFFICE OF SANTA CLARA COUNTY, INC. Group Contributions October 2010

-	Oct 10	Jan - Oct 10
Living with Others 319 (Fri.)	0.00	432.75
Living with Serenity (Chip) 599 (Wed.)	0.00	210.00
Lodestar Group/Sober Thoughts 499 (Wed.)	0.00	100.00
Los Altos Men's Group 59 (Mon.)	163.00	539.00
Los Gatos Groups	0.00	2,100.00
Los Gatos Tuesday Night 110 (Tues.)	105.00	280.00
Meditation Meeting LA 39 (Sat.)	0.00	102.80
Men's 4th Step Group 320 (Fri.)	0.00	84.00
Men's Basic Step Study Group 891 (Tues.)	201.00	884.00
Men's Group 97 (Mon.)	0.00	459.00
Men's Honesty Group SJ 26 (Sat.)	0.00	1,648.50
Men's Single Problem Study 89 (Mon.)	0.00	1,175.00
Men's Single Problem Study 220 (Thur.)	0.00	2,135.00
Midday Women's Group 91 (Mon.)	204.40	847.05
Monday at a Time 208 (Mon.)	0.00	71.39
Monday Midday Meeting PA 714 (Mon.)	50.00	330.00
Mountain Miracles 882 (Thur.)	157.50	617.40
Mountain View Group 350 (Sat.)	282.51	500.70
New Direction 12 x 12 90 (Mon.)	0.00	64.82
New Life Start 444 (Sun.)	0.00	580.22
New Nooners 808 (Mon.)	0.00	350.00
New People's Group 3 (Sun.)	0.00	119.35
New Steps for Living 20 (Sun.)	412.85	1,481.82
Newcomers, Oldtimers (Women) 769 (Sat.)	0.00	101.50
Noon Discussion 177 (Wed.)	0.00	140.00
Oldtimers Meeting 80935	70.82	70.82
Palo Alto Group 302 (Fri.)	0.00	1,145.20
Palo Alto Men's Meeting 525 (Tues.)	0.00	671.89
Pass It On Group Los Altos 418 (Sun.)	0.00	1,041.94
Personal 00911	646.97	9,011.59
Plaza Del Rey Group 52 (Sun.)	0.00	230.00
Progress Not Perfection 229 (Sun.)	0.00	105.00
Rincon Men's Fellowship 567 (Thur.)	0.00	719.00
Roots LG 344 (Sat.)	749.00	749.00
San Martin Candlelighters MH 378 (Sat.)	0.00	120.00
Saratoga Group 328 (Fri.)	0.00	1,000.00
Saratoga Serenity Group 329 (Fri.)	0.00	28.50
Saturday 6PM Meeting LG 413 (Sat.)	0.00	210.00
Saturday Morning Los Gatos 777 (Sat.)	0.00	1,540.00
Saturday Night Promises PA 847 (Sat.)	0.00	385.70
SCCYPAA	0.00	560.00
Second Tradition Group Spkr 721 (Sat.)	810.00	1,550.50
Serenity Discussion 210 (Wed.)	719.80	2,563.00
Shared Gift (The) (Women) 61 (Mon.)	0.00	405.00
Signs of Sobriety .) 402 (Mon.)	0.00	25.00
Single Problem Study (Men) 212 (Wed.)	0.00	210.00
Sizzler Group 27 (Sun.)	0.00	175.00
Sober and Free Convention 70928	0.00	175.00
Sober in the Park 688 (Sun.)	0.00	876.00

•	Oct 10	Jan - Oct 10
South County General Service District 40	0.00	25.00
South Valley Men's 845 (Thur.)	100.00	100.00
South Valley Women's Surrender 88 (Mon.)	0.00	400.00
Speaker Meeting PA 18 (Sun.)	75.00	815.00
Spiritual Awakening 813 (Tues.)	0.00	746.61
Spiritual Progress 269 (Thur.)	0.00	21.00
Spiritual Step Study Group 233 (Sun.)	128.70	571.92
St. Luke's Group 113 (Tues.)	0.00	400.00
St. Mark's Group 270 (Thur.)	0.00	350.00
Starting the Steps 753 (Fri.)	0.00	100.00
Step Study (Women) LG 820 (Wed.)	0.00	214.76
Sundowners' Dinner Meeting 768 (Wed.)	40.00	210.00
Sunshine Group noon 243 (Thur.)	420.00	763.00
T.G.I.F. Speaker/Discussion 298 (Fri.)	0.00	750.00
The Other Wednesday Nite (Men) 209 (Wed)	320.00	1,505.00
Think Tank (Men) SJ 361 (Sat.)	0.00	1,680.00
Trinity Group 370 (Sat.)	0.00	75.00
Tuesday Night Men's Meeting 525 (Tues)	0.00	140.00
Tuesday Night Saratoga Group 152 (Tues.)	0.00	358.00
Tuesday Noon Step Study 556 (Tues)	0.00	490.00
University Beginners 176 (Wed) SC	0.00	49.63
Up the Creek-Daily Reflections 745(Tues.)	0.00	300.00
Veterans of Alcohol (Open) 874 (Tues.)	0.00	490.00
Veterans of Alcohol North (Open)338(Tue)	0.00	120.00
Villages Group of AA (The) 406 (Mon	0.00	780.55
We Are Not Saints 12 & 12 520 (Tues.)	0.00	61.00
We Care Step Study 128 (Tues.)	140.00	140.00
Winchester Mystery Meeting 102 (Tues.)	0.00	240.00
Wisdom to Know PA 651 (Mon.)	100.00	100.00
Women's Brunch PA 640 (Sat.)	282.00	1,029.00
Women Sharing the Solution 519 (Thur.)	0.00	369.60
Women to Women (Sat.) 704	0.00	80.30
Young at Heart 182 (Wed.)	0.00	70.00
TOTALS	13,272.66	117,775.80
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CALLING ALL ACTORS/ACTRESSES

Auditions for the Upcoming Play:

"IN OUR OWN WORDS - THE PIONEERS OF AA"

Bowers Park in Santa Clara 2582 Cabrillo Ave. (Near San Tomas Exp) Saturday January 22, 2011 1:00 P.M. – 4:00 P.M.

THERE ARE LOTS OF CHARACTERS (Really? In AA?) IN THIS PLAY AND WE NEED LOTS OF FOLKS TO PLAY THEM!

SO COME AND TRY OUT - EXPERIENCED OR NOT! (PLEASE BRING A RECENT PHOTO OF YOURSELF)

THIS PLAY HAS BEEN PERFORMED IN SAN FRANCISCO, SAN ANTONIO (AT THE INTERNATIONAL CONVENTION OF AA) AND OTHER CITIES AND TOWNS AROUND THE WORLD!

AND NOW IT WILL BE PERFORMED HERE IN SANTA CLARA COUNTY DURING FOUNDERS DAY EVENTS IN 2011

Sponsored by: The Santa Clara County Intergroup of Alcoholics Anonymous

Original Scripts are Available at Central Office

For More Information Contact: Bruce K. at 408-374-8420 at Central Office M-F 9:00 – 4:30 or at www.aasanjose.org OR: The Director, Joel F. at 408-371-7458

More About

"IN OUR OWN WORDS: PIONEERS OF ALCOHOLICS ANONYMOUS"

This stage play is about the events and people involved in the development and understanding of our Traditions, especially our Third Tradition, "The only requirement for membership is a desire to stop drinking."

In the performance of this play you will hear the stories of:

FLORENCE R. - author of "A Feminine Victory"

SYBIL C. - first woman in A.A. west of the Mississippi MARTY M. - first woman to achieve lasting sobriety

BARRY L. - early gay member and author of "Living Sober"

JOE McQ. - first African American in the South

JIMMY M. - one of the first African American women

RICARDO M. - San Quentin inmate

JUNE G. - young, smartly dressed lawyer
YOUNG JUNE - 13 year old "tough broad" in 1972
YPAA'S - enthusiastic young people in A.A.

DICK P. - first Spanish Speaking member, translated Big Book into

Spanish

MAYNARD & TALL MAN- first Native American members

This theatrical experience brings to life the sometimes painful and always intriguing evolution of our Fellowship into one of the most diverse and welcoming organizations in the world. "In Our Own Words" was written by Jackie B. of San Francisco and was performed, to enthusiastic reviews, at the International Convention in San Antonio, Texas this year. This International Convention marked the 75th anniversary of A.A., and Grapevine sponsored these performances in celebration of that historic event.

We are looking for experienced actors to play these "real people", as well as folks who have had personal experiences in these sensitive roles. We will happily tutor those chosen to play a role if experience is lacking.

Auditions will be held January 22, 2011, at Bowers Park at Cabrillo & San Tomas, in Santa Clara from 1:00PM to 4:00PM. Please join us; let's have some fun.