

**Trusted Servants
in Your Employ:**

Mary G.
Maria G.
Sherri G.
Judy P.
Gina J.
Jessica J.
Tennessee B.
Todd W.
Debi H.
Tony B.

**Trusted Servants on
The Board Of**

Directors
Cha-Cha W.
Chuck H.
Nell W.
Carmine M.
Arturo G.
Ed P.
Michele O.
Cora S.
Joe H.

The San Jose Alano Club News

Home of The Fair Avenue Fellowship

1122 Fair Avenue
San Jose, California
297-1878

March 1996

A Community Asset

Volume 45.3

To The Members of the Alano Club of San Jose:

I want to thank you all for the opportunity to serve you as a Board Member. I have learned a great deal in character building. It truly has been an experience. Congratulations to all the new oncoming Board Members. Good Luck and God Bless you as you grow in leadership.
Thanks Again **Maggie Claman**

These Club Members Will Be Celebrating A Milestone In Recovery In The Month Of March:

Carolyn S.	3/19/77	Paul P.	3/1/79	Wayne S.	3/6/81	Dennis F.	3/27/85
Roy F.	3/21/87	David R.	3/21/88	Jesse M.	3/7/89	Belinda O.	3/13/89
Rube E.	3/15/89	Joey D.	3/23/89	Royce F.	3/25/89	Andre M.	3/7/90
Bruce B.	3/16/91	Greg W.	3/17/91	Glenn S.	3/12/92	Mike A .	3/28/92
Coach B.	3/1/93	Cliff D.	3/15/93	Jose B.	3/1/94	Esequiel Z.	3/15/94
Bruce K.	3/1/95	Cathelina T.	3/1/95	Dana F.	3/1/95	Yolanda F.	3/1/95
Craig S.	3/12/95	Katy M.	3/13/95	Pete T.	3/15/95	Fred G.	

3/21/95

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The Courage to change the things I Can

Courage-Means living your life- - -

Courage - Means holding on to your belief in who you are - - -

Courage- Means asking for forgiveness with a handshake and a hug - - -

Courage - Means caring for others with patience, tolerance, kindness, and a loving spirit - - -

Courage - Means holding on to your dreams - - -

But most of all in this wild crazy world

Courage - Means risking your heart By Don Harris

For my Son, Don Harris Jr. 2/13/96

Julie Davis

The Board would like to recognize and appoint Julie as Member of the Month. For her unending help in our Bake Sales over the years but most recently for the Valentines Day Bake Sale. Thank You - - Julie

Where's The Beef?

Where's the Corn?

Where's The Cabbage?

We got em all! Sunday Saint Patricks Day Dinner will commence at 4:00 p.m. This will also be a great time to review and approve our newly revised by-laws if you are a member. And if you are not---- Why Not?

Interested in joining another twelve step program?

Most of us have been searching for ways to overcome the dilemmas of the conflicts in our relationships and our childhood's. Many of us were raised in families where addictions existed - - some of us were not. In either case, we have found in each of our lives that codependency is a deeply rooted, compulsive behavior and that it is born out of our sometimes moderately, sometimes extremely dysfunctional family systems.

We have each experienced in our own ways the painful trauma of the emptiness of our childhood and relationships throughout our lives. We attempted to use others - - our mates, our friends, and even our children, as our sole source of identity, value and well-being and as a way of trying to restore within us the emotional losses from our childhood's. Our histories may include other powerful addictions which at times we have used to cope with our co-dependency.

We have all learned to survive life, but in CoDA we are learning to live life. Through applying the Twelve Steps and principles found in CoDA to our daily life and relationships, both present and past, we can experience a new freedom from our self-defeating lifestyles. It is an individual growth process. Each of us is growing at our own pace and will continue to do so as we remain open to God's will for us on a daily basis. Our sharing is our way of identification and helps us to free the emotional bonds of our past and the compulsive control of our present.

C0-Dependents Anonymous is a fellowship of men and women whose common problem is an inability to maintain functional relationships.

The first day of the meeting will be the first day of spring March 20th. Wednesday, 7:00 p.m. **SHARP at the Alano Club Downstairs, Suggested Reading Codependent No More, by Melody Beattie, most bookstores. For more information you can contact Tony B. 297-1878**

We would recommend that you have a strong foundation in AA, CA, NA. If you have any of these addiction problems, this will enhance but not replace your other 12 step programs. Everyone is welcome.

Change is a process, Not an event.

Many Thanks To The Peninsula Alano Club of San Mateo

They hosted the Alano Clubs' Networking meeting that has been held quarterly for over a year now. We would like to welcome Alano Club West and Mid-Peninsula Alano Clubs to our meetings. I cannot begin to say how much help these meetings have been to us over the last year. Mid-Peninsula Alano Club will be having its' Grand Opening on Saturday, April 6, 1996 with a meeting at 7:00 p.m. and the Dance to begin at 8:15p.m.

If you are out and around I'm sure they could use a little extra support. 155 S. Taffee Street. Sunnyvale.

Forgiveness is very important. It's not the people that I'm busy hating that are suffering - it's usually the people around me who take the punishment.

Thank You For Your Support And Making Our Goals Possible

The Board of Directors, The Alano Club Staff, The Membership, And all those that use the Alano Club.

Fair Avenue Fellowship Group (FAFG) Steering Committee Meeting

The next meeting of the *Fair Avenue Fellowship Steering Committee* will be Sunday, March 17th at 5:00 p.m. All meeting FAFG Secretaries are reminded that they are members of this committee and that their attendance is highly desired. The more who attend; the more ideas we have to consider for improvement of our Group.

Second Secretary's Workshop scheduled for March 16, 1996

Last month FAFG conducted their first *Secretaries Workshop*. We graduated seven persons. On March 16th at 10 a.m. we will be holding our second workshop under the new format. The *Workshop* will end promptly at 12 noon. All persons who are interested in becoming meeting secretaries are encouraged to attend. If you wish to attend, please provide your meeting secretary with your full name, your phone number, and your sobriety birthdate. You will be notified if you are selected to attend. Remember if you are selected to attend ***please*** be on time. Once the training begins, late arrivals will not be admitted. This is necessary because of the tremendous amount of material that must be presented in a relatively short time.

I'm the adult child of a non-alcoholic.

I've got nobody to blame.

We have scheduled Sangria for a dance in late April.

We are having lots more specials in the Coffee shop. We have changed since the last time you were here. So take a little time and drop by. We may never be fast food, but I really think that we are good food.
Tony Baron

The Eleventh Annual Alano Club Golf Classic

We were fortunate enough to get a reservation at Moffet Naval Air Station again this year. Because we are really lucky there was a cancellation and we now have Sunday, June 23rd @ 11:00 p.m. Last years tournament was one of our most successful and I hope you will join us in making this years tournament good for the Club as well. \$50.00 entry fee for golf, lunch and a power cart. This is one of the most reasonable golf tournaments in the bay area. We also offer a hole sponsorship for a \$50.00 donation. With this you may advertise a business

or just have some message at a particular hole on the golf course. So mark you calendars, get out your check book and write, write, write!

After a Particularly Difficult Evening, the beleaguered husband went searching through some old papers and came up with a copy of the couple's marriage license.

"Why are you looking at that?" asked the alcoholic spouse.

"I was wondering whether or not it had an expiration date on it."

