

The San Jose Alano Club News

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The Mission of the Alano Club is to maintain a safe and stable environment of 12 Step Recovery, to allow support and Fellowship to take place.

A Community Asset For The Last Fifty Years

Trusted Servants on the Board of Directors:

Cora Stewart
Frank Peralta
Carolyn Schaupp
Lawra Garza
Rudy Lugo
Mike Adams
Mitch Mitchell
Dolores Espinoza
Frank Gutierrez

Trusted Servants in Your Employ:

Tony Baron
Diana Rendlemen
JoAnn Genuso
Debi Harriagan
Dorena Maguire
JoAnn Bustamante
Angel Ortega
Val Cummings

Recovery Mile Stones

These people will Celebrate Recovery Birthdays This Month

34 Years: Sam A. 4/1/67

21 Years: Ralph S. 4/24/80

20 Years: Doris K. 4/6/81, Nancy P. 4/24/81

17 Years: Regina P. 4/5/84, Chris L. 4/28/84

14 Years: Robert H. 4/1/87 12 years: Kym H. 4/8/89

10 Years: JoAnn J. 4/18/91, Joe H. 4/28/91

3 Years: Patty R. 4/26/98, Garland O. 4/29/98, Kelly B. 4/7/98

2 Years: Jewel K. 4/19/99, Chris L. 4/24/99 1 Year: Mathew P. 4/20/00



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Member of the Month

Sometimes the member of the month is not only chosen by the amount of volunteering a person is doing, but also by the spirit they bring with them to the club. Because you have to be willing to give it all away to help yourself and others, that means going the extra distance. Not just being there, but working your program, helping when asked, and giving with a loving, open and cheerful heart. The Alano Club would like to say Thank You to Member of the Month, **Judy Park.**

"What you think about is what you become."

Upcoming Events

April 15th - Easter Sunday, The Easter egg hunt starts at 2 p.m., Bring the kids and join in the hunt.

We are looking for some volunteers, who would like to help out with the Easter preparations, if you are interested get in touch with Cora Stewart at (408) 223- 1151, as soon as possible.

April 19th - Alano Club Board Meeting 7:30 p.m

May 12th - Women in Recovery Day. Sorry but all the men will be out in the Serenity Gardens for the day.

May 13th - Remember Mother's Day.

June 17th - Don't forget Father's Day.



The Easter Bunny's is coming.

A Celebration of the Life of Dr. Martin Luther King Jr.

Although we are a month late reporting on this event it was a great success we would like to thank everyone for attending, a special thanks goes out to the vendors who had booths, there; Rochelle's Boutique, BMDPT (Black Men Doing Positive Things) and also to ESO. Thank You for all your support, hope you had some fun and we would hope to see you next year.

*"THANKS TO
ALL WHO
ATTENDED,
SEE YOU
NEXT YEAR."*

The Alano Club will present , in May Women in Recovery Day.

This event will be on Saturday May 12th 2001. There will be panels on different subjects relating to Women's issues; also Raffles thru-out the day, a Bar-B-Q , and Massages and Manicures.

For more information call:

Cora Stewart (408) 223- 1151, Dorothy Frost (408) 258- 6130 or Cha-Cha (408) 258-1089

P.S.

The men will be meeting for fellowship in the Serenity Gardens on that day.



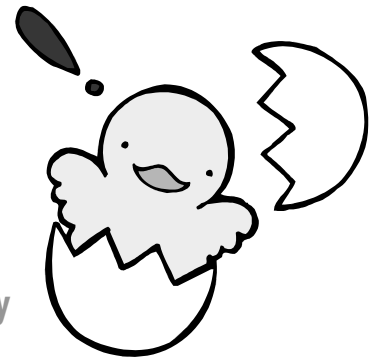
Some Bunny Loves You

When you hold onto the past with one hand and grab at the future with the other, you have nothing with which you can hold on to today.

Check Out The Dances!

If you have not checked the Alano Club dance's out lately, you are missing out. The St. Patrick's Dance was outa hand!, and next months dance promises to be just as good. The Alano Club has started, Once a Month Dances, check them out. In an effort to bring good clean and sober dances back to the area, and to get good things going back in the club, The Alano Club is asking for your help. If you are tired of driving long distances to go to clean and sober dances, than check out The Alano Club. If you are new to recovery and don't know where to go to have clean and sober fun, than check out the once a month Alano Club Dance's. Come out and support local clean and sober dances, by the Alano Club of San Jose.

Once a Month Dances are Back, at the Alano Club.



An Open Letter From A Chemical Dependent Person To The Family

I am a chemically dependent person, I Need Help.

1. Don't allow me to lie to you and accept it for the truth. In so doing, you encourage me to lie. The truth may be painful, but get at it.
2. Don't let me outsmart you. This only teaches me to avoid responsibility, and to lose respect for you at the same time.
3. Don't lecture me, moralize, scold, praise, blame, or argue when I'm drunk, high or sober. Don't pour out my liquor, or take away my drugs. You may feel better, but the situation will be worse.
4. Don't accept my promises. This is just my method of postponing pain. Don't keep switching agreements. If an agreement is made, stick to it.
5. Don't lose your temper with me. It will destroy you and any possibility of helping me.
6. Don't allow your anxiety for us to compel you to do what I must do for myself.
7. Don't cover up or abort the consequences of my drug use. It reduces the crisis, but perpetuates the illness.

Above all, don't run away from reality as I do. Chemical dependency, my illness, gets worse as my use continues. Start now to learn, understand, and to plan for my recovery. I need help from a doctor, a counselor, a psychologist, or a recovering alcoholic or addict and from God. **I Cannot Help Myself.**

I hate myself, but I love you. To do nothing is the worse choice you can make for us. **PLEASE HELP ME.**

"Chemical Dependency is a Family Illness and Needs Total Family Involvement for Recovery".



"Recovery is Not Easy, But I Fear Addiction Far Worse".

From The Editor and the Alano Club,
Have a
"HAPPY EASTER".