

The San Jose Alano Club News

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WWW.ALANOSJ.ORG

The Mission of the Alano Club is to maintain a safe, secure and stable environment for 12 Step Recovery, 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
Mike Adams
John Barker
Dolores Espinoza
Frank Gutierrez

Trusted Servants in Your Employ:

Tony Baron
Mary Garcia
JoAnn Bustamante
Angel Ortega
Kelly Swanberg
John Mack
Cindy Carrasco
Val Cummings

Recovery Mile Stones

These people will Celebrate Recovery Birthdays This Month

50 Years: Al E. 7/22/51

28 Years: Tony B. 7/4/73

18 Years: Marianne C. 7/19/83

17 Years: Gina J. 7/25/84

16 Years: Fred G. 7/7/85

14 Years: Carolyn M. 7/12/87, Ed Y. 7/14/87

13 Years: John M. 7/7/88, Solomon T. 7/22/88

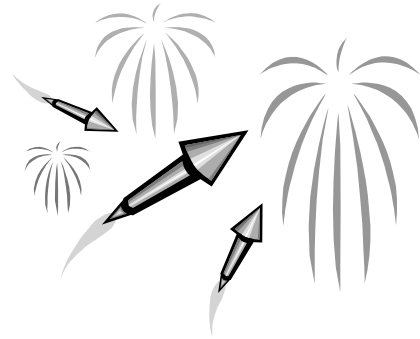
12 Years: Richard C. 7/11/89

5 Years: Gary P. 7/22/96

3 Years: Rudy P. 7/11/98

2 Years: William W. 7/25/99

1 Year: David M. 7/5/00, James S. 7/17/00, Paco Q. 7/20/00, Raymond P. 7/24/00



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Member of the Month

Special thanks goes out to this months member of the month for his help making flyers, donating coffee, and all the extra work he does at the Alano Club. Above and beyond the call of membership duty, this months Member of The Month is **Milton B.** Thank You from the Alano Club.



"No one can make you take a drink, and no one can make you stop."

The Alano Club has a new Web site, check it out! WWW.ALANOSJ.ORG

Upcoming Events

June 30th - The Alano Club will be having it's once a month dance, come and enjoy the fun. Time: after the 8 o'clock speaker meeting.

July 4th - there will be a Fourth of July Bar-B-Q , Wednesday 1 p.m. at the Alano Club. Come on out and celebrate the 4th.

Guess who won the 84 Dodge Rampage? It was Arnold C. Congratulations!!!



"Recovery"

Advertising not always harmless

If you think Alcohol advertising is not affecting your children, read this from the (US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, 1994).

" Alcohol advertisements overwhelmingly associate drinking with positively valued activities and consequences such as romance, sociability, and relaxation and create a climate in which drinking is presented as normal, appropriate and benevolent. More subtly, the use of alcohol is linked to happiness, wealth, power, prestige, sophistication, success, maturity, athletic ability, virility, romance, creativity, sexual satisfaction, and other positive images. Adolescents who are heavily exposed to advertising were more likely to agree that drinkers possess valued characteristics such as being attractive, athletic or successful."

Please talk to your children, keep communication open with them. Don't let them learn from advertisements. **TEACH THEM THE TRUTH.**

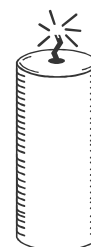
Follow the steps.

4. We made a searching and fearless moral inventory of ourselves.

5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Made a decision to turn our will and our lives over to the care of God as we understood him.

"IF YOU KEEP BRINGING YOUR BODY, YOUR MIND WILL SOON FOLLOW."



" First things first."

"Yesterday is so far in the past I can't see it; tomorrow is too distant in the future to be seen. So I'll take a good look at what I can see— today."

Check Out The Dances!

If you have not checked the Alano Club dance's out lately, Then what's up? If you are tired of driving long distances to go to clean and sober dances, than check out The Alano Club. 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.

Words of encouragement

Live Life in the Present

It is as useless to drag old concerns into the present, as it is to fear the future. The only thing that really matters is how we are living our life at each moment. Even knowing this, we often waste so much energy on what was, and what will be that we have little time left for what is.

I did not get clean to go on wasting my life, I changed my life to live , I will not go back!

Believe in Yourself

Remember, Those who believe in themselves, and trust in the moment, are those who find life most enjoyable. They have learned that the past is a place to store memories, not regrets; that the future should be full of promise, not apprehension. And the present is all we need.

Believe in yourself, you are somebody today. Step Up To Life!

Editors Notes

July means the start of the second half of the year, if your recovery is not as strong as it should be, then it's time to start working harder for what you want. And if what you want is the freedom from addiction and the disease of alcohol and drugs, then how hard should you work?, How hard do I work to save my life? I went to any lengths to get high!. **Don't stop half way**, the 4th of July can mean Independence and Freedom for you, from all things, even **Drugs!**

Happy fourth of July

“You have to be able to live with yourself before you can live with another person”



“It's not what happens to you but how you perceive it”.



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

From The Editor and the Alano Club.