

The San Jose Alano Club News

1122 Fair Ave.
San Jose, CA 95122
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WWW.ALANOSJ.ORG

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Trusted Servants in Your Employ:

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Regina Palacios
Larry Avelar
Mary Mejia

*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

Recovery Mile Stones

These people will Celebrate Recovery Birthdays This Month :

24 Years: Ralph S. 4/24/80

23 Years: Nancy P. 4/24/81

21 Years: Sonia F. 4/7/83

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

14 Years: Manuel M. 4/7/90, Wanda S. 4/17/90

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

7 Years: Benny A. 4/6/97, Ray M. 4/29/97

6 Years: Kelly B. 4/7/98, Patty R. 4/26/98

5 Years: Tina M. 4/10/99, Jewel K. 4/19/99

4 Years: F

3 Years: Wade G. 4/8/01, Wilo R. 4/10/01

2 Years: Donnie G. 4/1/02, Amos G. 4/15/02, Scott L. 4/20/02

1 Year: Mason H. 4/30/03



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Club Rules

Please - The Alano Club does not allow animals in the building or on the property, with the exception of Seeing Eye dogs. Thank you for your cooperation and support.

Please - be considerate about where you park, the Alano Club is aware that parking is at a premium , but if you park in the no parking area along the side of the club, that is considered a fire lane and your car can be towed.

Please - No Children (Under 13 years old) allowed on the Club Property after 9:30 p.m.

Please - No weapons of any kind allowed on the Club Property, No Violence or threats of Violence will be tolerated for any reason.

Thank You - The Management



“ Came; came to; came to believe.”

The Alano Club of San Jose Presents:

April Recovery Birthdays

Dance and Party

Celebrate our clean and Sober Birthdays.

Everyone is invited to attend.

Without you it would not be possible

Saturday, April 24, 2004

The Alano Club

1122 Fair Ave., San Jose, CA

Pottluck Dinner from 3 pm to 5 pm.

Meetings from 6 p.m. to 7 p.m.,

then the Main Speaker Meeting at 8 pm.

The Dance Starts after the Main Speaker Meeting.

Donations - \$4.00 Recovery Homes

\$5.00 all Others

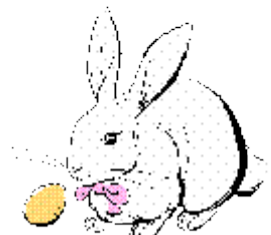
Sign Up Now To Participate:

Contact: Luis and Wanda S. at (408) 254- 2624 or (408) 390-

0804



“ H.O.W. -
Honesty,
Openmindedness,
and Willingness. ”



Words of encouragement

Over Serious Anonymous 12 Step Program

1. We admitted that we were powerless over seriousness -- that our lives had become unmanageable.
2. Came to believe that only by lightening up could we achieve a state of non-seriousness.
3. Made a decision to turn our constant self-criticism over to our sense of humor and learn to "lovingly and wholeheartedly" laugh at ourselves.
4. Decided to give ourselves a break once in a while, instead of constantly doing searching and fearless moral inventories of ourselves.
5. Admitted to God, to ourselves, and to another human being that our wrongs were often in our heads.
6. Were entirely ready to accept that our characters were as good as anybody else's and possibly better than most.
7. Quit harping on our shortcomings.
8. Made of list of all persons we thought we had harmed and saw that they'd forgotten all the crap we'd blown out of proportion.
9. Quit making amends for breathing air and taking up a few square feet of the planet's surface.
10. Resigned ourselves to the fact we were going to criticize ourselves at times, but would try to stick to our guns when we knew we were right.
11. Sought through prayer and meditation to calm down and realize we're not responsible for everything.
12. Having experienced immense relief from these steps, we would try to carry this message to other over-serious people and to practice these principles in all of our affairs.

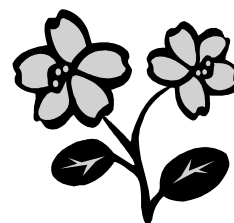
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**“ I am not responsible for your feelings, just my behavior. “
“ What you think of me is not my business.”**

*Watch for the
Alano Club
Dances . Please
give your support
to all the Alano*



“ You are only as
sick as your
secrets ”



“ It’s not what leads you to
using, it’s where the using
leads you .”



“ Don’t look down on
another person unless,
you are leaning over to
help them up.. “