

Volume 53, Issue 5

May 2004
" Memorial Day "

The San Jose Alano Club News

1122 Fair Ave.

San Jose, CA 95122

Phone # (408) 297-1878, Fax # (408) 297-4100

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:

Thomas Graham
Betsey Pierce
Dorothy Frost
John Mack
Tina Morrill
Brunie Oyao
Mike Austin
Luis Salas
Shawn Oyao

Trusted Servants in Your Employ:

Tony Baron
Mary Garcia
Whitney Gonzales
Diane Nichols
Regina Palacios
Larry Avelar
Freddie Parra
Amanda Flores

Recovery Mile Stones

These people will Celebrate Recovery Birthdays This Month :

43 Years: Joe B. 5/7/61

19 Years: Steve H. 5/6/85

13 Years: Ed R. 5/11/91, Norris P. 5/26/91

11 Years: Frank P. 5/24/93

10 Years: Alan B. 5/5/94

8 Years: Ken G. 5/1/96

7 Years: Willie C. 5/2/97

6 Years: Guillermo M. 5/10/98, Lola C. 5/23/98

3 Years: Michael L. 5/2/01

2 Years: Clinton F. 5/5/02, William D. 5/10/02, Jess R. 5/18/02

1 Year: Nicholas R. 5/5/03, Rudy R. 5/19/03, Christina H. 5/26/03, Jenna S. 5/28/03



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Member of the Month

This months "Member of the Month" is me, the editor **Frank G.** But instead of the Club thanking me, I would like to thank the Club. For giving me a chance to live clean and sober, for giving me a clean and sober place to go, and for allowing me to be of service, because I know, the best way to keep it is to give it away. I would like to thank all the Members of the Club, for being members, for without them these doors

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



“ Formula of failure: trying to please everyone.”

The Alano Club of San Jose Presents:

May Recovery Birthdays

Dance and Party

Celebrate Our Clean and Sober Birthdays.

Everyone is invited to attend.

Without you it would not be possible

Saturday, May 29, 2004

The Alano Club

1122 Fair Ave., San Jose, CA

Potluck 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

Mother's Day

Board of Directors Meeting

May 20, 2004

7:30 pm. In the Downstairs Meeting Room



“ Everybody is my teacher, some teach me what to do; some teach me what not to do. ”



“ it's ok to sit on the pity pot, as long as you know how to fish, man.”

Words of encouragement

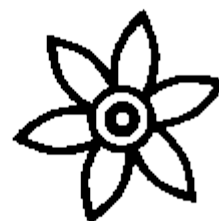
12 Signs of a Spiritual Awakening (Source Unknown)

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything in return.

Watch for the Alamo Club Dances . Please give your support to all the Alamo activities.



" EACH ONE, TEACH ONE."



" If you want to make an easy job seem mighty hard, just keep putting it off."

Gratitude

" Gratitude unlocks the fullness of life.
It turns what we have into enough, and more.
It turns denial into acceptance, chaos to order,
confusion to clarity.
It can turn a meal into a feast, a house into a home,
a stranger into a friend.
Gratitude makes sense of our past, brings peace for today,
and creates a vision for tomorrow."

— Melody Beattie



" People start slipping when they take other

Upcoming Events

THE ALANO CLUB OF SAN JOSE

Up Coming Club Activities

We need help with Yard Sales, Car Washes, Recruiting New Members.
To help, Contact Tony B. (408) 297-1878 or Dorothy F. (408) 258-6130

Check out our web site - www.Alanosj.org

- May 8, 04 - Cinco De Mayo** - "Freedom From Addiction" Starts - 12 pm., Meetings, Entertainment, and Food. Open mic. entertainment 12 pm till 2pm., then a live band "Brown Folk". Also food will be Chile Verdi, beans, rice, and tortillas - meals are \$5.50 Members and \$6.50 Non-Members. Come out and join the fun.
- May 8, 04 - Bake Sale**, 10 am. To 8 pm. Donation of baked goods greatly appreciated. If you would like to help contact Brunie at (408) 272-4576
- May 8, 04 - Dance**, with DJ David A. 9:30 to Midnight. Dance to the music, enjoy the fun, and have a great night! \$4.00 Recovery Homes, \$5.00 All others.
- May 20, 04 - Board of Directors Meeting** - 7:30 pm Downstairs. All currently paid members welcome, Take an interest in how your club runs.
- May 22, 04 - Women in Recovery Day** - 10 am to 4 pm, Panel discussion on issues facing women. \$5.00 donation - Fashion Show, lots of fun and other activities. Please- No Children Allowed in Meetings. For info. Contact Cora (408) 561-8714 or Edith (408) 946-9468
- May 23, 04 - Viva La Viva Group 28th. Birthday** - (live and let live). 12 pm. To 6 pm. Join us in the patio area for Music, Fellowship, Food and Meetings. For info. Contact Fred B. (408) 923-7470 after 10 am.
- May 29, 04 - May Birthday Dance** - 9:30 pm to Midnight, D.J. David A. **See Page 3**-Celebrate your Recovery, the right way, Clean and Sober.
- May 30, 04 - Memorial Day 12 Step Marathon** - For info Contact, Whitney (408) 297-1878.
- June 1, 04 - CAPS Dance**



Coming in june
The First Annual Bike Run,
Blues Festival and Bar-B-Q

Saturday June 12th. 2004

Bike Blessing
Bike Run
Bar-B-Q
Clean and Sober Meetings
Clean and Sober Fun
\$10 an \$15 dollar donation
Includes Bar-B-Q.

For more info Contact -
Mike Austin (408) 286-6914



*"We Care Fund" ask
about it at the Snack Bar,
than ask how can I Help?
Please keep the doors open.*



*"Recovery is Not Easy,
But I Fear Addiction"*