

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
Julie Patterson
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
Joel Lechuga
Amber Garner
Angie Austin

Recovery Mile Stones

These people will Celebrate Recovery Birthdays This Month :

53 Years: Al E. 7/22/51

31 Years: Tony B. 7/4/73

22 Years: Robert B. 7/4/82

17 Years: Nestor D. 7/7/87, Ed Y. 7/14/87, Rick Y. 7/18/87

16 Years: John M. 7/7/88

14 Years: David K. 7/22/90

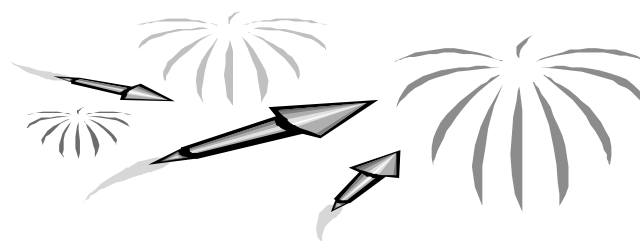
6 Years: Rudy P. 7/11/98, Carlos G. 7/17/98

4 Years: Valton C. 7/1/00, Leonard S. 7/2/00, Richard A. 7/4/00,
Nazario C. 7/13/00, Rina T. 7/30/00

3 Years: Brad R. 7/2/01

2 Years: Lumi R. 7/19/02

1 Year: Cindy S. 7/13/03, Dale B. 7/18/03



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Member of the Month

This months "Member of the Month" goes to one of our Members who has been, not just a member of the Alano Club, but also has served on the Board of Directors for the Club. She helped out whenever she was asked at Alano events, she also went the extra mile and started doing a bake sale to help raise funds for the Club. Do to personal reasons she has been forced to resign from the Board, We are going to miss her, this Month's " Member of the Month" **Brunie O.**

Club Rules

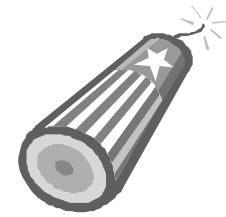
Please - The Alano Club does not allow animals in the building or on the property, with the exception of Seeing Eye dogs. Thank you for your cooperation and support.

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



"Nothing succeeds like persistence"

The Alano Club of San Jose Presents:

July Recovery Birthdays

Dance and Party

Celebrate Our Clean and Sober Birthdays.

Everyone is invited to attend.

Without you it would not be possible

Saturday, July 31, 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

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Board of Directors Meeting

July 15, 2004

7:30 pm. In the Downstairs Meeting Room

"Members make your voice heard."

Get involved and Find out how the doors stay open.

" Take what you can use and leave the rest."



" Everything I ever let go of had claw marks all over it."



" Long to live in order to live long."

Words of encouragement

Expect A Miracle

After a while you learn the subtle difference between

holding a hand and chaining a soul.

And you learn that love doesn't mean leaning and

company doesn't mean security.

And you learn that kisses aren't contracts and

presents aren't promises.

And you begin to accept your defeats with your head up

and your eyes open, with the grace of an adult, not

the grief of a child.

And you learn to build all your roads on today because

tomorrow's ground is too uncertain for plans.

After a while you learn that even sunshine burns if you get too

much.

So plant your garden and decorate

your own SOUL.

Instead of waiting for someone to bring you flowers.

And you learn that you really can endure....

That you really are strong and you really do have worth

And you really are

a child of

GOD

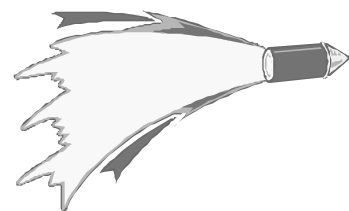
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**“ You can't go back and have a brand new start, but you can
Start now and have a brand new end. ”**

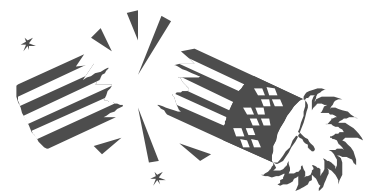
*Watch for the A lano Club
Dances . Please give your
support to all the A lano
activities*



“ If you are not happy today, what day are you waiting for? ”



“Insanity is repeating the same mistake over and over again and expecting different results.”



“Nothing is so bad that relapse won't make it worse.”

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

July 1, 04 - CAPS Dance. For more info contact the Club at (408) 297-1878

July 4, 04 - 12 Step Marathon and Bar-B-Q. for more info contact the Club at (408) 297-1878.

July 10, 04 - Bake Sale and Club Dance. For more info contact the club (408) 297-1878.

July 31, 04 - Birthday Pot Luck. The pot luck is at 3 pm. In the Main Meeting room, Bring something to share.

July 31, 04 - July Birthday Dance. Celebrate our Clean and Sober Recovery Birthdays. Shake your Bootie to the tunes of D.J. David A. the dance starts after the Main Speaker Meeting. All invited to attend. Donations \$ 4.00 Recovery Homes and \$5.00 All others. Show your support to the people celebrating their Recovery Birthdays in June.



“ No matter where you’ve been or what you have done, somebody has “been there” or “done that” before you. ”

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

Visit our



Big Book Guide

Find it in the Big Book.

Anger: pages. 64, 66, 11

Attitudes: page 449

Fear: pages 67, 68, 115, 116

Humility: pages 12, 13, 63, 73

Inventory: pages 64-71

Insanity: pages 24, 37, 38, 57

Self-will: pages 60-62

Slips: pages 120, 139



*“Recovery is Not Easy, But I Fear Addiction Far Worse”.
From The Editor and the Alano Club.*

“ The elevator is broken; use the steps. ”