

The San Jose Alano Club News

1122 Fair Ave.
San Jose, CA 95122
Phone # (408) 297-1878, Fax # (408) 297-4100

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:

- Mike Austin
- Shawn Oyao
- Thomas Graham
- Betsey Pierce
- Frank Gutierrez
- Tina Morrill
- Julie Patterson
- Rudy Lugo
- Brunie Oyao
-

Trusted Servants in Your Employ:

- Tony Baron
- Mary Garcia
- Whitney Gonzales
- Larry Avelar
- Joel Lechuga
- Amber Garner
- Angie Austin
- Wendie Lindsay

These people will Celebrate Recovery Birthdays This Month.

26 Years: Dorthy F. 2/1/79 24 Years: Stace R. 2/26/81

23 Years: Ted G. 2/22/82 21 Years: Phil M. 2/22/84

18 Years: Andy S. 2/15/87, Cora S. 2/24/87

17 Years: John JP P. 2/15/88, Jack S. 2/17/88, Rodney R. 2/26/88

15 Years: Luther B. 2/9/90 14 Years: Jerry V. 2/15/91, Carl L. 2/23/91

10 Years: Horace C. 2/21/95 8 Years: Lawra G. 2/2/97

5 Years: Luis S. 2/6/00

4 Years: Ernest O. 2/1/01, Whitney G. 2/10/01

Tim F. 2/11/01, Irene M. 2/13/01



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Member of the Month

This months "Member of the Month" goes out to two Club Members, Who have stepped up when they where needed to help keep the Alano Club Dances going. Volunteering their time and energy to make sure that these and other Alano events came off without a hitch, the Club would like to say "Thank you very much for all the hard work," to this months "Members of the Month" **Luis S. and Wanda S.**

Club Announcements

The Alano Club - The Club will be closing at 10 pm. Every night except, Tuesdays and the 2nd and last Saturday of the month.

The Alano Restaurant - Will be closing the grill at 9 pm., so if you want something hot and good, please order before 9pm.

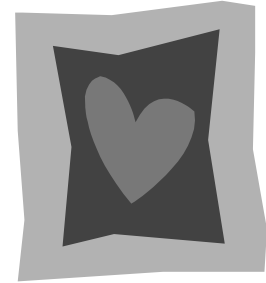
Alano Membership - The Alano membership has been slowly increasing, if you come to the Club and are not a member, Please Join, your membership helps keep these doors open, If you are a sponsor please encourage your sponsee to use the club as well as to join as a member. It gives you and many others a place to have 12 step meetings, clean and sober events or just a place to go and be around clean and sober people, your membership also gets you discounts at the restaurant and at some Club functions. Bottom Line this place saves lives, maybe yours.

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, people will think you're very special and just can't think too well.

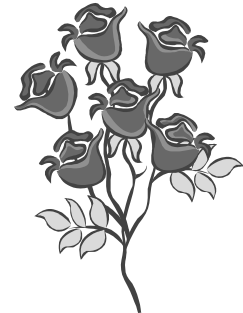
Please - No weapons of any kind allowed on the Club Property, No Violence or threats of Violence will be tolerated for any reason.

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

Thank You - The Management



"Depression is anger turned inward."



The Alano Club of San Jose Presents:

Alano Recovery Dances'

Next Dance - Saturday February 12, 2005

Saturday February 26, 2005

The Dance Starts after the 8 pm. Main Speaker Meeting.

Donations - \$4.00 Recovery Homes

\$5.00 all Others

If you would like to help:

Contact: The Club at (408) 297-1878

"There is no magic in recovery, only miracles."



"Guilt is the gift that keeps on giving."

Words of encouragement

This was taken from (Stepping Stones to Recovery for young people, Hazelden 91).

Ready for a relationship ?

The common advise given to newcomers is to wait a year before getting involved in a relationship or making any major decision. This advise is based on years of experience fellow members have had in recovery.

While this is usually a very good guideline, it's also true the quality of our recovery can't be measured by the number of days in the Program. Most of us learn to follow advice and directions, and to work the suggestions given- except those we don't like! Than we learn the hard way.

Relationships are a very serious matter. Sexual obsessing and frustrations lead a lot of people away from the program and back out the door, or cause them to get stuck so they don't make any progress in recovery. We hear and read a lot about love, sex, unhealthy dependency, and self-seeking. They should not be ignored.

My sponsor gave me the following list of suggestions to go over, to help me decide if I were ready for an honest relationship:

Do you respect yourself enough to respect another person?

Are your ideas about relationships and being happy in a relationship based on fantasy ideas that you have seen in movies and on television?

Do you pray every day?

Have you done a Fourth Step inventory?

Have you completed Step Five?

Do you have a sponsor you can talk to openly and honestly about everything?

Do you take regular Tenth Step inventories to see if your ideas about sex and relationships are realistic?

Have you been overly selfish and manipulative in past involvements? Have you changed these behaviors?

Do you enter relationships with high expectations?

Do you just want to be in a relationship so you look more "together," or are you willing to work hard at a relationship?

If a relationship suddenly falls apart, can you stay in recovery and not use it as an excuse for a relapse? Think about these things before you get into a relationship-

"Happy Valentine's Day from the Alano Club."

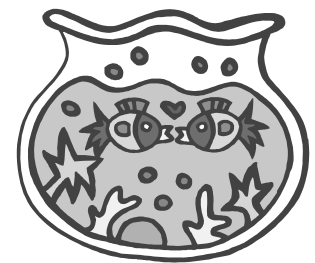
The Alano Club West

These fine folks are having some problems that threatens their survival. If you can help give them a call 293-1936

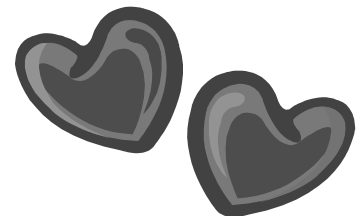
Watch for the New Alano Club Dances . Please give your support to all the Alano activities.



" There is a God and I'm not it."



"Faith is a lighted doorway, but trust is a dark hall."



"Slow But Sure!"

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

Find out what's coming up—Check out our web site - www.Alanosj.org

Feb. 12, 05 - Club Dance - Clean and Sober Dance, starts after the main speaker meeting. Donations \$4.00 Recovery Homes and \$5.00 all others.

Feb. 17, 05 - Board of Directors Meeting - 7:30 pm. Downstairs Meeting Room. All Members Welcome, Help with Club activities. Get involved!

Feb. 26, 05 - Club Dance - Clean and Sober Dance, starts after the main speaker meeting. Donations \$4.00 Recovery Homes and \$5.00 all others. for more information contact the Club at (408) 297-1878

Mar. 12, 05 - Club Dance - Clean and Sober Dance, starts after the main speaker meeting. Donations \$4.00 Recovery Homes and \$5.00 all others.

Mar. 12, 05 - Bake sale - All day Buy Cakes, Cookies, Pies, Breads, and more.... Everyone's welcome, Treat yourself to some treats. Or donate some baked goods for the bake sale, any help welcome. Contact Brunie O. (408) 272-4576 for more information.

May 7, 05 - Women In Recovery - 10 am. To 5 pm. Free Facials, Manicures and Massages. Also panel topics for today's Women in Recovery. Contact Cora S. (408) 227-7856, Brunie O. (408) 234-2069 or Cha Cha W. (408) 274-0588 for more information or to help out.

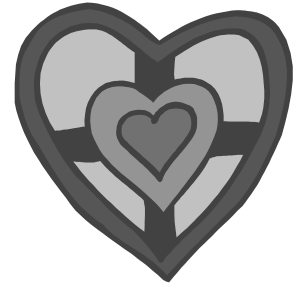
More Bake Sale Dates:

Jun. 11, 2005

Aug. 13, 2005

Oct. 8, 2005

“Mumble, Grumble, Complain, Wallow, Despair, Worry, Hope”



“The elevator is broken
use the steps.”

The Alano Club can use
your help, get involved,
help with activities. For
more info. call Tony B.
at the Club (408)
297-1878

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



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

From The Editor
and the Alano Club.