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# The San Jose Alano Club News

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*The Mission of the Alano Club is to provide 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  
Betsey Pierce  
Chester Patterson  
Frank Gutierrez  
Julie Patterson  
Brunie Oyao  
Susan Boyd

## Trusted Servants in Your Employ:

Tony Baron  
Mary Garcia  
Whitney Gonzales  
Cecilia Huerta  
Diane Nichols  
Regina Palacios  
Larry Avelar  
Tammie Agguire  
Pajon Esposito  
Roseann Martinez

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## Recovery Milestones

### Recovery birthdays—March 2006:

Name	Birthday	Years	Name	Birthday	Years
David A	3/1/84	22	Rudy L	3/23/99	7
David G	3/1/04	2	Royce F	2/25/89	17
Patricia O	3/1/01	5	Dennis F	3/27/85	21
Rod C	3/1/05	1	Jerome A	3/27/04	2
Yolanda M	3/2/04	2	Mike A	3/28/92	14
Monalisa B	3/3/84	22	Regina P	3/28/03	3
Brian H	3/5/05	1	Cindy C	3/31/2000	6
Andy L	3/6/89	17			
Livvy A	3/9/82	24			
Joyce S	3/13/01	5			
Esequiel Z	3/15/94	12			
Glen F	3/16/86	20			
Carolyn S	3/19/77	29			

### Editor correction:

Jack S. was shown in the February  
Newsletter as having 8 years, the correct  
number is 18 years. His sobriety date is  
2/17/88.

John JP P 2/15/88 18 years

Rodney R. 2/26/88 18 years

We apologize for our simple math errors.

## In Memoriam



Don May succumbed to emphysema  
This last week, Don had relocated to  
Arkansas for the past fifteen years.

Our sympathy to the friends and  
family of Don.

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## **The Alano Club of San Jose Presents:**

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### **Alano Club Dances**

*Kick up your heels at a Club dance!*

Saturday March 11

Saturday March 25

*Dances start after the 8 pm. Main Speaker Meeting.*

*Donations - \$5.00 (\$4.00 for recovery homes)*

### **Bake Sale**

March 11th

A small one...In the Cafe

### **St. Patrick's Day Dinner**

Friday March 17th.

In the Cafe

### **Dinner and a Movie**

*Back by popular demand!*

Spaghetti dinner and a surprise movie

Wednesday March 29th

7:00 p.m.

### **Board of Directors Meeting**

Thursday March 16th 7:30 pm.—downstairs meeting room.



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## **Club Announcements**

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**Alano Club Membership:** Keep our club doors open! Join today!

**Parking:** Practice recovery courtesy! Don't park in the fire lane, marked by a "No Parking" sign, located along the side of the club. Please do not park one car in two spaces, and please get the car in between the lines.

**Behavior:** Weapons of any kind are NOT allowed on the Club property. No violence or threats of violence will be tolerated for any reason.

**Children:** No children under 13 years old allowed on Club property after 9:30 p.m. This includes dances.

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## Keep It Simple... Recovery tips on practicing simplicity

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### 12 Simple Instructions

1. Remember you are connected to all living beings.
2. Know who you are and live deeply from that truth.
3. Tend well the relationships and lessons given to you.
4. Move through life at your own pace.
5. Love with an open heart. No holding back.
6. Surrender your will to the Divine will.
7. Seek what is real.
8. Do what is just. Start now.
9. Stay in the moment. We reach our destinations one step at a time.
10. Never stop questioning. Never stop learning.
11. Diminish no one. Even the most unlikely among us is a teacher.
12. Life provides endless opportunities to awaken. Embrace them.

---Meredith Jordan

### Five Simple Rules

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

-- Author unknown.

### The Key of Gratitude

*Gratitude unlocks the fullness of life. It turns what we have into enough, and more.*

---Melody Beattie

Sometimes in life, things happen too fast. We barely solve one problem when two new problems surface. We're feeling great in the morning, but we're submerged in misery by nightfall. Every day we face interruptions, delays, changes, and challenges. We face personality conflicts and disappointments. Often when we're feeling overwhelmed, we can't see the lessons in these experiences.

One simple concept can get us through the most stressful of times. It's called gratitude. We learn to say, thank you, for these problems and feelings. Thank you for the way things are. I don't like this experience, but thank you anyway.

Force gratitude until it becomes habitual. Gratitude helps us stop trying to control outcomes. It is the key that unlocks positive energy in our life. It is the alchemy that turns problems into blessings, and the unexpected into gifts.

Today, I will be grateful. I will start the process of turning today's pain into tomorrow's joy.

— The Language of Letting Go by Melody Beattie

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