

# The San Jose Alano Club News

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*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  
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Betsey Pierce  
Chester Patterson  
Frank Gutierrez  
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Brunie Dyao  
Susan Boyd  
Glenn Fisher

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Larry Avelar  
Tammie Aguirre  
Katie Way  
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CeCe Huerta

## Recovery Milestones

### September Recovery Birthdays—Happy Birthday!!

Name	Birthday	Years	Name	Birthday	Years
Nolan D	9/1/2005	1	Michael R	9/22/1987	19
Robert P	9/2/2005	1	Chuck B	9/24/2001	5
Jill L	9/2/1987	19	Gil B	9/24/1978	28
Kelly B	9/5/2005	1	Michael J	9/24/2001	5
Thomas G	9/7/1982	24	Joe P	9/25/2000	6
Bob C	9/8/1981	25	Mac M	9/25/1973	33
Yolanda P	9/9/1988	18	Katryna W	8/27/1972	34
Edward M	9/9/1997	9	Richard J	9/25/1992	14
Ivory J	9/10/2003	3	Mike A	9/27/1997	9
Sal C	9/15/1988	18	Donald S	9/30/2005	1
Shari W	9/18/2005	1			
Randy G	9/21/1987	19			

We forgot our long time Member Ed Y, Fortunately he was right on time 7/14/87 That's 19 years!



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## September Member of the Month

We have Betsey Pierce who is moving to Illinois to help her folks. Thank you Betsey for all of your help to us while you were on the board and before you were on the board, and of course after your service on the board. The home of Caterpillar Tractors will have a new star.

## **The Alano Club of San Jose Presents— September Activities**



### **Alano Club Dances—They're back!**

September Saturdays: **9th** and **30th**  
Starts at 9:30 — dance til 12:00a.m.  
Come meet new friends and dance partners!



### **Women in Recovery**

Saturday Sept 9th  
10 a.m. — 5 p.m.  
Includes a raffle with cool prizes: \$1 each or 6 for \$5

### **Membership Breakfast**

Saturday, September 23rd, 7:30—10:30

### **Movie and Dinner**

Saturday Sept 16  
Starts at 5:00

### **Board of Directors Meeting**

Thursday September 21st 7:30 pm.—downstairs meeting room.

## **Club Announcements**

**Alano Club Membership:** *We need you to join!* Do you like having a safe, sober, clean and fun place to hang out? We can't do it without memberships! So keep our club doors open! **Join today!**

**Parking:** Practice 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 position the car between the lines. You can do it! Thank you!

**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.

## Alano Club meetings—A Brief Description

Ever wonder about the meetings held here at our club? Below are bits of information about each recovery meeting. Note that we are not promoting them, instead we are providing information about them. The content below was taken directly from each entity's website.

### Alcoholics Anonymous

*What is Alcoholics Anonymous?*

*We are a Fellowship of men and women who have lost the ability to control our drinking and have found ourselves in various kinds of trouble as a result of drinking. We attempt—most of us successfully—to create a satisfying way of life without alcohol. For this we find we need the help and support of other alcoholics in A.A.*

*What happens at an A.A. meeting?*

*An A.A. meeting may take one of several forms, but at any meeting you will find alcoholics talking about what drinking did to their lives and personalities, what actions they took to help themselves, and how they are living their lives today.*

### Cocaine Anonymous

*What is Cocaine Anonymous?*

*Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem, and help others to recover from their addiction."*

*The best way to reach someone is to speak to them on a common level. The members of C.A. are all recovering addicts who maintain their individual sobriety by working with others. We come from various social, ethnic, economic and religious backgrounds, but what we have in common is addiction.*

*What is the definition of a Cocaine Anonymous group?*

*A meeting is when two or more people gather together to share their experience, strength and hope with each other. A meeting may call itself a C.A. Group when: The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances.*

### Co-Dependents Anonymous (CoDA)

*What is Co-Dependents Anonymous?*

*Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery -- learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.*

*What is a CoDA meeting?*

*Attending meetings is necessary for recovery in the CoDA program. A codependent attends meetings for his/her personal recovery, and this attendance benefits everyone, its what creates the group. At meetings, we share our experience, strength, and hope in our program of recovery.*

### Narcotics Anonymous

*What is Narcotics Anonymous?*

*NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We ... meet regularly to help each other stay clean. ... We are not interested in what or how much you used ... but only in what you want to do about your problem and how we can help.*

### Sexual Compulsives Anonymous

*What is Sexual Compulsives Anonymous?*

*Sexual Compulsives Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from sexual compulsion. The only requirement for membership is a desire to stop having compulsive sex. Our primary purpose is to stay sexually sober and to help others to achieve sexual sobriety. Members are encouraged to develop their own sexual recovery plan, and to define sexual sobriety for themselves. We are not here to repress our God-given sexuality, but to learn how to express it in ways that will not make unreasonable demands on our time and energy, place us in legal jeopardy -- or endanger our mental, physical or spiritual health.*