is a monthly newsletter published by the Alano

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 Eight Years

Recovery Milestones

May Recovery Birthdays—Happy Birthday!!!!! Name Name Birthday Years Birthday Years Elaine H. 05/03/97 20 Mark M. 05/24/85 22 Felix L. 05/04/92 15 Norris P. 05/26/91 16 Grace A. 05/05/80 27 Gordies H. 05/31/05 2 Steve H. 22 05/06/85 David R. 05/06/89 18 2 Lucy A. 05/11/05 Joseph C. 05/12/06 1 Rudy R. 05/19/03 Elias M. 05/22/01 6 Frank P. 05/24/93 14

Have you visited our Web Site? .Do you have something you would like

Trusted Servants on the Board : Dorothy Frost

Rudy Lugo

Susan Boyd

Brad Russman

Mike Austin

JoAnn Johnson

Scott Lauer

Laura Martin

Cora Stewart

Servants in Your Employ:

Tony Baron

Mary Garcia

Whitney Gonzales

Taylor Hatfield

Diane Nichols

Regina Palacios

Larry Avelar

Tammie Aguirre

Serina Rente

Monique Washington

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Sponsors, Contributors, 2 Donors.

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May Member of the Month

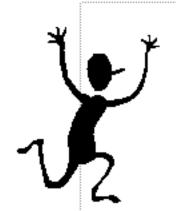
There are so many!!!!

We just want to give a great big thanks to all the members who helped on Easter. We had baskets donated, eggs donated, candy donated and A LOT of Happy Kids!!!!!!!

Regina P for all she has done to make this club a fun Place to be.

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The Alano Club of San Jose Presents— April Activities



Alano Club Dances
Come and Join the Fun!!!
Saturday May 12
And
Saturday May 26

<u>Free</u> Membership Breakfast

Saturday, May26 8:30 am til 11:00 am

Board of Directors Meeting

Thursday, May 17 @ 7:30 pm.—downstairs meeting room.

All Current Members are invited.

Bike Run

June 2007 Everyone Welcome Please see Mike A.

22nd Annual Golf Classic

Sunday, June 10th Held at Ridgemark Golf Course Hollister, California More information at our Website

Memorial Day B-B-Q

Monday May 28 1pm to 5pm Honoring our fallen military

Alano Club Membership: We need you to Continue Paying your Dues. You Help Us Do The Impossible and we appreciate it. Do you like having a safe, sober, clean and fun place to hang out? We can't do it without your membership! So it is up to you to keep our club doors open!

Behavior: We count on Good Behavior!

<u>Children:</u> No children under 13 years old allowed on Club property after 9:30 p.m. This includes dances. Children must not be left unattended for any reason. This includes 12-Step meetings.

We ask the all parents please be responsible for their own children.



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Peggy

Peggys' Husband was stationed in Germany, 1960. When she had knew she had enough of his alcoholism, she had lived with it for 20 years. She was ready to go see the commander and leave. When one day 3 ladies knocked at her door. They said they were from Al-Anon. What's Al-Anon? Families of Alcoholics. To very

On Saturdays they would go to meetings in Munich. She didn't understand step 1- They explained to her it wasn't the alcohol that she drank, it was the alcohol that her husband drank. She didn't understand why her Husband couldn't put a "plug in the jug" So they told her to," Sit on a pot and try to use your will power!" That helped her to understand. Al-Anon helped her to understand that the problem was bigger than her Husband. So In February 1960, Peggy became a member of Al-Anon. Up until the second step she had blame GOD for all her problems. Finally finding a higher power helped her so that she had a place in her mind to go Up until Peggy go to her 3rd Step, she didn't think she had any faults. It took her a long time to and the Serenity Prayer Helped. There were only two meetings when they came back to San Jose. One on Minnesota Avenue and One on Second Street. It was very upsetting to Peggy that Al-Anon wasn't that well know then. So Five Ladies, One being Peggy, Thought how come we don't start a meeting on the East Side. SO In 1962 is what they did. First @ James Lick and the the Alano Club. Peggy has sponsored many people including "can't change nobody" Paul. And Paul still calls her to this day. Peggy is 93 years young and celebrates 47 years of Al-Anon. She says, "serenity is to accept what is and not what we want!"

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.

Sobriety Calculator www.recoveryemporium.com/SobrietyCalculator.htm

Congratulations

To Board Member and Editor of this News Letter, Laura M., For becoming a Great Auntie
Her God Daughter/Niece Gave birth to a 4 lb 14 oz baby boy, Isaac Lopez on 4/13/07
Great Auntie, Grandma (Nani) and Grandpa are all members if AA. What a great gift sobriety is!!!!!