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# 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*

**Trusted Servants on the Board :**

- Milton Brock
- Susan Boyd
- Brad Russman
- Mike Austin
- JoAnn Johnson
- Scott Lauer
- Laura Martin
- Cora Stewart
- Steve Holloway
- @ Sue Salmon

**Servants in Your Employ:**

- Tony Baron
- Mary Garcia
- Whitney Gonzales
- Regina Palacios
- Tammie Aguirre
- Monique Washington
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## Grateful September Milestones !!!!!!!

Name	Birthday	Years	Name	Birthday	Years
Jill L.	9/2/87	20	Thomas G	9/7/82	25
Edward M.	9/9/77	30	Rachelle P.	9/10/06	1
Suzanne P.	9/15/03	4	Sal C.	9/15/88	19
Mercedes N.	9/15/06	1	Paul P.	9/18/04	3
Jessica P.	9/19/04	3	Randy G.	9/21/87	20
Michael R.	9/22/90	17	Gil B.	9/24/78	29
Chuck B.	9/24/01	6	Michael J.	9/24/01	6
Mac M.	9/24/73	34	Joe P.	9/25/00	7
Marlene S.	9/27/93	14	Mike A.	9/27/97	10



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### September Member of the Month

Curtis Hicks for his Dances, BBQ's and his fundraising team.

Have you visited our Web Site? [alanosj.org](http://alanosj.org)

Do you have something you would like to Contribute ?

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

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### Alano Club Labor Day BBQ

Monday Sept 3, 2007

11:00 am to 4:00 pm

### FAFG Labor Day Alkathon

Monday Sept .3, 2007

First Meeting starts at 6:30 am



### Board of Directors Meeting

Thursday, September 20th @ 7:30 pm.—downstairs meeting room.

All Current Members are invited.

### Pathways Dance

Saturday Sept 15, 2007

### In Celebration of the life of Bill Hinkle

Saturday, September 8th

Pot Luck Meeting Bring a dish and share.

400 W. Campbell Ave 3PM to 7PM

### Membership Free Breakfast

Sunday Sept 23, 2007

8:30 am to 11:00 am

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**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!**

**Children:** 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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## Does This Sound Like Step 4 to You?

Today, people everywhere are struggling through life with damaged emotions. They've endured a lot of negative things, causing untold damage that needs to be dealt with. But all too often, these hurts are simply swept under the rug in an attempt to make them go away.

Why don't we want to bring things like that into the open? We're afraid of what people will think. We're afraid of being rejected, misunderstood, or unloved by those we care about or that they might have a different opinion of us if they really knew all about us.

The next step toward emotional healing is confessing your faults. I think there's a place for eventually sharing with someone else the things that have occurred in our lives. There's something about verbalizing it to another person that does wonders for us—but use wisdom. Choose someone you know you can trust. Be sure that by sharing your story with someone else, you don't simply put your burden on that individual's shoulders. Also, don't go on a digging expedition, trying to dig up old hurts and offenses that have been buried and forgotten.

Some people are trapped in denial, afraid of what might happen if others find out the truth. But as long as they deny the past, they're never going to be free from it.

Nobody can be set free from a problem until they're willing to admit they have one. An alcoholic, drug addict or anyone who's lost control of their life is doomed to suffer until they're able to say, "I've got a problem, and I need help with it."

Even though our problems may have been brought upon us because of something done against our will, we have no excuse for allowing the problem to persist, grow and even take control over our entire life. Our past experiences may have made us the way we are, *but we don't have to stay that way.* We can take the initiative by taking positive steps to change things—and we can ask for God's help. Whatever your problem may be, face it, consider confessing it to a trusted friend, and then admit it to yourself.

Face the truth—it can be the beginning of a happier life!