

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 Eight Years

• Trusted Servants on the Board

- Steve Holloway
- Tammy Henry
- Sue Salmon
- Regina Palacios
- Mike Austin
- Chris Giradot
- Domingo Hurtado
- Milton Brock
- Laura Martin

• Trusted Servants in your Employ

- Tony Baron
- Whitney Gonzales
- Maria Garcia
- Regina Palacios
- Kelly Swanberg
- Anthony Martinez
- Diane Nichols
- Tammy Aguirre

May Sobriety Milestones

Name	Birthday	Years	Name	Birthday	Years
Willie C	5/2/1997	13	Rudy R	5/19/2003	7
Raymond F	5/3/2009	1	Elias M	5/22/2001	9
Felix L	5/4/1992	18	Frank P	5/24/1993	17
Alan B	5/5/1994	16	Doris G	5/26/1973	37
Steve H	5/6/1985	25	Norris P	5/26/1991	19
David R	5/6/1989	21	Jeff L	5/27/2000	10
Will D	5/10/2002	8	Douglas C	5/28/2008	2
Andy H	5/13/2005	5	Gordies H	5/31/2005	5
Greg M	5/16/1988	22			

Come Celebrate Saturday May 15, 2010

Birthday Panel Speaker Meeting 8:00 pm

Birthday Dance 9:30 pm to Midnight

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May Member of the Month

Dale P for his donation of a reach in glass door refrigerator to kitchen

Have you visited our Web Site? alanosj.org

Do you have something you would like to Contribute ?

The Alano Club of San Jose Presents— April Activities

Board of Directors Meeting

Thursday

May 20, 2010 7:30pm

All members are always welcome !!



Saturday May 15, 2010

2nd Annual 10K Walk for Recovery

Fund raising packets are due May 9th

Walk begins at 9:00AM



SUNDAY MAY 23, 2010

24TH ANNUAL ALANO CLUB GOLF CLASSIC

RIDGEMARK GOLF & COUNTRY CLUB

12:00 PM CHECK IN 1:00 PM TOURNAMENT BEGINS

DINNER AND AWARDS TO FOLLOW THE ROUND



MONDAY MAY 31, 2010

MEMORIAL DAY B-B-Q

TICKETS ON SALE SOON

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.

Children under 16 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.

**Faith is not belief without proof
but trust without reservation.**



Crossword Answers

- | <u>Across</u> | <u>Down</u> |
|----------------|--------------------|
| 2. preamble | 1. acceptance |
| 8. willingness | 3. alcoholics |
| 9. Bill W | 4. open-mindedness |
| 12. traditions | 5. moral |
| 15. steps | 6. Big Book |
| 16. fearless | 7. Dr Bob |
| 18. meetings | 10. Lois |
| 21. power | 11. wet |
| 22. honesty | 13. recovered |
| | 14. easy |
| | 17. inventory |
| | 19. sponsor |
| | 20. serenity |

The List

- The most destructive habit – Worry
- The greatest joy – Giving
- The greatest loss – Self-respect
- The most satisfying work – Helping others
- The most endangered species – Dedicated leaders
- Our greatest natural resource – Our youth
- The greatest shot in the arm – Encouragement
- The greatest problem to overcome – Fear
- The most effective sleeping aid– Peace of mind
- The most powerful force in life – Love
- The most dangerous pariah – A gossip
- The worlds most incredible computer – The brain
- The worst thing to be without – Hope
- The deadliest weapon – The tongue
- The two most power-filled words – I Can
- The greatest asset – Faith
- The most worthless emotion – Self-pity
- The most beautiful attire – A SMILE!
- The most prized possession – Integrity
- The most contagious spirit – Enthusiasm

*Author Unknown

In Twelve Step meetings, we don't talk about counseling, treatment centers, or non-program reading. Many of us have been helped in these ways, but we shouldn't confuse them with Twelve Step programs.

We must keep our Twelve Step programs pure, no matter what is in style among counselors or at treatment centers, or what the latest books say. Certainly, we should use these sources if they help us, but not in our twelve step meetings. There, we must stick to the basics that have helped alcoholics recover all over the world for many years. Steps, traditions, meetings, sponsorship – these things work, no matter what is in style.