

The Alano Club of San Jose News

1122 Fair Avenue, San Jose CA 95122
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 www.alanosj.org

Board of Directors

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The Alano Club is your Club. Our mission is to:

- Provide a safe & supportive environment where 12-step recovery can take place
- Provide information to help those new to recovery
- Provide encouragement through fellowship within a twelve step community
- Provide a place where twelve step meetings can take place
- Provide a social setting for events and other recovery-related activities.

We have been a community asset for the last sixty years.

Sobriety Milestones

Alano Club Staff

Tony Baron
 Maria Garcia
 Regina Palacios
 Angela Young
 Anthony Martinez
 Lea Guthrie
 Terisa Martinez
 Diamond Valen
 Ricky Lopez
 Daniel Gonzalez

Name	Milestone/Years	Name	Milestone/Years
John K	05/01/2012 1	Fernando R	05/01/2012 1
Felix L	05/04/1992 21	Denise S	05/05/2010 3
Joe L	05/05/2012 1	Steve H	05/06/1985 28
David R	05/06/1989 24	Susan S	05/09/2011 2
Marygrace H	05/12/1979 34	Tom D	05/12/2012 1
Andy H	05/13/2005 8	Trish H	05/15/2011 2
Tamsen K	05/18/2010 3	James S	05/19/1995 18
Rudy R	05/19/2003 10	Vincent T	05/22/2011 2
Rick R	05/23/2012 1	Mark M	05/24/1985 28
Frank P	05/24/1993 20	Alex L	05/24/2006 7
Doris G	05/26/1973 40	Michael S	05/26/2011 2
Douglas C	05/28/2008 5		

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Member of the Month – Joe L

A huge thank you goes out to Joe L, who has dedicated hours of time to get the first Alano Club of San Jose's Community Vegetable Garden ready for planting as well as participating with others to plant a variety of summer vegetables. In addition, Joe has also been a huge resource on Friday mornings to help unload the groceries and other club items from the club's truck; this is no small task!

As a valued member of our club, we appreciate all that Joe continues to do here at the club on a continuous basis – it does not go unnoticed! Once again, thank you, Joe, for your time and ongoing support here at the Alano Club of San Jose!

Activities & More at the Alano Club of San Jose

27th Annual Alano Club Golf Classic

Ridgemark Golf & Country Club

Sunday, May 5th of 2013

Entry Fee \$100

Registration Form at the Club or

www.alanosj.org

Old School Dance at the Alano Club

Sunday, May 11th 2013

9:30 pm - midnight

\$5.00 suggested donation

Music by D. Jay Kidd G.C.

Mother's Day Ice Cream

Extravaganza

Sunday, May 12th 2013 (All Day)

Banana Splits – Brownie a la mode – Sundaes –

Root Beer Floats

\$2.50 - \$5.00

5th Annual Recovery Walkathon

Saturday, May 18th of 2013

9 am – 1 pm

Sponsor someone – Support the club

Memorial Day BBQ

In Honor Of Our Veterans
and Those Serving Our Country

Monday, May 27th of 2013

2 pm – 4 pm

Chicken & Ribs with the Works!!

A-Best and The Alano Club Car Show

Saturday, June 15th 2013

10 am – 3 pm

T-Shirts Available

\$15 or 2 for \$25

Stop by the Café – available in all sizes

The Alano Club "Open Mike" Talent Show

Sunday, June 23rd 2013

2 pm – 5 pm

Sign ups at the Café for auditions or

Contact Vianda at 408-509-0999

The Alano Club Community Yard Sale

Saturday, June 29th 2013

9 am – 3 pm

\$25 per booth

Contact Sue W at 408-687-1794 to register

FAFG - 2nd Annual End of Summer Campout

September 20th – 22nd \$25 per person

Mt. Madonna Manzanita Group Site

Contact Michael J at 408-726-7816 to register

Or email campout@alanosj.org for more info

Coming Soon

4th of July BBQ – July 4, 2013 – 4 pm to 6 pm

Weekend Movie Nights – Throughout the Summer

The Alano Club BBQ Cook-Off – August 24th 2013

The Alano Club of San Jose – 12 Step Meetings

Alcoholics Anonymous		Narcotics Anonymous	
Daily	9:00 am, 12:00 pm, 7:30 pm	Mon & Tue	6:30 pm
Mon- Fri	4:00 pm	Fri	6:00 pm (Women)
Mon-Sat	6:00 pm	Fri & Sat	8:00 pm
Tue	9:30 pm (Men)	Sat & Sun	10:00 am
Wed	8:00 pm (Women)	Sat	1:00 pm (Tagalog Speaking)
Sat	10:00 am (Men)	Sun	6:30 pm (Speaker)
Sun	3:00 pm (Women) , 5:00 pm	Al-Anon	
Mon-Fri	7:30 pm (Spanish)	Mon	8:00 pm
AA Medicine Crow Talking Circle		Tue	12:00 pm
Sat	12:00 pm	Co-Dependents Anonymous	
		Wed	6:30 pm
		Sun	5:00 pm

The Next Alano Club Board of Directors Meeting

Will be held - Thursday, May 16, 2013 at 6:30 pm
All Members are Welcome!

The Next Fair Avenue Fellowship Group Steering Committee Meeting

Will be held Thursday, May 9, 2013 at 6:30 pm
Mandatory for all secretaries
All Members are Welcome!

For Your Information

Help us go paperless – get your newsletter by email
email us at recovery@alanosj.org,
stop by the café to update, or call 408-297-1817

Prayer of the Heart

When I came to Alcoholics Anonymous, I didn't think that the Lord's Prayer could possibly work for me, but I also knew that my own perceptions of what would or wouldn't work were all screwed up. I was in no state to figure out what parts of AA were necessary and what weren't, so I did everything. Surrendering to the wisdom of people who were managing to stay sober was essential. I was told that if I wanted what you had, I had to do what you did, and that seemed to include the Lord's Prayer.

The longer I stayed sober, the more my faith in a Higher Power of my own understanding grew and evolved. By the time I'd been sober for six or seven years, this faith had developed into something very different from the theology expressed in the Lord's Prayer. I started changing a word here and a word there in that prayer so I could say it and still be true to my own belief. I reached a point where I was doing so much rewriting it seemed silly, so I let my mouth say the Lord's Prayer on autopilot while I mentally prayed the prayer that was in my heart.

This worked fine for several years. Then, about a year ago, that method of praying began to feel like another layer of the onion ready to be peeled away. I stopped saying the Lord's Prayer, and now I say my heart's prayer, quietly, so as not to distract the people around me.

It amazes me that this is so easy and so comfortable. I can still participate fully in the Fellowship and can let "all that is within me bless God's holy name" together with the rest of my AA family, without having to say a prayer that isn't true to my own beliefs or experience.

Occasionally someone will tell me to "keep comin' back," that I'll get the spiritual part of the program if I just stick around long enough. Such folks challenge me to practice patience, tolerance, and the biting of my tongue. I can also pray silently that they will stick around long enough to understand the principles of AA.

The Big Book says, "We found the Great Reality deep down within us. In the last analysis it is only there that it may be found." And I know the importance of the idea "To your own self be true."

~ Karen O.



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*Hope and Help for Young People who are the relatives
and Friends of a Problem Drinker*

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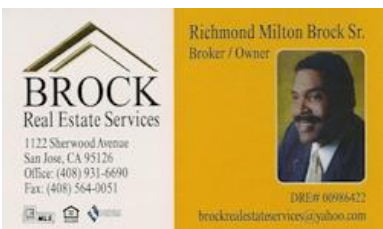
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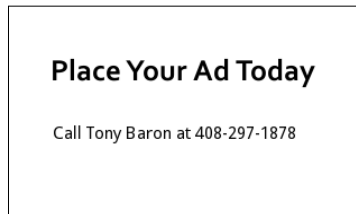
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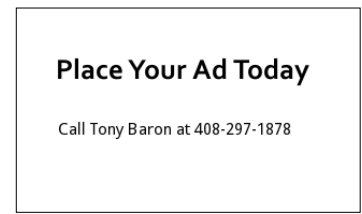


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