

The Alano Club of San Jose News

1122 Fair Avenue, San Jose CA 95122
 Phone – 408.297.1878 Fax – 408.297.4100
 www.alanosj.org

Board of Directors

Laura Martin – President
 Sue Whiteside – VP
 Sue Erskin – Secretary
 Milton Brock
 Judith Bell
 Regina Palacios
 Freddie Parra
 Michael Dardis
 Andy Salazar

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 over 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
 Scott Lauer

Name	Milestone/Years	Name	Milestone/Years
Sonny P	06/01/1984 29	Cheryl L	06/01/1995 18
Pete S	06/01/2012 1	Patricio L	06/02/2000 13
Cruz M	06/02/2007 6	Charlie J	06/03/1992 21
Jesse H	06/04/2006 7	Barry S	06/06/1980 33
David S	06/06/2011 2	Daniel L	06/07/1993 20
Dominic G	06/07/2009 4	Dennis S	06/10/1989 24
Chris M	06/11/2002 11	Jeff S	06/12/1991 22
Vincent R	06/13/2007 6	Tonya C	06/14/2007 6
Archie H	06/15/1983 30	Manuel T	06/15/1992 21
Adrian F	06/16/1977 36	Alethea B	06/22/2003 10
Jim D	06/25/1978 35	Arnold C	06/25/2000 13
Garry B	06/28/1990 23		

Contents:

Milestones and Member of the Month	1
Activities & More at the Alano Club of San Jose	2
12 Step Meetings & Upcoming Meetings	3
Forgiveness	4
Club Advertisers	5

Member of the Month – Eddie N

A huge thank you goes out to Eddie N, who has dedicated hours of volunteer time to provide support to the staff, whether it be helping wash dishes in the kitchen, yard work, or any other tasks that require additional help. He always seems to know when to proactively jump in and help out – without being asked as well as his efforts are seem less to the staff.

By far, Eddie is an enjoyable “can do” person who is willing to help out in any way. We are very lucky to have him! We appreciate all that Eddie continues to do here at the club on a continuous basis – it does not go unnoticed! Once again, thank you, Eddie, for your time and ongoing support here at the Alano Club of San Jose!

Activities & More at the Alano Club of San Jose

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

Father's Day Pie Sale

Saturday, June 15th 2013

10 am – closing

Bring a pie for Father's Day!

"Summer Bash" Dance at the Alano Club

Saturday, June 22nd 2013

9:30 pm – Midnight

\$5 at the Door

Any questions, contact Laura M at 408-373-3172

The Alano Club "Open Mike" Talent Show

Sunday, June 23rd 2013

2 pm – 5 pm

Signups 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

\$20 per booth

Registration for booths in the café or
Contact Sue W at 408-687-1794 for more info

An "80's and Up" Dance at the Club

June 29th 2013

9:30 pm – Midnight

Music by DJay KIDD G.C.

\$5 at the Door

4th of July BBQ at the Alano Club

Join Us As We Celebrate Our Country

Thursday, July 4th 2013

2 pm – 5 pm

\$9 Members & \$11 Non-Members

FAFG – "6th Annual Cup of Coffee Anniversary"

Celebration Party

August 2013 – Stay Tuned

Potluck and DJ Music

Any questions, contact Steve H at 408-839-0111

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

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

Yoga & 12-Step Recovery – Stay Tuned for Date

Weekend Movie Nights – Throughout the Summer

The Alano Club of San Jose – 12 Step Meetings

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

The Next Alano Club Board of Directors Meeting

Will be held Thursday, June 20, 2013 at 6:30 pm
All Members are Welcome!

The Next Fair Avenue Fellowship Group Steering Committee Meeting

Will be held Thursday, June 13, 2013 at 6:30 pm
Mandatory for all secretaries
All Members are Welcome!

New Information!

Help us go paperless – not only get your newsletter by email, but also receive email events & activities “soon to come” notes!

email us at recovery@alanosj.org,
stop by the café to update, or call 408-297-1817

Forgiveness

“The first, and one of the most difficult, has to do with forgiveness.”

12X12 Step Eight, p. 78

Forgiveness and self-forgiveness are two of the biggest areas many neglect in Twelve Step programs. The issue of amends is addressed, but usually not in the context of forgiveness. Forgiveness is an act of cancelling those thoughts, feelings, resentments, and so on that stand in the way of our loving another or ourselves.

Forgiveness is actively removing the blocks to unconditional love of self, another, or God – removing the conditions, demand, and expectations we’ve held that have not been met and therefore stop the flow of our love. Cancelling is not forgetting. It is not absolving the person from the act which caused us pain, anger, frustration, or humiliation. It is cancelling the demand, condition, or expectation that another person be or do anything different to receive our love.

We are not our actions. I may act in a “bad” way, but that does not mean I am “bad.” My actions are separate from my being. I may act poorly, and I am responsible for *that* act. But neither act is an indication that I am “poor” or “noble.” It just means that I am capable of both poor and noble acts. I am responsible for those actions, and the same holds for others.

It is only necessary to realize that we are the ones being hurt from lack of forgiveness, not the person whom we need to forgive. Our holding back harms us, not them.

Below is a response to a letter from a group in Chicago, which was mailed to Bill W. in 1960; the letter was noted to be taking his inventory. Bill was 26 years sober, and below is his response:

That you seemed disillusioned with me personally may be a new and painful experience for you but many members have had that experience with me. Most of their pain has been caused not only by my several shortcomings but by their own insistence on placing me, a drunk, trying to get along with other folks, upon a completely illusionary pedestal, a station which no fallible person could possibly occupy. I’m sure that you will understand that I have never held myself out to anybody as either a saint or a superman. I have repeatedly and truthfully said that A.A. Is full of people who have made more spiritual progress than I ever, or can make. That in some areas of living I have made some decided gains but in others I seem to have stood still. And in others, still other ways I may have gone backwards. I am sorry that you are disillusioned with me but I am happy that even I have found a life here.

Bill Wilson
1960

Please support our Club Advertisers!



Solar Powered
ATTIC FAN
RJL Installations
925.849.6776
www.rjlinstallation.com
408.309.8466

RJL Installations



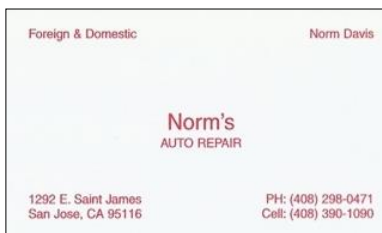
www.adrianflorespresents.com
ADRIAN FLORES PRESENTS
Join a Dance Team from San Francisco to Gilroy
6 Week Training Cycles
Contact Adrian
transforming@adrianflorespresents.com
(925) 766-8136

Adrian Flores Presents



All About Recovery
Unique Gifts, Medallions, Books, and more...
Celebrating our Recovery
2477 Forest Ave. 408-244-PRAY.com
San Jose, CA 95128 Angie & Rob
Email: AllAboutRecovery@att.net
www.AllAboutRecovery.org

All About Recovery



Foreign & Domestic Norm Davis
Norm's AUTO REPAIR
1292 E. Saint James San Jose, CA 95116
PH: (408) 298-0471
Call: (408) 390-1090

Norm's Auto Repair



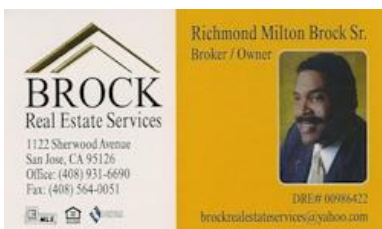
A&H HEATING & AIR CONDITIONING SERVICE, INC
(408) 279-0722

A&H Heating and Air



Legacy SANITATION
1748 Grant Street, Santa Clara, CA 95050
office: 408-727-7700
fax: 408-727-7704
email: info@legacysanitation.com
www.legacysanitation.com
Portable Restrooms & Special Events
Serving the Greater Bay Area with over 20 years experience.

Legacy Sanitation



BROCK Real Estate Services
1122 Sherwood Avenue San Jose, CA 95126
Office: (408) 931-6690
Fax: (408) 564-0051
Richmond Milton Brock Sr. Broker / Owner
DRE# 00996422
brockrealestateservices@yahoo.com

Brock Real Estate Services



Hank Coca's DOWNTOWN FURNITURE
82 E. Santa Clara St. (corner of 3rd)
Downtown San Jose, CA 95113
Henry Coca (408) 297-9486
www.cocasfurniture.com
Hours:
Tues.-Fri. 10am-6pm
Sat. 12pm-6pm
Sun. 12pm-5pm
Closed Mon.

Hank Coca's Downtown Furniture



www.nitabees.com
nita.willis@comcast.net
Nita Willis

Nita Bee's Specialty Bakery

Place Your Ad Today
Call Tony Baron at 408-297-1878

Place Your Ad Today
Call Tony Baron at 408-297-1878

Place Your Ad Today
Call Tony Baron at 408-297-1878

Run Your Own Business? Licensed & Bonded with a Trade?
Advertise with The Alano Club of San Jose, Inc.
We continue to support your business!
www.alanosj.org