

The Alano Club of San Jose News

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 Phone – 408.297.1878 Fax – 408.297.4100
 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 over sixty years.

Sobriety Milestones

Alano Club Staff

Tony Baron
 Maria Garcia
 Regina Palacios
 Angela Young
 Anthony Martinez
 Lea Guthrie
 Terisa Martinez
 Diamond Valen
 Scott Lauer

Name	Milestone/Years	Name	Milestone/Years
Nancy C	09/01/1988 25	Vianda B	09/01/2012 1
Jill L	09/02/1987 26	Hosea B	09/03/2012 1
Carl H	09/04/1984 29	Thomas G	09/07/1982 31
Maggie C	09/07/1990 23	Rosalinda C	09/07/1991 22
Edward M	09/09/1977 36	Steve T	09/09/1992 21
Robert P	09/09/1994 19	Steve H	09/10/1992 21
Eric B	09/12/2010 3	Sal C	09/15/1988 25
Brenda L	09/18/2012 1	Randy G	09/21/1987 26
Joel R	09/21/2008 5	Michael R	09/22/1990 23
John R	09/22/2007 6	Gaylynn R	09/22/2009 4
Michael J	09/24/2001 12	Jeff H	09/24/2012 1
Mac M	09/25/1973 40	Joe P	09/25/2000 13
Marlene S	09/27/1993 20	Rick G	09/30/2012 1

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Members of the Month – Daniel L

This month ... Daniel was very generous with his time and repaired the cement curb in front of the Club. Daniel has also been tending to the front lawn for the past several months. Please take a moment to look at Daniel's work and give him a big High Five!

Activities & More at the Alano Club of San Jose

Join Us For a Labor Day BBQ
Monday, September 2nd 2013
2 pm – 6 pm
Serenity Garden
\$6 Members \$8 Non-Members

Stop By “Mary & Regina’s Cookie Sale”
& Membership Drive
Saturday, Septmeber 14th 2013
9:00 am – 1:00 pm
Sign Ups for Cookie Donations in the Café

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

Heritage Dinner
October 12th 5pm to 8pm
Here at the club
\$25.00 per ticket; Available in the café.

Kid’s Halloween Party
Lot’s of Goodies
Pumpkin Patch
October 26th 2013

The “Alano Recovery Book Store”
Stop by the Lobby and take a look at our library of
Recovery Books for Sale
15% Discounts
on all purchases of 2 books or more!

The Alano Wish List
Spare gardening & maintenance equipment?
Your donations would be appreciated!
Gardening Tools
Thanks in advance!

**“What you say to yourself is the most important
conversation you will ever have. No one else’s
opinion will ever trump your own belief.”**

**Dixie Gallaspie, *from*
Just Blow It Up**

**“When There is no conviction in your message,
ther is either too much fear or not enough
love.”**

**Dixie Gallaspie, *from*
Just Blow It Up**

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

The Next Alano Club Board of Directors Meeting
Will be held Thursday, September 5, 2013 at 6:00 pm
All Members are Welcome!

The Next Fair Avenue Fellowship Group Steering Committee Meeting
Will be held Thursday, September 12th, 2013 at 6:30 pm
Mandatory for all secretaries
All Members are Welcome!

Life in Recovery

“Horizons are the limit of our vision, not the limit of our journey.
If you’ve been looking at the same horizon too long,
it’s because you are not moving.”

from: Just Blow It Up, by Dixie Gillaspie

Ten Years of Freedom

Ten years ago defeated, I thought my life was done.
Little did I know in San Quentin cell a new life had begun.

I called on my higher power to bring me some peace.
So the drugs, booze and madness would all stop and cease.

I was led to the steps of Alano where lives had been changed.
Change is what I needed so my life could be rearranged.

I went to the meetings that lasted for an hour.
It was here at these meetings I got in touch with a higher power.

I started to feel that my life was one that mattered.
Though I came in hopeless and battered.

Step one is about surrender to this disease that took me down.
To admit complete defeat and pick myself up off the ground

In step 2 and 3 I found a place in something greater than me.
Through the spiritual awareness I began to feel free.

Free to become the man god had intended.
A person to be trust and to be befriended.

A father to my kids, a husband to my wife.
A person of substance to lead us through life.

Steps 4, 5 and 6 helped me get to the issues ones that caused me strife
Character defects and issues replaced with tools for life.

Steps 7, 8 and 9 are about me making my amends.
To return those I've hurt from enemies to friends.

The last three steps are meant to keep my life on track.
I can't keep what I have unless I give back.

Ten years ago defeated barely able to survive.
The steps have made me grateful and happy to be alive.
Freddie P.

In Celebration of Lives well Lived

Our Club Founder
AL EASTHOUSE
July 27, 2013
62 Years of Sobriety

PAT STOKES
August 9, 2013
55 Years of Sobriety

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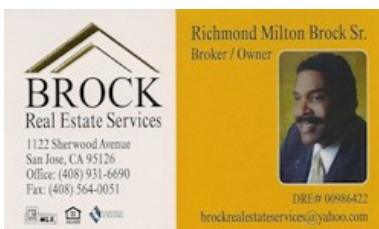
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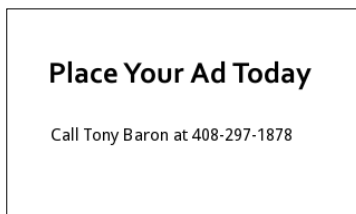
Hank Coca's
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Henry Coca
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www.cocasfurniture.com
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Sun. 12pm-5pm
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Hank Coca's Downtown Furniture

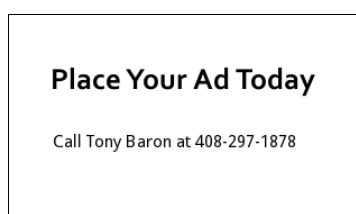


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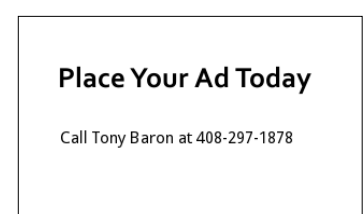
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