

July 2014

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 over sixty years.

Sobriety Milestones

Name	Milestone/Years	Name	Milestone/Years
Donald B	07/01/2013 1	Tony B	07/04/1973 41
Christina N	07/06/2007 7	John M	07/07/1988 26
Domingo H	07/08/1989 25	Peter F	07/08/2008 6
Mark P	07/10/1986 28	Jeanne W	07/10/2013 1
Rudy P	07/11/1998 16	Carolyn M	07/12/1987 27
Leo P	07/12/2010 4	Bret B	07/13/2002 12
Ricky L	07/13/2005 9	Victoria M	07/17/1994 20
Michael D	07/18/1982 32	Steve C	07/18/2005 9
Mary N	07/18/2013 1	Joe N	07/18/2013 1
Cassandra V	07/19/2008 6	Ed S	07/20/1984 30
Al G	07/20/2001 13	Kiki M	07/22/2008 6
Montana W	07/24/1996 18	Glenn D	07/24/2013 1
Mike S	07/25/1971 43	Tammy A	07/26/2009 5

Alano Club Staff

Tony Baron
 Maria Garcia
 Regina Palacios
 Anthony Martinez
 Angela Young
 Lea Guthrie
 Terisa Martinez
 Jose Vasquez
 Tammy Aguirre

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Member of the Month – Rudy O

We’d like to thank Rudy O for his time and talent with various maintenance projects over the last few months at the club. Along with Daniel, Ricky, and Lionel, Rudy was right there working on the landscape, sprinkler repair, and several other jobs that just seem to “come up” with older buildings – unexpectedly – and usually require quite a bit of time and talent.

Thank you, Rudy, for stepping in and helping out. Your contributions to our club have been most appreciated!

Activities & More at the Alano Club of San Jose

July – August

Be the Winner of a 40" Flat Screen TV!

Raffle Tickets Available in the Café

(at the Alano Club of San Jose)

\$1 per Ticket - \$5 for 7

\$10 for 15

Drawing to be Held on the 4th of July Holiday!

(Need not be present to win)

The "Fair Avenue Fellowship Group" invites you

"Fourth of July Alcañon"

Friday on July 4th from 9:00 am – 9:00 pm

The Alano Club of San Jose

1122 Fair Ave San Jose

408-297-1878

Join Us for an Ice Cream Social in the Café
Sunday, July 20th from 11:00 am – 2:00 pm

Banana Splits, Root Beer Floats, and
Brownie a la Mode

Alano Club of San Jose Invites You to Our

Karaoke Night & Dance Fundraiser

Friday, August 1st 2014

9:30 pm – Midnight

\$5 Door - 50/50 and Other Raffle Prizes – Taco Bar

Celebrating Regina P's 46th BB Birthday, too

The Fair Avenue Fellowship Group

7th Annual "Cup Of Coffee Celebration Party"

Saturday, August 16th from Noon – 3:30 pm

DJ and Dancing – Potluck Menu

Call Steve H at 408-839-0111

"Building Respect Through Dance" Classes

Taught by the 13 Step Dance Team

The Alano Club of San Jose

Every Saturday from 3:30 pm – 5 pm

Free – To All Alano Club Current Members

Celebrate Our Country's Heritage at our Club's

4th of July BBQ



Friday, on July 4th 2014

1:00 pm – 4:00 pm

Serenity Garden

**FREE – to all Current Club
Members!!**

All Are Welcome to Join!
Become A Member – as low as \$10

The 10th Annual “Bike Run & Blues Band Fundraiser”

The Alano Club of San Jose invites you to
The 10th Annual “Bike Run & Blues Band Fundraiser”
– a non-profit clean and sober ride –

Saturday, July 19th 2014 at 9:00 am
Music by JC Smith Blues Band



\$20 Donation Includes Ride and BBQ for 2
Info: Call Mike A at 408-859-2848

Monthly “How-to-Meditate” Class – Begins In July

Join Us on the Third Thursday of Every Month – Beginning July 17th 2014
7:00 pm – 8:30 pm

Learn the basics of concentration meditation practice, & how to set up a practice in your daily life for sober living.
Meditation is a helpful tool throughout working of the steps and building a connection to a Higher Power.

In each monthly 2-hour workshop, we will:

- 1) Go over what meditation is and why it is helpful
- 2) Steps to take in a meditation session
- 3) Experience a 20 minute guided meditation session, and
- 4) How to set up a daily meditation practice that will work for you

Great for Beginners! Worthwhile for practicing those wanting to grow
In their practice of building a connection through meditation!



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	Tue	8:00 pm (Book Study)
Mon-Sat	6:00 pm	Tue	8:00 pm (Spanish)
Tue	9:30 pm (Men)	Fri	6:00 pm (Women)
Wed-Fri	7:30 pm	Fri	6:00 pm (Spanish)
Wed	8:00 pm (Women)	Fri & Sat	8:00 pm
Sat	10:00 am (Men)	Sat & Sun	10:00 am
Sun	3:00 pm (Women), 5:00 pm (Men)	Sun	6:30 pm (Speaker)
Sun	7:30 pm	Sun	7:30 pm (Spanish)
Mon-Fri	7:30 pm (Spanish)		
AA Medicine Crow Talking Circle		AI-Anon	
Sat	12:00 pm	Mon	8:00 pm
		Tue	12:00 pm
Crystal Meth Anonymous (CMA)			
Sun	6:00 pm	Co-Dependents Anonymous	
		Wed	6:30 pm
Cross Addiction		Sun	5:00 pm
Mon	7:30 pm		

**The Next Alano Club of San Jose
Board of Directors Meeting**
July 3rd 2014 at 6:00 pm – All Members Welcome!

**The Next Fair Avenue Fellowship Group
Steering Committee Meeting**
July 10th 2014 at 6:30 pm – All Are Welcome!

The Journey Continues...

“From the first time we find hope, we are in an ongoing process of spiritual awakening that can last our whole lives, if we are willing. Continuing to feel that our recovery is alive requires us to keep growing. Isolation and complacency hold us back from freedom in ways we may not even feel until we are stuck. Generosity of spirit is the antidote for loneliness and alienation. Being of service frees us into our own lives and opens us to the spirit of love that surrounds us. We experience unconditional hope and understand that there is no limit to how much better we can get. No matter how far we have come, the journey continues.”

~ *Introductory to Chapter Seven of the book “Living Clean: The Journey Begins”*

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www.alanosj.org