

August 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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 Laura Martin – VP  
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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
Steve R	08/01/2012 2	John R	08/06/1991 23
Ricardo	08/08/1982 32	Lorenzo E	08/09/1991 23
Michael K	08/11/1986 28	Richard G	08/11/1994 20
Bill M	08/14/1987 27	Bob N	08/15/1994 20
Mark B	08/16/1994 20	Robert C	08/17/1981 33
Freddie P	08/17/2003 11	Klaus S	08/18/1986 28
Kristin G	08/18/2003 11	Chirstopher O	08/19/2013 1
Jim S	08/20/1981 33	Angelic E	08/21/2011 3
Norm D	08/23/1987 27	Victoria K	08/23/2002 12
Herman G	08/26/2006 8	Jim S	08/27/1983 31
Laura D	08/27/1999 15	Laura M	08/30/1997 17
Tony L	08/30/2010 4	Diana M	08/30/2013 1

## Alano Club Staff

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

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## Members of the Month – Angela Y and Daniel L

We have two members this month that have gone above and beyond the call of being in service at the club! Our first member – Angela – who many of you know as an employee in our café, has been our “off-duty” cook for several of our events and activities. On Memorial Day, Angela purchased and prepared the menu items for the BBQ. And most recent, she again purchased, prepared, BBQ’d, and served the food at the Alano Family Fest Day – at the Taco Stand and Hot Dog Stand – all on her own time, and without pay. Thank you, Angela, for all of your time and talent!

And, what can we say about Daniel L (aka Taco)? He is always around working on a project, because he has taken the time to put together a plan for the outside maintenance of the club property. And, the club truck is looking much better; thank you, Taco, for putting a coat of wax on it! We appreciate all that you do!

## Activities & More at the Alano Club of San Jose

### August – October

#### Celebrating All August Birthdays! Karaoke Night & Dance Fundraiser

Friday, August 1<sup>st</sup> 2014

9:30 pm – Midnight

The Alano Club of San Jose

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

Celebrating Regina P's 46<sup>th</sup> BB Birthday, too

#### Jewelry Meltdown Madness

Sunday, August 3<sup>rd</sup> 2014

Serenity Garden

Montanasilver796 and Blackeagle Trading Co

Benefiting the Alano Club of San Jose

Contact Montana at 408-509-6001

#### Stop by and Join Us!

Labor Day BBQ

Monday, September 1<sup>st</sup> 2014

1 pm – it's gone

Serenity Garden

Cost \$8 (Kids 5 and under free)

#### Don't Forget to Put This on your Calendar!

7<sup>th</sup> Annual Sponsor Brunch

Sponsored by Intergroup

Saturday, October 4<sup>th</sup> 2014

11 AM – 2 PM

Lincoln Glen Church

2700 Booksin Ave San Jose

#### Reserve the date!

The 63<sup>rd</sup> Annual Heritage Dinner

Saturday, October 18<sup>th</sup> 2014

#### "Building Respect Through Dance" Classes

Taught by the 13 Step Dance Team at the Club

Every Saturday from 3:30 pm – 5 pm

## The "Cup of Coffee Meeting" – Celebrates 7 Years!

### *The Fair Avenue Fellowship Group invites you to our* 7<sup>th</sup> Annual "Cup of Coffee Celebration Party"



Saturday, August 16<sup>th</sup> 2014

12:00 pm – 3:30 pm

**DJ by Michael J and You-Know You-Are Gonna-Dance**

Off-The-Hook Potluck Menu

Sign up with your killer dish or just show up!

All are welcome!

Call Eddie Morales 408-401-0879

## AA Unity Day 2014

### AA Unity Day “Living in the Heart of AA”

August 17<sup>th</sup> 2014 from 8:00 am – 9:00 pm



Held at: Scottish Rite Center  
2455 Masonic Drive  
San Jose, CA

Speakers \* Workshops \* Speaker Panels  
Service Opportunities \* Fellowship  
Free Breakfast, Lunch, and Dinner  
Play – “The Committee in Bob’s Head”

#### SPONSORS:

Intergroup, District 04 & 40, Hospital s & Institutions  
Participation from ACYPAA and Al-Anon

## Now Offering a Monthly Meditation Workshop

Join Us on the Third Thursday of Every Month – “How To Meditate”

Next Workshop is August 21<sup>st</sup> 2014

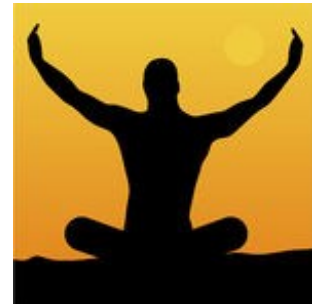
7:00 pm – 8:30 pm

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 workshop, we will:

- 1) Go over what mediation 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 those wanting to grow  
In their practice of building a connection through meditation!



## The Alano Club of San Jose – 12 Step Meetings

<b>Alcoholics Anonymous</b>		<b>Narcotics Anonymous</b>	
Daily	9:00 am, 12:00 pm	Mon & Tue	6:30 pm
Mon- Fri	4:00 pm	Tue	8:00 pm ( <b>Book Study</b> )
Mon-Sat	6:00 pm	Tue	8:00 pm ( <b>Spanish</b> )
Tue	9:30 pm ( <b>Men</b> )	Fri	6:00 pm ( <b>Women</b> )
Wed-Fri	7:30 pm	Fri	6:00 pm ( <b>Spanish</b> )
Wed	8:00 pm ( <b>Women</b> )	Fri & Sat	8:00 pm
Sat	10:00 am ( <b>Men</b> )	Sat & Sun	10:00 am
Sun	3:00 pm ( <b>Women</b> ), 5:00 pm ( <b>Men</b> )	Sun	6:30 pm ( <b>Speaker</b> )
Sun	7:30 pm	Sun	7:30 pm ( <b>Spanish</b> )
Mon-Fri	7:30 pm ( <b>Spanish</b> )		
<b>AA Medicine Crow Talking Circle</b>		<b>Cocaine Anonymous (CA)</b>	
Sat	12:00 pm	Sun	8:00 pm
<b>Crystal Meth Anonymous (CMA)</b>		<b>Al-Anon</b>	
Sun	6:00 pm	Mon	8:00 pm
		Tue	12:00 pm
<b>Cross Addiction</b>		<b>Co-Dependents Anonymous</b>	
Mon	7:30 pm	Wed	6:30 pm
		Sun	5:00 pm

**The Next Alano Club of San Jose  
Board of Directors Meeting**  
 August 7<sup>th</sup> 2014 at 6:00 pm – All Members Welcome!

**The Next Fair Avenue Fellowship Group  
Steering Committee Meeting**  
 August 14<sup>th</sup> 2014 at 6:30 pm – All Are Welcome!

## New Cocaine Anonymous (CA) Meeting

**Please Support Our New Cocaine Anonymous (CA) Meeting**  
 at the Alano Club of San Jose

**Sundays at 8:00 pm**

Join us on Sunday evenings at the Alano Club of San Jose in support of lthis new CA meeting.  
 We meet in the large meeting room; the café is open for dinner, snacks, and beverages.  
 We hope to see you there!

**Please support our Club Advertisers!**

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