

October 2015

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Alano Club of San Jose
Board of Directors Meeting
October 01 at 6:00 pm
 Members Welcome

Fair Avenue Fellowship
Steering Committee
Meeting
October 08 at 6:30 pm
 All Are Welcome

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The Alano Club of San Jose News

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www.alanosj.org

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	Year
David I	10/01/1997	18	Sedrick A	10/01/1997	18
Norma R	10/01/2007	8	Chach S	10/01/2009	6
Vern E	10/02/1970	45	Buzz S	10/02/1973	42
Lee A	10/31/1997	18	Leticia O	10/05/1987	28
Carmen C	10/08/2006	9	Chris M	10/09/2006	9
Eric S	10/09/2006	9	Jerry C	10/10/1980	35
Andres L	10/10/2014	1	Gary E	10/12/1976	39
Michael D	10/13/1985	30	Karen D	10/13/1997	18
Raymond M	10/15/1992	23	Geno H	10/16/1985	30
Gloria B	10/17/2001	14	David D	10/19/2008	7
Kathleen S	10/20/1993	23	Patty V	10/20/2004	11
Vanessa R	10/20/2014	1	Michael D	10/23/1983	32
Hank C	10/24/1978	37	Eric P	10/28/1994	21
Rosemarie C	10/29/1968	47	Frank M	10/30/2003	12
Art Y	10/30/2009	6	Ed M	10/31/1991	24
Rick B	10/31/1992	23			

Member of the Month – Joe and Kelly B

Joe and Kelly share the title of Member of the Month for reasons that include leading roles in putting on The Annual Alano Club Car Show, which turned out to be one of the leading fund raisers of the year. Not to mention a whole lot of fun!

Thank You Joe and Kelly!

Quote from “Daily Reflections”

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. Alcoholics Anonymous, p.85

When I am in pain it is easy to stay close to the friends I have found in the program. Relief from that pain is provided in the solutions contained in A.A.’s Twelve Steps. But when I am feeling good and things are going well, I can become complacent. To put it simply, I become lazy and turn into the problem instead of the solution. I need to get into action, to take stock: where am I and where am I going? A daily inventory will tell me what I must change to regain spiritual balance. Admitting what I find within myself, to God and to another human being, keeps me honest and humble.

Activities & More at the Alano Club of San Jose

Our Annual Heritage Dinner
October 17, 2015

Halloween Costume Party
Kids 12 yrs. And under
Saturday, October 24th 2-4pm

*64th Annual Alano Club
Heritage Dinner
2015*



October 17, 2015

The Alano Club of San Jose

1122 Fair Avenue

San Jose, CA 95122

\$30 per person - Evening Attire

Why I am a Member of the Alano Club of San Jose

One Member's Story – Angela Y.

Who Are You? “My name is Angela Landin-Young. I am a single mother of three and have been blessed with one grandchild. I have worked at The Café Alano for five years. I really enjoy working here and cooking. I have met a lot of nice people whom I enjoy serving. I appreciate The Alano Club for giving me a second chance.”

Tell Me About Your Early Home Life? “My mother abandoned my two brothers and I. A family in Fresno adopted us when I was seven years old. This was not a good place for us because these people were abusive in several ways. So I left at twelve years old. I was in and out of Juvenile Hall and Group Homes. I used to run away a lot, often sleeping on the streets. I didn't care about myself or anything in life. I remember feeling like the ugly duckling, not having anyone who cared about me. At the age of sixteen I began caring about myself. I started to work on my life. I taught myself my own values and morals in life. I studied more in school. I believed in myself and felt I could do this by myself.”

When Did You Have Your First Drink? “I started drinking at the age of twelve. My friends and I used to steal vodka. At first it was fun, but I began drinking everyday. At this age I didn't feel like I belonged anywhere, so why care about myself, nobody else did? I lived like this everyday for two years. At the age of fifteen I tried cocaine which resulted in me almost getting raped. That really scared me. I remember running for a long time, stopping and crying. Thinking to my self – something has got to change!”

When Did You Have Your Last Drink? I haven't had a drink for eight years. I know by now that if I get started it would result in me wanting more. I face many issues everyday, sober. I know that drinking is not the solution. I feel myself a strong woman and plan to stay that way.”

How Did You Find Out About A.A.? “I went to all of the AA and NA meetings I could when I was in jail. I learned a lot from the stories people told about how and why they stopped. And more importantly...how to stay stopped!”

What Is Your Advice for the New Comer? “The Alano Club is a great place for you to have a fresh start in life. All of the people here are very nice and are like family. There are a lot of people here who are great sponsors, and truly care about newcomers. The support is available, you just need to ask. Most of the people here are in recovery also, so you don't have to look hard or long to find someone who shares your story. Becoming a member of The Club helps keep the doors open for the next person, like yourself, who needs a helping hand.”

Please Pay Your Membership:

Please pay your membership if you are using the club and remember the price you paid to get here. I belong to other kinds of clubs and organizations, they didn't keep me sober. I personally like coming to a well lit, clean, happy place for meetings. I am happy to find what I need here. I can buy lunch, visit with a sponsee, go to a meeting and use the bathroom if needed. Let's continue to become successful, recovering members.

Your membership helps save lives every day. We are giving away what was given to us. Are you a member? We sincerely hope so. We need you. We need those of you who are in OA, NA and MA. EVERY ONE OF YOU IS VITAL TO KEEPING THE HOUSE OPEN. Copied from The Portland Alano News line, March 1996

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- Thu	4:00 pm	Tue	8:00 pm (Book Study)
Mon-Thu	6:00 pm	Tue	8:00 pm (Spanish)
Mon	8:00 pm (Tagalog)		
Sat	6:00 pm (Newcomers Q & A's)	Fri	6:00 pm (Women)
Tue	9:30 pm (Men)	Fri	8:00 pm
Thu	7:30 pm (Chip Mtg)	Sat	8:00 pm (Speaker)
Fri	6:30 pm (Speaker)		
Sat	10:00 am (Men)	Sat & Sun	10:00 am
Sun	3:00 pm (Women) , 5:00 pm (Men)	Sun	10:00 am (Spanish)
Mon-Fri	7:30 pm (Spanish)	Sun	6:30 pm (Speaker)
		Sun	7:30 pm (Spanish)
AA Medicine Crow Talking Circle		Cocaine Anonymous (CA)	
Sat		Sat	8:00 pm
Crystal Meth Anonymous (CMA)		AI-Anon	
Sun		Mon	8:00 pm
		Tue	12:00 pm
Cross Addiction		Co-Dependents Anonymous	
Mon		Wed	6:30 pm
		Sun	5:00 pm

Help Wanted

Do you know MS Office? How would you like to be our new Newsletter Editor?

Do you know computers and networking? How would you like to be our new “I.T. Guy/Gal”?

Please stop by and talk with Tony Baron. Training provided.

Please support our Club Advertisers!

Joseph Bennett
General Manager



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