

# The Alano Club of San Jose News

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[www.alanosj.org](http://www.alanosj.org)

August 2016

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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	Year
Linda H	08/02/2015	1	Jim G	08/05/2015	1
John R	08/06/1991	25	Ricardo H	08/08/1982	34
Kelly M	08/12/2009	7	Barbara Z	08/13/2014	2
Bill M	08/14/1987	29	Bob N	08/15/1994	22
Mark B	08/16/1994	22	Freddie P	08/17/2003	13
Klaus S	08/18/1986	30	Kristin G	08/18/2003	13
Norm D	08/23/1987	29	Victoria K	08/23/2002	14
Onnie G	08/25/2014	2	Wanda V	08/26/1998	18
Laura D	08/27/1999	17	Rick G	08/28/2014	2
Laura M	08/30/1997	19	Tony L	08/30/2010	6
Terri W	08/30/2014	2			

Member of the Month – See Page 3

Please Be Reminded:



Alano Club of San Jose  
**Board of Directors Meeting**  
**August 4th at 6:00 pm**  
 Members Welcome

Fair Avenue Fellowship  
**Steering Committee Meeting**  
**September 8th at 6:30 pm**  
 All Are Welcome

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

### ***End of Summer Campout***



#### **Coyote Lake**

August 19<sup>th</sup> – 21<sup>st</sup>

\$20 Donation.

First come first serve basis.

Contact Regina P.



### ***Lip Sync Battle – Coming Next Month***

Are you ready to have some fun?

Date: September 24th

Hangout with your friends!

Contact – Tony P.



Please Start Practicing

What Song Will You Sing ?

### ***Are You A Dues Paying Member?***

It helps keep the doors open for anyone in recovery looking for a safe place to go.

Please consider it!

We also want to thank everyone that  
Donates or Volunteers Their Time



## Member of the Month - Mingo H. - Continued

Mingo H. came into the Alano Club on July 9, 1989 and put down the bottle for good that same day!

It was at the Alano Club of San Jose that Mingo heard the County needed volunteers to work with the homeless. He wanted to help people so he volunteered and after two weeks as a volunteer, he was hired fulltime to coordinate the setup and breakdown of shelters throughout the entire bay area. He ended up staying on that job for 14 years.

Something happened to him in the rooms at the Alano Club of San Jose. He heard his story for the first time and "Thank God I paid attention." Mingo said, "The Alano Club of San Jose saved my life because I would be dead if I hadn't come in. I was going to drink until I died." A lot of Mingo's family -- uncles and cousins -- died of the bottle because they didn't know how to stop.

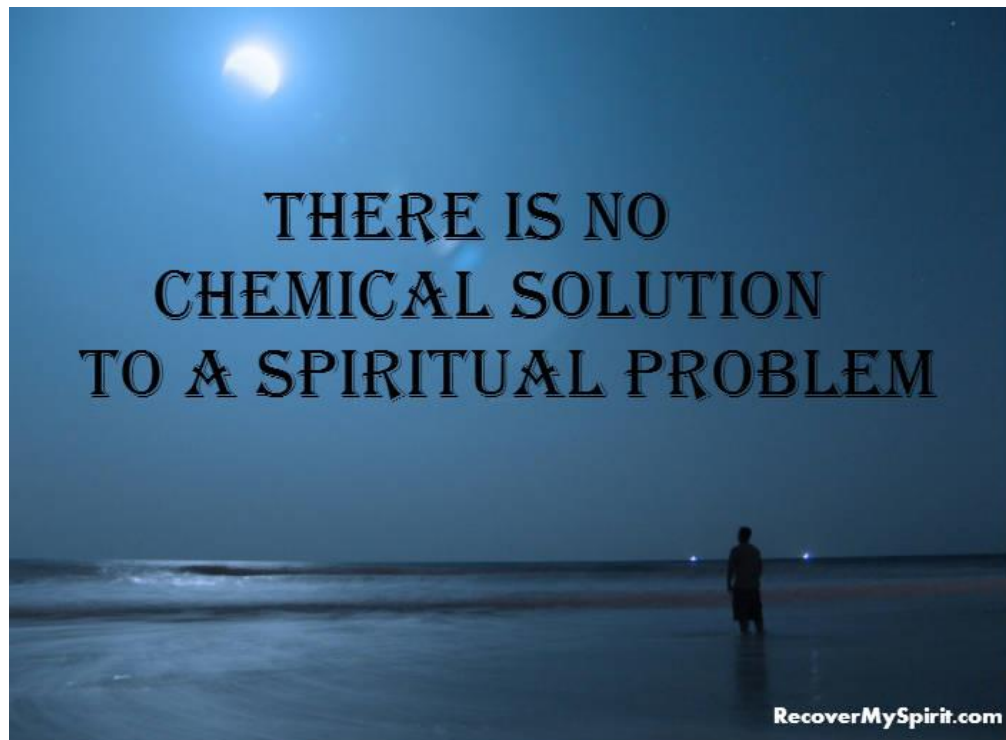
"I was a terrible, terrible father and husband. I didn't care about nothing. I only cared about the bottle and where I could get my next drink," Mingo said. When he came to the club, he was given a readymade family and along the way learned how to be a father again. Mingo says, "Alcoholics Anonymous paved the way for me to become a better person, a better father, a better husband and how to show up at work and to care about life again."

Mingo became a dues paying member early on in his sobriety. "I was taught to never forget people who have helped you," he says. He knew the membership would help him and others like him and nothing is for free." He knew the people he met at the club were members before he came in and he knew because of that, they kept the doors open for the rest of them who followed. It was something worth paying for. As soon as he could get elected, he started serving on the board. Tony B. wanted volunteers to help at Thanksgiving and Christmas dinners and Mingo has been able to serve at those events for most of his 26 years of sobriety, except when his health prevented it. He also has helped at any other events he can. He, Eddie M., Mike S. and Larry B. started the daily 9 a.m. Cup of Coffee meeting eight years ago this August.

To Mingo the Alano club is a big pool of people of all cultures and backgrounds. Whether you're high end or low end it makes no difference, you will fit in here at The Alano Club of San Jose. "One of the things we are taught is: for it to work, you have, to do it. Do not expect someone else to do it." He said. "If the bathrooms look clean and supplies are available when a newcomer comes in, he or she will have everything they need - then they might want to come back. - The Alano Club of San Jose became a second home to me when I walked through the doors. If members shake a newcomer's hand and make them feel welcome like they did for me, they may want to just stay."

# 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-Thu	6:00 pm	Tue	8:00 pm <b>(Spanish)</b>
Mon	8:00 pm <b>(Tagalog)</b>	Fri	6:00 pm <b>(Women)</b>
Sat	6:00 pm <b>(Newcomers Q &amp; A's)</b>	Fri	8:00 pm
Tue	9:30 pm <b>(Men)</b>	Sat	8:00 pm <b>(Speaker)</b>
Fri	6:30 pm <b>(Speaker)</b>	Sat & Sun	10:00 am
Sat	10:00 am <b>(Men)</b>	Sun	10:00 am <b>(Spanish)</b>
Sun	3:00 pm <b>(Women)</b> , 5:00 pm <b>(Men)</b>	Sun	6:30 pm <b>(Speaker)</b>
Mon-Fri	7:30 pm <b>(Spanish)</b>	Sun	7:30 pm <b>(Spanish)</b>
<b>AA Medicine Crow Talking Circle</b>		<b>Cocaine Anonymous (CA)</b>	
	12:00 pm	Sat	8:00 pm
<b>Co-Dependents Anonymous</b>		<b>Al-Anon</b>	
Wed	6:30 pm	Mon	8:00 pm
Sun	5:00 pm	Tue	12:00 pm



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