

The Alano Club of San Jose News

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www.alanosj.org

April 2017

Board of Directors

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 Tammy Aguirre
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 Patrico Lomas

Alano Club of San Jose
Board of Directors Meeting
April 5, at 6:00 pm
 Members Welcome

Fair Avenue Fellowship
Steering Committee Meeting
May 11, at 6:00 pm
 All Are Welcome

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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-eight years

Sobriety Milestones

| Name | Milestone | Years | Name | Milestone | Years |
|----------|------------|-------|-----------|------------|-------|
| Ray O | 04/01/1991 | 26 | Kenny K | 04/01/1999 | 18 |
| Apryll J | 04/01/2006 | 11 | Mike C | 04/02/2007 | 10 |
| Susan J | 04/03/2000 | 17 | Darlene M | 04/03/2010 | 7 |
| David C | 04/05/2008 | 9 | Mary G | 04/07/1984 | 33 |
| Wade G | 04/08/2001 | 16 | John G | 04/10/2004 | 13 |
| Debra A | 04/11/2013 | 4 | Mike L | 04/14/2007 | 10 |
| Daniel R | 04/14/2008 | 9 | Adrian F | 04/16/1977 | 40 |
| Casey R | 04/16/2003 | 14 | Tom N | 04/17/1983 | 34 |
| Joseph B | 04/21/2013 | 4 | Nancy P | 04/24/1981 | 36 |
| Tom H | 04/24/1989 | 28 | Jeff H | 04/27/2014 | 3 |
| Chris L | 04/28/1984 | 33 | Adam M | 04/28/2005 | 12 |

Member of the Month – Jessie Lopez

The Board has nominated Jessie, who has stepped up to do the complicated project of welding a stable base for our new auxiliary grill for the kitchen.

Thank you Jessie it has been no easy task.

Overheard in the Rooms

“Speaking of Old Behaviors ... If you’re still doing it – it’s not old.”
 - A sober Member of AA group

“At the end of my day, I need to forgive my mistakes, and overlook the emotional outbursts of others.”

“Prayer should never be the procedure of Last Resort” - Anon.

Activities & More at the Alano Club of San Jose

Easter Party For the Kids

Saturday - April 15th

1:30 pm - 3:00 pm

(12 Years and Under)

Easter Egg Hunt - Prizes

Egg Coloring - Baskets

Alano Club's 9th Annual 10K Recovery Walkathon May 20th, 2017

Registration Packets are available at the Café counter

Sign in at 8:00 am - Walk at 9:00 am

For information call Regina P. (408) 297-1878

The 31st Annual Alano Club of San Jose - Golf Classic June 11, 2017

Los Lagos Golf Course

2995 Tuers Rd. - San Jose - 95121

Check in: 9:30 - 1st Tee Time: 10:30

Steak Dinner & Prizes follow at the Alano Club BBQ Pit.

For more information call Tony B. (408) 297-1878.

The Alano Club of San Jose – 12 Step Meetings

| Alcoholics Anonymous | | Narcotics Anonymous | |
|---------------------------------------|---------------------------|-------------------------------|----------------------|
| Sat & Sun | 8:30 am | Sat & Sun | 10:00 am |
| Mon-Fri | 9:00 am | Sun | 10:00 am (Spanish) |
| Sat | 10:00 am (Men) | Thu & Fri | 6:00 pm (Women) |
| Daily | 12:00 pm | Sun | 6:30 pm (Speaker) |
| Sun | 1:30 pm (Women) | Mon & Tue | 6:30 pm |
| Mon-Fri | 4:00 pm | Sun | 7:30 pm (Spanish) |
| Sun | 5:00 pm (Men) | Tue | 8:00 pm (Spanish) |
| Mon-Thu, Sun | 6:00 pm | Tue | 8:00 pm (Book Study) |
| Sat | 6:00 pm (Newcomers Q&A's) | Fri | 8:00 pm |
| Tue | 6:00 pm Veterans Meeting | Sat | 8:00 pm (Speaker) |
| Fri | 6:30 pm (Speaker) | | |
| Mon-Fri | 7:30 pm (Spanish) | | |
| Mon | 8:00 pm (Tagalong) | | |
| Tues | 9:30 pm (Men) | | |
| A Medicine Crow Talking Circle | | Cocaine Anonymous (CA) | |
| Sat | 12:00 pm | Sat | 8:00 pm |
| Co-Dependents Anonymous | | AI-Anon | |
| Sun | 5:00 pm | Mon | 8:00 pm |
| Wed | 6:30 pm | Tue | 12:00 pm |

“Cup of Coffee” – Meeting Location – Update

The weekend “Cup of Coffee” meetings are now being held upstairs in the main meeting room **starting at 8:30 a.m.** Saturday and Sunday mornings. The first meeting in the “Big Room” was held on Saturday morning, Feb. 11th.

If you have questions or need more information, please contact “Magic Mike”Y. at 1-734-558-1501 or by email at mjyoung19@yahoo.com

Please Support Your Club Advertisers!



A&H Heating and Air



Hank Coca's Downtown Furniture



Montana Silver 796



Sharkey Law



HazMat

If you are licensed and bonded with a Trade, and or run your own Business, we welcome you to advertise with The Alano Club of San Jose, Inc. Your Business Card will also be placed on the Alano Club website. We continue to support your business!

www.alanosj.org

A Member's Story Tinamarie S. – A Great Employee

Tell Us, Who You Are? “I’m a proud mother of five children – who has now been together with my childhood sweetheart for about eight years now. We’ve known each other since age 15. Kevin is both my best friend and the love of my life. Of our children, we have four boys and one girl.”

How Old Were You When You Had Your First Drink? “I was 8 ½ years old.”

What Happened After That First Drink? “I passed-out! But I passed-out without having a nightmare.”

Did Anyone Tell You That You Might Be An Alcoholic? “Well, I knew that I was by age 17. But, I didn’t admit it until I was 37 years of age.”

Tell Us About Your Introduction to A.A. “My entire family have been alcoholics. So I have been in the rooms my whole life – off and on.”

Tell Us About How Old You Were, And The Circumstances Around Your Last Drink.

“I was 37 years old and for the seventh time I got arrested. While in jail, I had a seizure on the fourth day I was there. I woke-up in the hospital and the doctors were asking me if I had been drinking. At first, I said ‘No’. When he said I could die from alcohol withdrawal, I told the doctor the truth. That was the moment when I realized I needed help. And then I asked for help, which was hard for me. But God helped me to be brave and I gave all my troubles to Him, and since then, there’s been countless blessings! I’m so thankful for every one of them and for my family and friends.”

What Was Happening In Your Life That Brought You To the Alano Club? “The day I got out of jail I was at a meeting. The first time I went to the Alano Club was when I was 17 years old. I have always been comfortable here. I love this place!”

When Did You Become A Member of The Alano Club? “It was in January of 2017.”

What Is Your Advice To The New-Comer?

1. Find a sponsor that you can talk to with no holding back.
2. The more truthful you are the better you’ll feel.
3. Work the steps slowly, because this is not a race.
4. Remember, we all need help, and it’s really okay to ask for help!
5. All of us have to ask for Help, so don’t let Pride stand in your way to live the life you want!