

The Alano Club of San Jose News

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www.alanosj.org

May 2017

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Alano Club of San Jose
Board of Directors Meeting
May 4, at 6:00 pm
 Members Welcome

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

Contents:

Milestones & Reminders	1
Activities and More	2
Club - Meeting Schedules	3
Our Club Advertisers	4
Another 12 Step Program	5

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
Jerry G	05/01/2016	1	Willie C	05/02/1997	20
Felix L	05/04/1992	25	Steve H	05/06/1985	32
David R	05/06/1989	28	Art O	05/07/2016	1
Susan S	05/09/2011	6	Robert K	05/10/1999	18
Andy H	05/13/2005	12	Doug M	05/15/2014	3
Danny G	05/18/2004	13	Jerry R	05/20/2008	9
Laura K	05/23/2012	5	Mark M	05/24/1985	32
Alex L	05/24/2006	11	Henery Chili C	05/25/2005	12
Doris G	05/26/1973	44	Douglas C	05/28/2008	9
Rafael C	05/31/1970	47			

Member of the Month - Mike Young

The Board has nominated Mike for all of the projects he has helped us with. The list would go on and on, but, I think it fair to say that when Mike saw a need and he filled it without hesitation.

Surprising Facts About Addiction*

Everyone knows that addictions are harmful, because they often cause serious physical, psychological, social and financial problems for people who struggle with them. The following facts about addiction tend to surprise many people:

- Addiction is unpredictable—it can happen to anyone at any time
- Many addicts suffer from co-occurring disorders, meaning they have an addiction alongside at least one other mental health condition
- Relapse happens to many people during recovery
- Addiction is a disease that is completely treatable

*FoundationsRecoveryNetwork.com

Activities & More at the Alano Club of San Jose

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

Alano Club of San Jose Invites you to the "Bike Run Fundraiser & BBQ"

June 10th, 2017

Joey Martinez 408-561-7274

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

The Art Of Sharing

My sponsor taught me long ago that we all carry the message all the time, whether we want to or not—know it or not. I cannot afford to hold onto old ideas that don't work, never did work, and never will work.

People who do not follow the program of recovery only cheat themselves and they set a poor example for newcomers. Sure, they're sober, but recovery also means regaining health strength, balance and composure.

We are supposed to share our experience, strength and hope. At meetings, often hear a lot of failure, weakness and despair being shared.

When I go to a meeting, I don't worry about what I'm going to get out of it – I try to put experience, strength and hope into it.

—Courtesy of MAUI SERENITY GAZETTE, Wailuku, Hawaii—

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CoDA - Another Twelve-Step Program?

“Most of us have been searching for ways to overcome the dilemmas of the conflicts in our relationships and our childhood’s. Many of us were raised in families where addictions existed - - some of us were not. In either case, we have found in each of our lives that codependency is a deeply rooted, compulsive behavior and that it is born out of our sometimes moderately, sometimes extremely dysfunctional family systems.

We have each experienced in our own ways the painful trauma of the emptiness of our childhood and relationships throughout our lives. We attempted to use others - - our mates, our friends, and even our children, as our sole source of identity, value and well-being and as a way of trying to restore within us the emotional losses from our childhood’s. Our histories may include other powerful addictions which at times we have used to cope with our co-dependency.

We have all learned to survive life, but in CoDA we are learning to live life. Through applying the Twelve Steps and principles found in CoDA to our daily life and relationships, both present and past, we can experience a new freedom from our self-defeating lifestyles. It is an individual growth process. Each of us is growing at our own pace and will continue to do so as we remain open to God’s will for us on a daily basis. Our sharing is our way of identification and helps us to free the emotional bonds of our past and the compulsive control of our present.

CO-Dependents Anonymous is a fellowship of men and women whose common problem is an inability to maintain functional relationships.” CoDA Litterature

Suggested Reading Codependent No More, by Melody -Beattie, Available at our Club.

We would recommend that you have a strong foundation in AA, CA, NA. If you have any of these addiction problems, this will enhance but not replace your other 12 step programs. Everyone is welcome.