

Monthly Publication
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 Alano Club of San Jose, Inc.

December 2017

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 Nick Ayala

Alano Club of San Jose
Board of Directors Meeting
December 7, at 6:00 pm
 Members Welcome

Fair Avenue Fellowship
Steering Committee Meeting
December 14, at 6:00 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-eight years.

Sobriety Milestones

Name	Milestone	Years	Name	Milestone	Years
Kindra T	12/01/2006	11	Jerry H	12/04/1990	27
Shep H	12/07/2002	15	Muhammed Y	12/07/2007	10
Annalisa H	12/10/2008	9	Francisco H	12/12/1995	22
Eddie D	12/12/2006	11	Heather H	12/12/2012	5
Kensey P	12/13/2016	1	David K	12/22/1996	21
Ronald N	12/22/2015	2	Scott L	12/26/2014	3
Mady G	12/27/2015	2	Chris G	12/28/1990	27
Mike O	12/30/1983	34	Diana	12/31/1970	47

Member of the Month

Eddie Morales was named “Member of the Month” at the November Board of Directors meeting. Eddie was the Keynote Speaker for the club’s annual “Heritage Dinner which was held here at the club on the evening of Oct. 21st.”

Eddie gave an in-depth history of the Alano Club of San Jose. Some of it, he had experienced himself in the many years he has been a member. Tony Baron, Club Manager said, “Thanks Eddie for your hard work and generosity. Please remember that you are greatly appreciated.”

Support Group for Parents Struggling With C.P.S.

“Ohana” is a Hawaiian term and stands for family. The Goal of the 12 Step Ohana Support Group is to make certain that “No Family gets Left Behind”.

This **new meeting** started in late November and meets each Monday evening at 5:00 p.m. . For more Information ask Tinamarie our evening cook.

Why I Am a Member - By Freddie Parra

Tell Us, "Who Are You?"

"My name is Freddie Parra. I am from San Jose, and have been Clean since August 17, 2003. I am a Father of five girls and the grandfather of four."

Freddie, at what age were you when you had your first drink or used your first Addictive Substance? Please tell us about that situation, and how your mind convinced you to give it a try:

"I was 10 years old when I had my first drinks. It was at my parents 25th wedding anniversary and everyone was drinking and someone passed a Margarita and I drank it. That was the first time I got buzzed."

When Did You Have Your Last Drink, or Your Last Drug?

"I don't really remember my last drink because I was so into my 'drug of choice', which was Meth. But, it was around the same time as when I got Clean, which was on August 17th, 2003."

How did you find out about AA or your own Twelve Step Program?

"Through the County."

When did you first find out about the ALANO Club of San Jose?

"I have lived in the neighborhood to our club my whole life. So I knew about this place.

As we grow in our Recovery, the Quality of Life improves, and our former 'Scary Life' stops being such a Challenge – and as we work our program – our new way of Life now becomes 'A Life of Peace, Love, Joy and Satisfaction.' How long into the Program before you discovered a 'New Way of Life' and that the Ninth Step 'Promises' were now manifesting into your Life?

About six months into the program I was still on Parole and Probation. I was a Prop 36 client and was taking some helpful classes. We were at the end of the program and the facilitator told me that if all my fees were not paid, she would send a negative report to my probation officer. I was pretty upset, I had the money, but I didn't want to pay,

Well, I decided to pay her and it was the first time in my adult life that I made a decision that kept me out of jail. I have heard that this was real, and that the 'promises' were coming to fruition in my life."

Freddie, What Is Your Advice for the Newcomer?

"Never give up and put your best foot forward."

Activities & More at the Alano Club of San Jose

Christmas Toys for Children ***Sunday, December 17th - 12:00 Noon***

Santa Claus and His Helpers will be arriving early this year to give toys to younger children.

Please Bring New "Unwrapped" Toys Suitable for Children Under age 10

Christmas Day Dinner ***Monday - December 25th***

This is a FREE Event. Please Put Us on Your Christmas Events Calendar!
Join Your Other "12 Step Friends" For Food, Fun, and Fellowship

**Includes Roasted Turkey - Dressing and
All the Traditional Holiday Fixings.**

Serving begins at 2 p.m.

Fair Avenue Fellowship of AA ***Christmas Day and New Year's Eve Alcahons***

Join Us for all Regular Meetings

An Additional Meeting has been added at 10:30 a.m.

Activities & More at the Alano Club of San Jose

Greater San Jose Area of Narcotics Anonymous Presents

New Year's Eve Dance

Location: Alano Club of San Jose

Open Meeting: 8:00 to 9:00 p.m.

Dance Time: 9:30 PM - 12:00 Midnight.

Dance Tickets are \$10 each and Include Party Favors

Adrian Flores Presents

Thirteen Steps to a Great Dance Team

Learn - Bolero, Rumba, and Salsa

First Saturday of each month

January 6th, 2018 - 3:30 p.m. to 5:00 p.m.

Monthly donation to the Alano Club

To learn more go to: www.adrianflorespresents.com

Celebrate Your Recovery Milestone Here at Our the Café

Celebrate your RECOVERY BIRTHDAY at your Club with some Help from Staff?

- ***Please meet with the KITCHEN STAFF two weeks before the event***
- ***Set up a day and time you want to hold your party***
- ***Let them know what you want to have on the Menu***
- ***Let them know about how many people you expect to show up***
- ***Then show up on your big day along with your loyal and supportive brothers and sisters in recovery, and have a fantastic party.***

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)	CPS Support Group	
Mon-Fri	7:30 pm (Spanish)	Mon	5:00 pm
Mon	8:00 pm (Tagalong)	Cocaine Anonymous (CA)	
Tues	9:30 pm (Men)	Sat	8:00 pm
A Medicine Crow Talking Circle			
Sat	12:00 pm		
Co-Dependents Anonymous		Al-Anon	
Sun	5:00 pm	Mon	8:00 pm
Wed	6:30 pm	Tue	12:00 pm

MERRY CHRISTMAS AND HAPPY NEW YEAR
FROM THE ALANO CLUB OF SAN JOSE
COME FELLOWSHIP WITH US!

New Year's Resolutions for Most of Us

Every year Millions of American and people all over the World write-out their New Year's Resolutions for the upcoming year. Here are the Top 25 ones we found on the Internet along with Google's Help.

25 - Lose Weight	24 - Exercise	23 - Quit Smoking
22 - Quit Drinking	21 - Get a New Job	20 - Get out of Debt
19 - Save Money	18 - Eat Healthier	17 - Get Organized
16 - Spend more time with Family	15 - Manage Stress better	14 - Enjoy Life to the fullest
13 - Stop Procrastinating	12 - Travel	11 - Improve a relationship
10 - Learn a New Language	9 - Have better sleep	8 - Spend less time on Facebook
7 - Spend less time watching TV	6 - Get rid of old clothes	5 - More biking
4 - Run a half or full marathon	3 - Try an extreme sport	2 - Do something for charity
	1 - Have a Baby.	

- Compiled by www.list25.com

Please Support Your Club Advertisers!



A&H Heating and Air



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