

Live and Let Live Alano Club

3867 Fourth Avenue • P.O. Box 33435 • San Diego, California 92163 • (619) 298-8008

Newsletter

May 1993

EVENTS

The Live and Let Live Alano Club is proud to list these upcoming events.

10th Anniversary Dinner/Dance

The Club will be holding its 10th Anniversary Dinner on Friday, May 14 at 7:00 p.m. After the dinner and speaker, there will be a free dance. People are still needed to sign up to bring a dish for this potluck dinner. A sign-up sheet is available at the snack bar. The Club has purchased five whole hams as a main dish for the dinner. If you have any questions or would like to help out with food preparation, decorations, set up, or in any other way, please speak with Tom, Club Manager. Your participation will make this a very memorable event for us all!

Queen and Sober Draa Show

Keep your eyes out for the next show at the end of May. All benefits/fundraisers will go to help the Club make its upcoming move.

Country Dance

The Club will be hosting a much requested country-western dance as a major fundraiser on Saturday, May 29 at 9:30 p.m. During the day of the dance, there will be instruction available on line dancing, two-stepping, etc. There will be prizes galore including:

- ⊙ Most Outrageous Cowboy/Cowgirl
- ⊙ Door Prizes
- ⊙ 50/50 Raffle

There will be fun for all, so dust off that old hat, put your spurs on, and join us for a good old time. Warning: Those who are not dressed in Country-Western attire will be subject to jailing. Also, if you want to get rid of a resentment you have against anyone, the jail is a nice place to put them for a spell! See you there, buckaroos!!

Garage Sale

The previously scheduled garage sale is officially scheduled for June 5 and 6. Please take the time to go through all of your closets and storage. Make room for all sorts of new stuff by getting rid of the things you don't need or use. Pick up of donations can be arranged by talking to Tom, Club Manager, in advance. It is important that you give adequate notice so arrangements can be made.

Padre Game Tickets

12 free tickets will be available for the game on Friday, May 21. A sign-up sheet will be located at the snack bar for those wishing to attend.

INVOLVEMENT

Why Not Get Involved?

The Club could sure use some people who would like to help out with our upcoming events. We could use anyone who is artistic and able to work with paper maché to make some decorations for the Country Dance on Saturday, May 29. Posters are needed to have around to promote upcoming events. Also, with summer just around the corner, it would be neat to get some participation events going. We are all looking for sober companionship and a way to meet new friends. Take some time to lend a hand or chair an event.

Club's Moving??

That's the story. We are in the process of finding a new location for our Club. If you would like to help, please advise the Manager or Board of any potential rental locations in Hillcrest.

Board of Directors

There are currently two positions open on the Board. To qualify for Board membership, you must have continuous paid membership for six months and 1 year of continuous clean and sober time.

Major, Major Fundraiser

Through the generosity of Wayne T, the Club will be allowed to present the fabulous stage show *Reunion*. The show will be presented at the Hahn Theatre in Downtown San Diego on Wednesday, July 7. The entire proceeds from the 250 tickets will go to the Live and Let Live Alano Club. We will have more information forthcoming. Your attendance and enjoyment of the show will greatly help the Club.

Special Thanks

Kudos to Tom D. for taking it upon himself to stand outside of Kickers to solicit funds for the Relocation Fund. Also, the management of Kickers gave all their assistance to promote this worthy cause.

Monthly Newsletter

We would like to express our deepest gratitude to Brad W. who has helped get a Newsletter to all members for the past two months. Brad will be locating out of town shortly. If anyone who has a computer would like to do the newsletter, please get hold of Tom, Club Manager.

Change of Address or Phone?

If you have changed your address or phone number, please let the person at the snack counter know about it, so we can update our mailing/membership list.

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Sobriety Birthdays

The Club congratulates its members for sobriety anniversaries:

Arlene J.	24 years	Ed N.	1 year
Bill E.	1 year	Gary W.	4 years
Dave S.	8 years	Walt B.	3 years

Belly Button Birthdays

Happy Birthday to these Club members:

Anita G.	Chuck P.	Magnum	Rosemary B.
Arlene J.	Colleen S.	Nani W.	Ruth V.
Bill E.	Craig P.	Niki Z.	Sam D.
Bridget W.	Eaon P.	Phil T.	Tom D.
Buddy M.	Greg B.	Rod B.	Will T.
Carmen L.	Kathy N.		

Thanks, Tom

On Wednesday, April 14, after leaving the Club in the afternoon, I was struck with one of those debilitating anxiety attacks that many of us have from time to time. I was confused, disoriented, and very scared. I was unable to call a cab and everything seemed alarming. I went back into the Club, took my medication, and went into Tom's office and had a good cry. Tom's understanding, caring, and empathy enabled me to "survive" that anxiety attack. Thanks, Tom! Being a good manager is a lot more than just cash register operations. Gratefully yours, Bob W.

My First Prayer

I surrender thee my entire life. O God of my understanding. I have made a mess of it, trying to run it myself. You take it, the whole thing, and run it for me, according to Your will and plan.

Who, Me?

I need to be forgiven, Lord, so many times a day. So often do I stumble and fall. Be merciful, I pray. Help me not to be critical when others' faults I see. For so often, Lord, the same faults are in me.

Language of the Heart

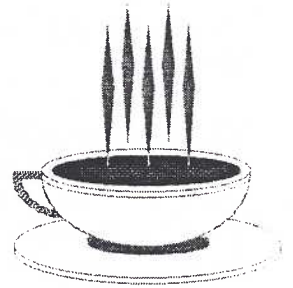
Dear God. You know my needs before I ask, my heart before I pray, and my gratitude before I even offer my thanks. You understand me better than I understand myself, and I thank You for communicating with me in the language of my heart.

Every Morning

Every morning I will reset my arms a while upon the windowsill of Heaven, gaze upon my Higher Power, and with that vision in my heart, turn strong to meet my day.

Coffee

Here is a neat way to save money on gourmet coffee and support the Club. All coffee sold is prepaid and is available in 5-pound units only. Ground coffee is available for an additional 20¢ per pound. Decaffeinated coffees cost 50¢ extra per pound and are noted by an asterisk (*).



1.	House Blend	\$25.00
2.	Viennese Blend	\$25.00
3.	Espresso	\$27.50
4.	French Roast	\$25.00
5.	Vienna Roast	\$25.00
6.	French Roast Vanilla Cream*	\$30.00
7.	French Vanilla Cream*	\$30.00
8.	Pralines and Cream*	\$27.50
9.	Vanilla Nut Cream*	\$27.50
10.	Double Chocolate Fudge*	\$27.50
11.	Chocolate Hazelnut*	\$27.50
12.	Coconut Cream*	\$27.50
13.	Hawaiian Hazelnut*	\$27.50
14.	Kona Macadamia*	\$33.50
15.	Vanilla Bean Supreme*	\$27.50
16.	Kenya AA	\$25.00
17.	Colombian Supreme	\$23.00
18.	European Blend	\$23.00
19.	Kona Blend	\$26.25
20.	New Orleans Blend	\$27.50

If you desire any flavors that are not listed, please ask Tom, Club Manager.

Thank You, Thank You, Thank You

The Club wishes to thank the following individuals/businesses for donating prizes for Club events:

A La Française	Metro Arts
Adams Avenue Pet Shop	New Reflections
Angels	Portfolio Salon
Bill Hall Salon	R & R Video
The Crypt	Richard Joseph Salon
Ed Navez	San Diego Repertory Theatre
Euray P.	San Diego Wild Animal Park
Hillcrest Gym	San Diego Zoo

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Schedule of Meetings

Revised 4/26/93

Monday

11:45 a.m.
Sober Nooners discussion (AA)

3:00 p.m.
Afternoon Hour (AA)

5:45 p.m.
Discussion (AA)

7:30 p.m.
12 x 12 Step Study (AA)

8:00 p.m. (NA)

Tuesday

11:45 a.m.
Sober Nooners discussion (AA)

3:00 p.m.
Afternoon Hour (AA)

5:45 p.m.
Speaker/Discussion (AA)

8:00 p.m.
Sober Sisters discussion (AA) (W)

Wednesday

11:45 a.m.
Sober Nooners discussion (AA)

3:00 p.m.
Afternoon Hour (AA)

5:45 p.m.
Discussion (AA)

5:45 p.m.
Overeaters Anonymous discussion (OA)

8:00 p.m.
Hope without Dope discussion (NA)

Thursday

11:45 a.m.
Sober Nooners discussion (AA)

3:00 p.m.
Afternoon Hour (AA)

5:45 p.m.
Discussion (AA)

5:45 p.m.
Nicotine Anonymous discussion

Friday

11:45 a.m.
Sober Nooners discussion (AA)

3:00 p.m.
Afternoon Hour (AA)

5:45 p.m.
Discussion (AA)

6:00 p.m. (SCA)

7:00 p.m.
After Three Group (AA)

8:00 p.m.
Sobriety and Miracles Leather and Fetish Meeting (AA)

8:00 p.m.
Live and Let Live discussion (AA)

Saturday

9:00 a.m.
Revised Big Book Group (AA)

10:00 a.m.
Women's Meeting discussion (AA)(W)

11:45 a.m.
Sober Nooners discussion (AA)

6:00 p.m.
As Bill Sees It (AA)

6:00 p.m.
Dope Free Dopers (NA)

8:00 p.m.
Two-Bit Speakers (AA)

8:15 p.m.
Intimacy and Men discussion (AA)

Sunday

9:00 a.m.
Women's Meeting discussion (AA)(W)

11:00 a.m.
Straight Shooters discussion (AA)

6:00 p.m.
Beautiful Beginnings speaker/discussion (AA)

Missing Meetings

The Club has lost two meetings in the past month. We need people with some sobriety to make the commitment to reestablish these meetings (the Tuesday 6:30 p.m. Newly Sober Beginners Meeting and the Thursday 8:00 p.m. Open Door Meeting). Both of these meetings are essential for not only the Club, but also the message of recovery.

New meeting? Meeting not listed correctly? Call 298-8008 to update the schedule.

KEEP COMING BACK!

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