



CARRY THE MESSAGE

1730 Monroe Avenue, San Diego, CA 92163 * (619) 298-8008

A Decade of Service to the Gay, Lesbian, Bisexual, and Transgender Recovering Community

Upcoming Events

- June 20: "A Night at the Apollo 2>" A Harvey Milk Scholarship and LLLAC fund-raising event.
- July 20: Pride Recovery Dance. A Feeling Good '96 and LLLAC fund-raiser.
- July 26: Pride Rally!
- July 27: Pride Parade!
- July 27 & 28: Pride Festival and Coffee Exchange. Proceeds from the Pride Coffee Exchange go to LLLAC, Stepping Stone, and Feeling Good.
- August 11: Feeling Good Picnic and Dog Show.

!!! June Birthdays !!!

<u>Belly Button</u>	<u>Sobriety</u>
Amy G.	Andrew M.
April P.	David B.
Curtis W.	Denny W.
D. I.	Donna J.
Dalton W.	Douglas S.
Danielle L.	Ernest G.
Douglas S.	Gary S.
Ed R.	Lori J.
Ernest G.	Nichole Y.
Georgia B.	Pam W.
Gretchen A.	Pamuela P.
James B.	Paul P.
Joseph L.	Robby B.
Karen B.	Robert L.
Kathy R.	Scott J.
Kris P.	
Megan W.	
Mike C.	
Pam D.	
Ralph B.	
Richard C.	
Scott J.	
Scotty S.	
Sheila W.	
Trisha G.	
Wilber M.	

other alcoholics which I entrust to you." "It must be used unselfishly; it carries with it grave responsibility. No day can be too long; no demands upon you time can be too urgent; no case too pitiful; no task too hard; no effort too great. It must be used with tolerance for I have restricted its application to no race, no creed, and no denomination. Personal criticism you must expect lack of appreciation will be common; ridicule will be your lot; your motives will be misjudged. You must be prepared for adversity, for what men call adversity is the ladder you use to ascend the rungs toward spiritual perfection, and remember, in the exercise of this power, I shall not exact from you beyond your capabilities." "You are not selected because of exceptional talents, and be careful always, if success attend your efforts, not to ascribe to personal superiority that to which you can lay claim to only by virtue of my gift. If I had wanted learned men to accomplish this mission, the power would have been entrusted to the physician and scientist. If I had wanted eloquent men, there would have been many anxious for the assignment for talk is the easiest

!!! May Birthdays !!!

<u>Belly Button</u>	<u>Sobriety</u>
Anita G.	Arlene J.
Anthony M.	Carl H.
Arlene J.	Carlos R.
Brian C.	Claire V.
Ches B.	David T.
Christopher A.	Denise C.
Colleen S.	Gary P.
David B.	Gary W.
Denny W.	Greg H.
Drew F.	Joanne Y.
Elaine D.	Joey B.
Glenn V.	Kathy L.
John (Jack) S.	Mag B.
Joanne Y.	Nelya (Nene)
Leif S.	Patrick L.
Mag B.	Randy G.
Magnum	Ray S.
Margaret T.	Ross W.
Randy R.	Sam M.
Robert P.	Tammie A.
Sam M.	Teresa V.
Terry I.	Terry I.
Tim P.	Tom R.
Tom D.	Trish M.
Tom T.	

Why We Were Chosen - - -

God in his wisdom selected this group of men and women to be the purveyors of His goodness. In selecting them through whom to bring about this phenomenon He went not to the proud, the mighty, the famous, or the brilliant. He went instead to the sick, to the unfortunate. He went right to the drunkard, the so-called weakling of the world. Well might He have said to us, "Unto your weak and feeble hands, I have given that which has been denied the most learned of your fellows. Not to scientists or statesmen, not to wives or mothers, not even to my priests or ministers have I

Chosen --- cont.

which I have endowed mankind. If I had wanted scholarly men, the world is filled with better qualified men than you who have been the outcasts of the world and your long experience as drunkards has made or should make you humbly alert to the cries of distress that come from the lonely hearts of alcoholics everywhere."

"Keep ever in mind the admission you made on the day of your profession in A.A., namely that you are powerless and that it was only with your willingness to turn your life and will unto MY keeping that relief came to you."

Author Anonymous

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D. I.

Club Manager

Kris P.

Changes, by Dick T.

When I was a resident of a treatment center, I was told that to stay sober I would have to make certain changes. O joy! Well I knew about changes:

Drinking in one of the upscale Westgate Hotel bars, then changing to the Chi Chi Club. No, that wasn't the kind of change they meant.

For starters, they talked about commitment. I said I had plenty of commitments, after all I had a house and had worked for the same company for many years.

Wrong, that wasn't commitment, it was selfish survival because I wanted a roof over my head, some food, and money for booze (with a little for "fun drugs" on the side).

They said I needed to make "permanent" long range commitments, "one day at a time!" Now that was double talk if I ever heard it.

But I would try. I didn't want to drink again.

Well, the unit had an "after care" program weekly, so I agreed to go. Then I was also told to find a home group, but I wasn't too sure I wanted a group meeting in my home. No, that wasn't quite what they meant.

The unit also had a daily morning meditation meeting that they let former patients return to (if they weren't disruptive). I always felt better after those meetings, so I went. Mind you, all this in a person who always regarded projects as something to be "gotten outa the way!"

With recollections that there would be "promises," I now realize I was lucky and blessed. I already had a structure in place. My background started with being in cub scouts, boy scouts, junior ROTC, one of the five federal service academies and finally in the U.S. Navy and the Merchant Marine. The latter two probably taught me more about drinking than about discipline. And that is what I am really talking about here. Discipline. I was lucky. I already had the tool I needed, because of the early training I had received. All I had to do was use it. Some aren't so fortunate, they have to get the tool, and find out how to use it.

I pray that you may all find the discipline to follow through on the commitment for this change that we so often talk about to take place.

Ad Rates For Issue

Business Card \$ 5.00
1/4 Page \$ 7.50
1/2 Page \$10.00
Full Page \$15.00

Support Our Advertisers!

Support Our Sister Organizations

San Diego Feeling Good '96
To volunteer: Call Carol A. 296-0194, or Ralph 569-0998

David's Place, 3766 Fifth Avenue, 294-8908
To volunteer: Call Bill Graham 783-9230, or 688-9552

Advertisements

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Since 1917. Scott A Jones Director.

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F.C.C. Lic.#MFC14864 P.A. Lic.#PSB14359
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Partnership of Behavioral HealthCare Professionals
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Gay, and Bisexual Community. Dedicated to serving the
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"A Positive Place for Positive People and Their
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3766 Fifth Avenue
San Diego, CA 92103
(619) 294-8908

God Says Yes to Me

I asked God if it was ok to be melodramatic
And She said yes
I asked Her if it was ok to be short
And She said sure is
I asked Her if I could wear nail polish
Or not wear nail polish
And She said honey
She calls me that sometimes
She said you can do exactly what you want
to
Thanks God I said
And is it even ok if I don't paragraph my
letters
Sweet cakes God said
Who knows were She picked that up.
What I'm telling you is
YES YES YES.
by Kaylin Haught.

A Night at the Apollo 2
A Celebration of Soul!



A Benefit for the
Live and Let Live Alamo Club's Gay Pride Event
and the
Harvey Milk/Tom Homann
Gay & Lesbian Student Scholarship Fund

FABULOUS ENTERTAINMENT
50/50 DRAWING
AUCTION

ALSO:
A Celebration of Cherie's
"Double" Birthday!

Thursday, June 20, 1996
8:00 p.m. • \$5.00 Door

at **THE FLAME** • 3780 Park Blvd.

RESERVED FOR
1ST UNITED METHODIST
Church

Pride Parade

This year the Live and Let Live Alano Club, Stepping Stone, Feeling Good '96, and the Gay Men's Spiritual Retreat are marching together in the parade. Each organization will be carrying their banners. We will also be showing our unity, strength, and numbers by having the Recovery, Pride, Liberty, the 55 American State and Territory flags carried within our group. If you want to carry a flag, there is a \$10 fee to cover the cost of renting the flags. You can pay the fee and sign up for your flag at the LLLAC coffee counter. Flags are available on a first come, first choice basis. We are also trying to provide a flat bed truck for those who cannot walk the distance of the parade. If you have any ideas on who may be able to provide us with a truck, please leave the information with the staff at LLLAC. We do have Pride registration deadlines, so the sooner we get our information together, the better off we will be.

Pride Coffee Exchange

This will be the Live and Let Live Club's third year running the Pride Coffee Exchange. It is becoming our largest annual fund-raising event. With proceeds going to the Live and Let Live Alano Club, Stepping Stone, and Feeling Good, it supports the entire Lesbian and Gay Recovery Community. This year, the Coffee Exchange is in a new location, on the main concourse of the festival. We will have a seating area with tables next to a light entertainment stage. We will also have desserts for sale this year. If you would like to bake your favorite dessert, we would gladly accept it. To make this event successful, we will need your help.

To volunteer, see Ernie G., Jim F., or sign up at the LLLAC coffee counter. We will be having our first meeting with volunteers at LLLAC on June 5th at 7:00 pm. Hope to see you there.

San Diego Feeling Good**Update - May 1996**

The 1996 Feeling Good Committee is in full swing preparing the Labor Day celebration of recovery for your enjoyment (August 30th thru September 1st). This year's theme is "Twelve Years of Freedom" and we have a fabulous logo to adorn your t-shirts and coffee mugs. Look for our registration flyers in the Alano Club.

If you have any ideas for good Al-Anon or A.A. speakers, please mail a tape to San Diego Feeling Good, PO Box 3999, San Diego, CA 92163, so that we can forward the information to Kenny and Julian on the Program Committee. If you would like to volunteer in any capacity before or during the roundup please call Carol (296-0194) or Dominic (298-5545). Many thanks to all of you who supported our first two fund raisers of 1996, the Spaghetti Dinner in January, and the Pancake Breakfast in April. Without your support, Feeling Good could not continue to operate and produce such a wonderful convention in the convenient and beautiful surroundings of the Red Lion Hotel.

Gay Men's Spiritual Retreat

Just a quick note about a great weekend. (More to follow in our next issue.) I went up to Julian's Camp Cedar Glenn with some reservations about this retreat, but what a treat I was in for. I am extremely grateful that I attended and to those who worked to pull this retreat together. Thank you, job well done!!! The workshops and meetings I attended were great. The

social activities were fun and entertaining. The girls' prancing around the campfire took my breath away. The awards for Campfire Camp (Ms. Cowpie, who was that?) with Rocky as Master of Ceremonies was entertainment at its best. I left the retreat relaxed and rejuvenated. Thanks again for putting this wonderful retreat together. I will see you there next year. Jim F.

Live and Let Live Alano Club Newsletter Committee Meeting

May 25, 1996 at 1:30 pm

Members Present: Euray P., Scott J., Jim F., D. I., David M., Scottie S.

General Discussion: Layout of the newsletter was of first concern - D. I., David.

Newspaper stock: Provided by Jim F.

Advertisers' validity: Scott J.

Miscellaneous Items/Various Types of Articles. i.e.:

- 1) Classified ads;
- 2) Movie reviews;
- 3) Board of Director's Decisions;
- 4) Announcement board;
- 5) Competition for new, newsletter masthead;
- 6) Current issues, i.e., Pride items;
- 7) Poetry;
- 8) Club wish list;
- 9) Meeting list;
- 10) News items from outside sources such as David's Place, Feeling Good, Stepping Stone and the like.

Reality

It's cold, so cold
And hard and metallic
With icy chunks of
brightness
Glowing out of the freezing
mist.
When suddenly a person
reaches out
I am frightened by the
closeness
Of this sudden attack
By friendliness so bold
To scale my ice covered
walls
And bring within a warmth
That brings forth my belated
spring. D. I.