



LLLAC Newsletter

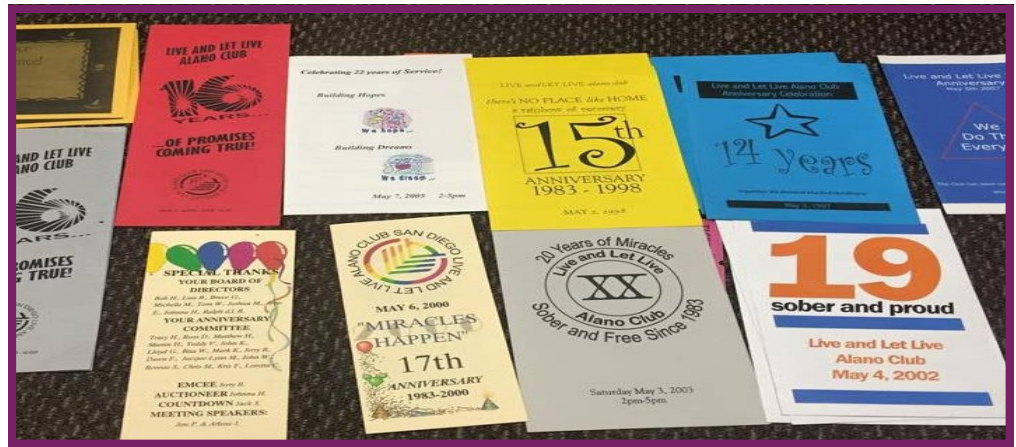


1730 Monroe Ave. San Diego 92116
619-298-8008
www.lllac.org

May
2015

LLLAC Celebrates 32 Years of Community Service

Live
and Let
Live
Alano
Club



May 31st , 2-4 PM anniversary party includes food and fellowship. The purpose of this event is to thank current members and past Board of Directors. A delectable menu, arranged by Mich M., will be provided free for members, and at a \$10 donation for non-members. Please come and join us in making memories that will carry us into the future.

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Meeting Updates

Clutterers' Anonymous joins our meeting family here at the club. Weekly meetings will be held Tuesday afternoon from 2:00 to 3:00. This brings the total number of meetings held at the club to 47.

A new **CODA** meeting joins the family .Thursdays at 7 PM. The only requirement for membership is a desire to have healthy relationships. Please join us and help spread the word!

May 14, 2015

8:00 PM

Dave Smith Celebrates 30 years continuous sobriety at The LLLAC Alano Club's famous BUTTS OUT A MEETING.

May Birthdays

Easter Bonnet Social

David S.

Lisa S.

Joshua F.

Jacob P.

Alan F.

Eileen W.

Arlene J.

Clay K.

Robert M.

Ron W.

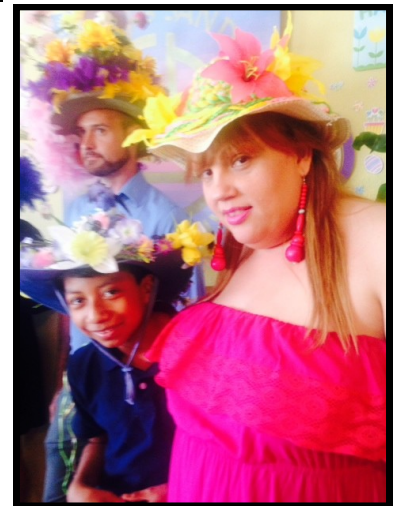
Gary P.

David P.

Micaela P.

Dallas C.

Jonathan S.



First Annual Chili Cook-Off

The Winners



The Servers

Welcome Rizzo as the Volunteer of the Month of

Meet the Board: Robert Tice

LLAC Board of Director member, Robert Tice, has a long history in recovery. He currently has 11 years sobriety and 4 years gambling free. He has brought many new events for the club to host, including Cal Men's Gathering Speed Dating, American Lung Association Smoking Cessation classes, Gatekeeper Training for Suicide Prevention Workshop. In addition, he also provides awareness of the LLLAC and its purpose and support in our community. To meet this end, he volunteered at the Harvey Milk Breakfast, for the second time on May 21, 2015 . He attends Leadership meetings at the LGBT center where he networks tirelessly with other leaders in the community and provides a welcomed presence at Imperial Court events. In addition to his diligence as an LLLAC Board Member, he is a current member and first LLLAC Alano Club member of the GLTC community center . He continues his now 7 year volunteer work at Mama's Kitchen and volunteers for the Human Rights Campaign. Forever with his eye on ways to help the GLBT recovery community, he increases awareness of the need for sensitivity towards our community and now fills the new GLBTQ 211 health care resource information line to help assure this population is referred to gay safe recovery communities.



Gatekeeper Training for Suicide Prevention

"QPR: Question, Persuade and Refer"

Training for Suicide Prevention & Intervention

"Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, QPR trains in how to recognize warning signs, what questions to ask, and how to offer hope and help to someone in a suicide crisis. Learn this emergency intervention and help save a life!"

LLAC Alano Club hosts a free training May 8, 2015 10:00 AM

Editorials

About ten years ago was the first time I ever got sober for any significant amount of time. It was at the University Heights Alano club. I stayed that way about 7 months before I used again, but eventually after falling off the wagon a few times, it stuck. Earlier this month, I passed the eight year mark.

These days, I write a blog while serving a prison sentence. I don't know if many people read it, but that's not why I do it. I thought you, and other Alano patrons, might enjoy or be inspired by my latest entry. Post it on your board, if you like-or don't, up to you.

I remember what it was like being a newcomer and wondering if it was even possible to make life work sober. Looking back at that guy, I wish I ran across letters like this. Just thought I might check in. I wish you the best.

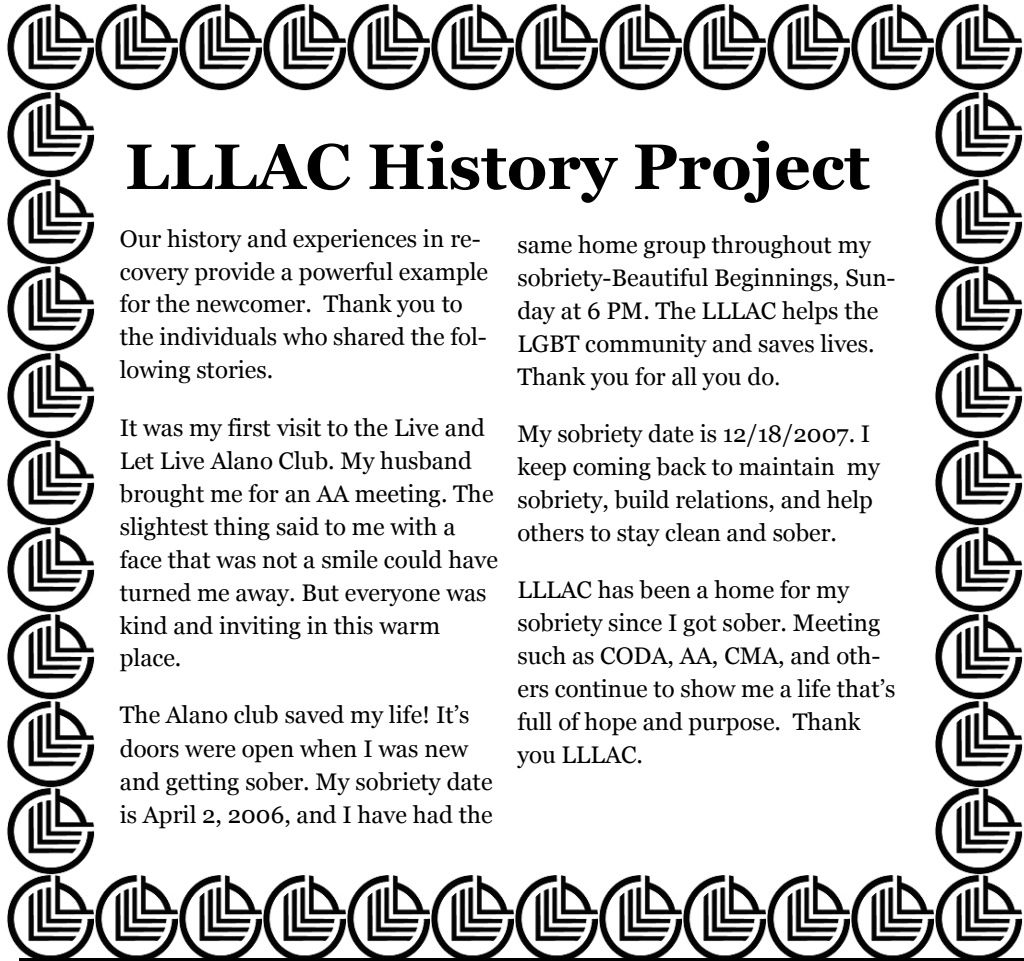


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We are on the Web
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LLLAC History Project

Our history and experiences in recovery provide a powerful example for the newcomer. Thank you to the individuals who shared the following stories.

It was my first visit to the Live and Let Live Alano Club. My husband brought me for an AA meeting. The slightest thing said to me with a face that was not a smile could have turned me away. But everyone was kind and inviting in this warm place.

The Alano club saved my life! It's doors were open when I was new and getting sober. My sobriety date is April 2, 2006, and I have had the

same home group throughout my sobriety-Beautiful Beginnings, Sunday at 6 PM. The LLLAC helps the LGBT community and saves lives. Thank you for all you do.

My sobriety date is 12/18/2007. I keep coming back to maintain my sobriety, build relations, and help others to stay clean and sober.

LLLAC has been a home for my sobriety since I got sober. Meeting such as CODA, AA, CMA, and others continue to show me a life that's full of hope and purpose. Thank you LLLAC.

Members Only

Please watch for our weekly beverage specials.

Pick up a Club Coffee Card at the coffee

Things the Board would like to be

Donated

- Color Laser Printer
- New Sound System
 - HDMI Cable
- Lap Top Computer
- 11x17 capacity printer