



LLCAC Newsletter



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

June and July
2015

Live and Let Live Alano Club

LLCAC Celebrates 32 Years of Community Service

The LLLAC celebrated our anniversary with an afternoon of food and fellowship. The event was held Sunday May 31 from 2-4 pm at the club. The event was free for members and \$10 for nonmembers. Guests were treated to shrimp, **pastry hors d'oeuvres, strawberries, meatballs and, of course, a rainbow cake.** The food was served by volunteer waiters who did a fantastic job. The room was decorated festively and there was a sobriety countdown. Pictures of club members and activities from the last 32 years were posted on the wall and shown on the TV throughout the event. The LLLAC board introduced the community to our new logo design. Meetings following the party were also treated to food and fellowship for the rest of the day. Thanks members and volunteers for a great event.

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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!

Looking for a commitment? It is time for elections for many groups at the club including Free to Be. Check out their weekday meetings to see what is available.



Birthdays

June

Paul P.

Ella Rose L.

Donna J.

Irish Lisa M.

Rob B.

Scott L.

Myel J.

Mike Z.

Lori L.

David C.

Marc R.

Thomas M.

Robert Lee S.

July 4th Potluck

Saturday July 4 the club is celebrating with a potluck barbecue. The club will provide the meat and baked beans, and members bring side dishes. Please sign up at the coffee counter ahead of time so we will have enough food. Bring your patriotism and your appetite to the LLLAC from 2-5pm.



Green Apple Carmel Smoothie

\$3.50

LLLAC Rummage Sale

Saturday and Sunday June 27-28 from 8am-2pm, the club will have a rummage sale. Clean out your garages and closets. Please bring us your gently used items. Large items can be dropped off on the day of the sale in the morning. Smaller items can be dropped off now. Thank you for your donations as well as shopping. We appreciate your support because these sales really help the club stay out of the red each month.



Welcome Frank R. as the Volunteer of the Month for May.

A New Look



Editorials

Monkey Plays No Favorites

April 2, 2015

In early December 2014, a friend of mine in Narcotics Anonymous asked if I'd like to be involved with an organization that helps addicted youth via the mail. At first, I wanted no part of this because I could imagine my letters being taken out of context and things getting **all twisted. But, I've learned they have many safeguards in place for just this kind of thing. I** write through a mediator who approves the letter, first, before anyone else reads it. Knowing that, I got involved.

Currently, four months later, I write to three youngsters. I am writing about the first. Our initial letter was of the get-to-know-you variety and it was evident this boy needed help, in fact, he was screaming for it. He is 14 in his first year of High School and a (sic...heroin) **addict. He's carried the monkey since summer when his "friend" introduced them. It took** several letters for us to earn each others trust.

He and I have so many parallels it is amazing, from the way we used it, to how we obtained it, to how we hid the addiction. The only difference is our ages. He started writing for two reasons: 1) He desperately wanted to kick, 2) He needed to tell his father, who had no idea. His need for fatherly approval is HUGE. Believe me, I can totally relate.

When I was his age, I didn't have a clue what heroin even was. I'd dabbled with the Gonja, but it was foreign to me. Kids today have not only heard of it, they know exactly where to obtain it. The shit is so cheap they can use lunch money for daily use and becoming strung out is not far behind. (To be continued.)

July
Jeff H.
Shawn R.
Mark Q.
Wayne P.
Rodney M.
Ms. Kat J.
Frank H.
George J.
Richard G.
Karl H.
Joshua M.
Brad G.
Jim D.
John S.
Goldman J.
Johnnie L.
Tom C.
John V.



1730 Monroe Ave.
San Diego, CA 92116

Phone: 619-298-8008
Fax:
Web Address: www.lllac.org

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.

Safety, security, fellowship

When I first came here, I had a bad impression of AA: OB is too straight, Imperial Beach was way too scary, and the meetings at the church across the DMV were so artificial and bland. I like the LLLAC club because it is a safe, gay-friendly place that will help me keep a community of peers. That in turn **will help me stay sober. That's why I** have become a member (#35) and plan to help out and be of service here.

I came here to just get a meeting in **and that's it. While I was here, everybody** was so nice with a home-like atmosphere. So I came back, had coffee at the bar, and

brought my wife. We were truly accepted. We even became members so that we could hang out more in a happy sober environment. I really, really feel comfortable and happy here.

Sobriety Date 11-15-1995. I found this club when I was in rehab and we had to go to meetings on the weekends. I always found this club to be warm, accepting, and open. I continue to come here as often as I can and feel very grateful to have made many life-long friends. I love this club!

This has been my first experience with being a member of an Alano club and it has been fabulous. There are functions, meetings, and diversity. I plan to continue to make this Alano Club an ongoing part of my sobriety!

Members Only
Please watch for our weekly beverage specials.
Pick up a Club Coffee Card at the coffee lounge.

Things the Board would like to be Donated

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