

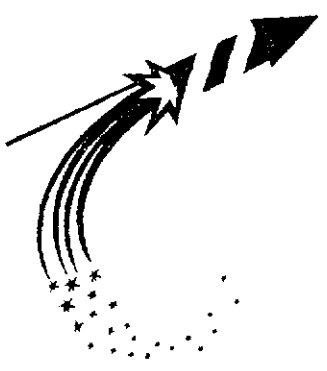
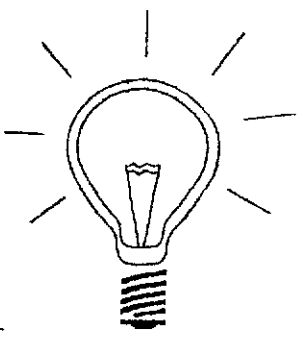


# CARRY THE MESSAGE

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

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

Sept./ Oct. 1996



Upcoming Events

- September 1: Last day of Feeling Good Roundup - 12 Years of Freedom!
- September 20, 21, & 22: Doc's Cabin Camping Trip
- October 6: A.I.D.S. Walk For information call: 291-9255
- October 18, 19, & 20: La Jolla Indian Reservation Camping Trip

Pride Parade Participation by Julian L. and Jim F.

We'd like to thank everyone in our sober community for their participation in the "Pride 1996 Parade." We are very proud to be a part of this community, and have many hopes for it.

aspire. Our lives have become generously full, with hardly enough time to complete everything we want to do. We don't know about you, but our lives were narrow and incomplete. We spent a lot of time either in our darkened bedroom, or in a bar. Ducking responsibility all the way.

So this is our hope, that yearly our numbers will increase. That when people see us standing proud together, they will realize the possibilities in life. Whether in recovery, or needing to be, or perhaps not having the need. Some only know the bars or bath house as the only oasis for homosexuals. Maybe, just maybe, as we show our diversity, we can also show our wealth of organizations and activities, which have created such great hope in our lives.

The Live and Let Live Alano Club, as well as our sister organizations, has been dedicated to the service of the gay, lesbian, bisexual, and transgender recovery community. It is our hope and dream that everyone whose life has been brought into recovery can begin to join us in our walk of pride. Can you imagine the length of our procession, if not one person chose to stay home or sit on the side lines?

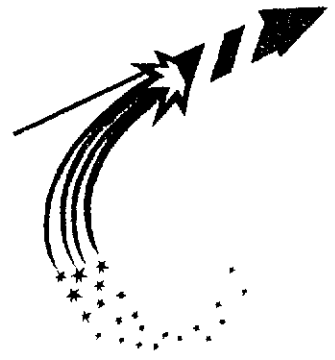
Let's carry through the year our sense of pride and our hopes, with continued growth in unity.

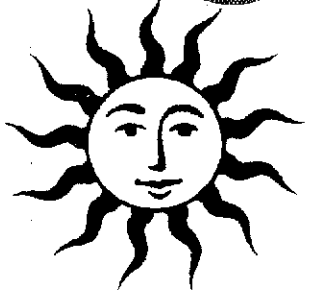
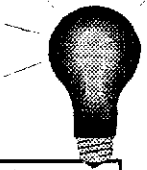


! September Birthdays !

- |                 |                     |
|-----------------|---------------------|
| <u>Sobriety</u> | <u>Belly Button</u> |
| Adam G.         | Brent B.            |
| Dalton W.       | Eva L.              |
| Drew F.         | Johnna H.           |
| Dick T.         | Julian L.           |
| Dawn D.         |                     |
| Floyd K.        |                     |
| Ingrid K.       |                     |
| Julian L.       |                     |
| John M.         |                     |
| John S.         |                     |

We are sure that not one of us got sober to blaze any trail. But as drugs, alcohol, and health issues have torn into our community, and brought many of us into recovery, we have become a light of hope, to which all can





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**Let Go For Today**

by Caitlan J.

Holding on to the past,  
I hope it won't last ...  
... for I can't do a thing  
to change it.

If I stay in today.  
I will find a way ...  
I hope for the strength to  
arrange it.

Yesterday's sorrow -  
Won't be tomorrow's  
I simply let go and pray.

Tears in my heart -  
Will rip me apart  
Until I can live for today.

**Serenity**

by Brian C.

Stillness in motion  
As deep as the ocean  
A symphony of minds  
Suspended in time.

**Partys/Politics**

by Di. I.

Since this is an election year (and won't I be glad when it's over!) and since it's a point of personal pride that I consider myself at least tolerant, this column will list names and addresses of political organizations that may be new to people (as the following was to me), with a brief description as follows:

The "Log Cabin Republicans," or LRC. In their own words they are: "... A nationwide organization of Republicans concerned with individual rights and responsibilities. Our membership consists primarily of lesbians and gay men, but is open to all Republicans who support the goals of the organization." For more information, contact either:

Log Cabin Republicans of  
Central Arizona  
P.O. Box 60994  
Phoenix, AZ 85082-0994  
(602) 837-2936  
e-mail: LRC\_CAZ@aol.com  
or:  
Log Cabin Republicans -  
National  
1633 Q Street NW, Suite 210  
Washington, DC 20009  
(202) 347-5306  
FAX (202) 347-5224  
web site:  
<http://www.cais.com/logcabin/>

**Support Our Sister Organizations**

San Diego Feeling Good '96  
To volunteer call:  
Carol A., 296-0194; or  
Dominic, 298-5545

David's Place  
3766 Fifth Avenue  
294-8908  
To volunteer call:  
Bill Graham at either  
783-9230, or 688-9052

Being Alive  
3960 Park Boulevard  
291-1400

The Gay and Lesbian  
Community Center  
3916 Normal Street  
692-2077 or 692-4297

Stepping Stone Day Program  
3425 Fifth Avenue  
295-3995

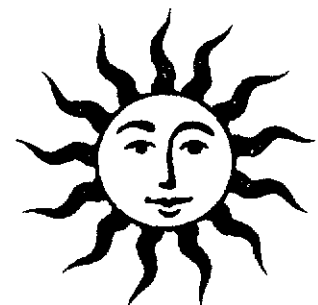
Stepping Stone Recovery Home  
3767 Centre Avenue  
584-4010 or 584-9000

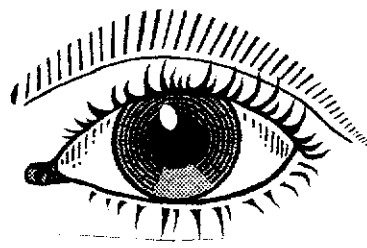
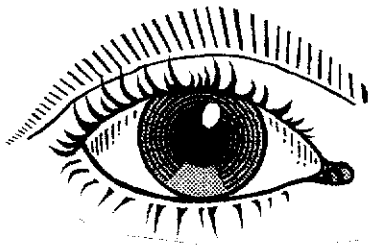
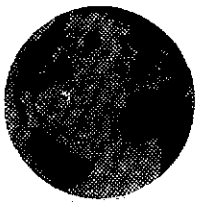
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kept free from fear and apprehension.

One of these days is YESTERDAY. Yesterday, with all its cares and frets, all its faults, its mistakes, and blunders, has passed forever beyond my recall. I cannot undo an act I wrought, I cannot unsay a word I said. All that it holds of my life -- of wrong, or regret, and sorrow -- is in the hands of God. Save for the memories of the day that is gone, I have nothing to do with yesterday. It was mine -- it is God's now.

And the other day that I do not worry about is TOMORROW. Tomorrow, with all its possible adversities, its perils, its large promise and poor performance, its failures and mistakes, is a day of God's. Its sun will rise in splendor or behind a mass of clouds, but it will rise.

Until then, the same love and patience that held yesterday holds tomorrow, shining with promise into the heart of today. I have no possession in the unborn day. Tomorrow is God's day. It will be mine.

There is left for myself, then, but one day in the week -- TODAY. Any man can fight the battles of today. Any man can resist temptation for just one day. Any woman can carry the burdens for just one day. It is only when we willfully add the burdens of those awful eternities, yesterday and tomorrow -- such burdens as only the mighty God can sustain -- that we break down. It isn't the experience of today that drives men mad -- it is the remorse of something that happened yesterday and the dread of what tomorrow brings. Those are God's days -- leave them with God

Therefore, I think and I do and I journey but one day at a time. That is man's day. Dutifully I run my course and work my appointed task on that day of ours, and God, the Almighty and All-Loving, takes care of yesterday and tomorrow.

**I am**

by Tracy X.

I see myself in splendor  
I see myself in love  
I travel thru my life  
Gracefully with the strength  
I'm given from above

My ancestry deems me royalty  
Rich blood flows thru my  
veins  
Sexuality and gender you  
must  
Realize my dear are not the  
same

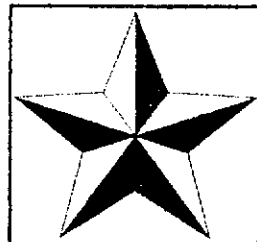
I may not be what you accept  
But my presence and style  
Demands respect  
Judge ye not what you don't  
understand

Open your mind and let it  
expand

In this world we're all  
Not the same

If that were so  
Oh what a shame

Diversity you see is the key  
Why should it matter  
If I'm a he or she?



**Fragment**

by Sara Moores Campbell

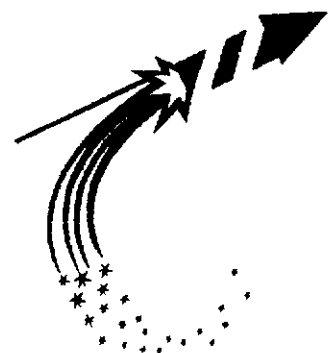
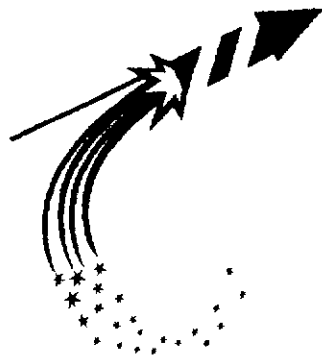
We receive fragments of holiness, glimpses of eternity, brief moments of insight. Let us gather them up for the precious gifts that they are and, renewed by their grace, move boldly into the unknown.

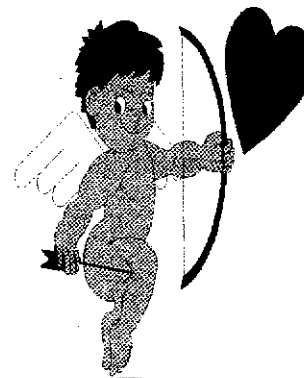
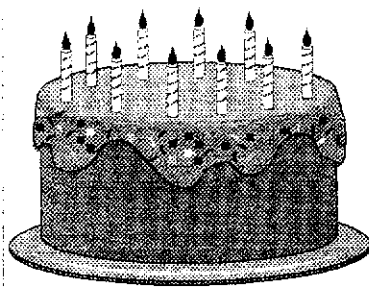
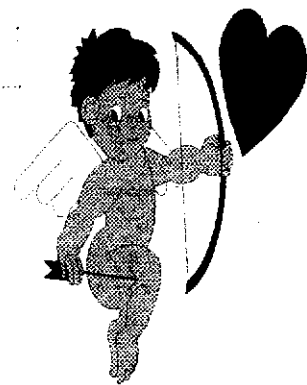


**Live One Day At A Time**

by Robert J. Burdette

There are two days in the





**Sarah's Letter:**

**About my son's and daughter's double wedding**

Some people have wondered, how do you deal with two gay children. At first, I didn't do well. Then I learned that they're the same people they've always been. The children I've always loved. To see them both married at one ceremony is a very exciting thing to look forward to. Who would have thought these two people would have both wanted to be united with the ones they love in the same ceremony. I'm very proud of both of them and what they've done with their lives. As far back as I can remember they've been very close. That's not to say that the planning of this double exchange of vows has been easy on either couple, but it will be a grand and glorious day for all of us.

**Robert Malatin**

I am 33 years old, 6 1/2 years clean and sober. I've lived in San Diego since 1976, moving here from Oklahoma. I've been retired for 6 1/2 years, and occupy my time doing volunteer work. I have done various fund raisers, and have served on the board of the LLLAC. I am the 5th of six children, and have remained close with most of my brothers and sisters. I am also close with my mother who has been very supportive of this Holy Union. She will be walking me down the isle.

**Jeff Fawcett**

I was born 36 years ago in Ohio. I was the last of five children and was raised on a farm in southeastern Ohio. After high school I attended Akron University in Ohio, and received a B.S. degree in Natural Science. After college, I joined the Navy, and attended OCS (Officer Candidate School) in Newport, R.I. before being transferred to California in 1983. My first duty station was the U.S.S. Bradley, stationed at 32nd street. After leaving the Navy in 1987, I worked in retail management. My most recent job was with Corning Clinical Laboratory, here in Mission Valley. I am currently in the process of retiring. I have been in recovery for a little more than 2 years.

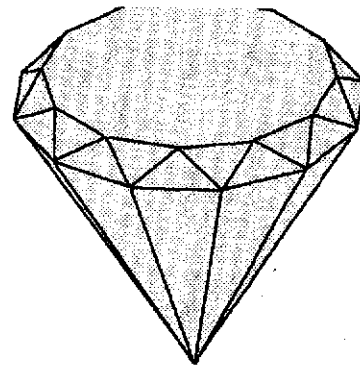
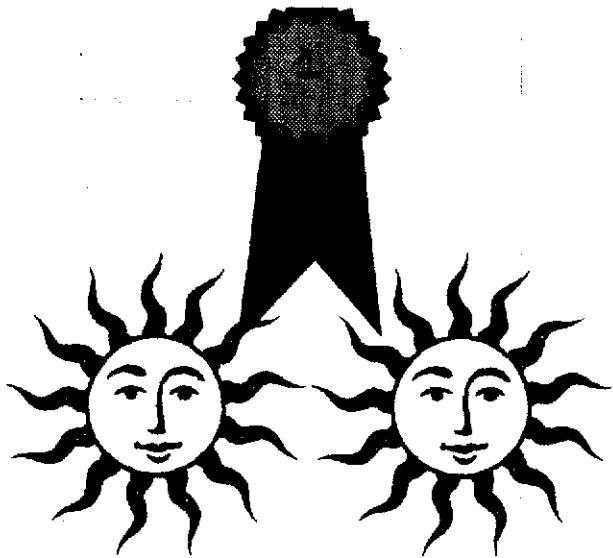
**How We Met**

Robert and I met in early 1995, and dated briefly at that time. We both had things to go thru before we reunited on 2-14-96. We have been inseparable ever since. We moved in together in June of this year. We have many interests in common. We will be honeymooning on the island of Kauai.

**The Wedding**

On Saturday, September 28, 1996, Robert Malatin and Jeff Fawcett, and Stephanie Malatin and Sabrina Cornell will exchange vows at the ceremony of their Holy Union at the Gay and Lesbian Center on Normal Street. In addition to the love that will be exchanged, this is a special Union. Not only is it a double Union, but it is shared by Robert and Stephanie, who are brother and sister. Robert will be walking Sabrina down the isle and will give her away to his younger sister. Their mother will be present not only to offer support on this special day, but also to give Robert away after walking him down the isle.





**The Live and Let Live Alano Club Meeting Schedule**  
1730 Monroe Avenue, San Diego, CA 92163 \* \* \* \* \*  
(619) 298-8008

**Monday:**

11:45 am - Sober Nooners (AA Discussion)  
5:45 pm - Free to Be (AA Discussion)  
7:00 pm - Alanon (Discussion)  
8:00 pm - Narcotics Anonymous (Discussion)

**Tuesday:**

11:45 am - Sober Nooners (AA Discussion)  
5:45 pm - Free to Be (AA Discussion)  
6:00 pm - AA District 19 General Service  
Representatives Meeting (2nd Tuesday  
of every month)  
8:00 pm - Sober Sisters (AA Discussion - Women  
Only)

**Wednesday:**

11:45 am - Sober Nooners (AA Discussion)  
5:45 pm - Free to Be (AA Discussion)  
5:45 pm - Overeaters Anonymous  
8:00 pm - Hope Without Dope (NA Discussion)  
8:00 pm - There Lare Those, Too ... Sanctuary  
(Dual Diagnosis - AA/NA Discussion)

**Thursday:**

11:45 am - Sober Nooners (AA Discussion)  
5:45 pm - Free to Be (AA Discussion)  
5:45 pm - Nicotine Anonymous (Discussion)  
7:00 pm - Open Board of Directors' Meeting  
(2nd Thursday of every month)  
8:00 pm - Butts Out (AA Discussion)

**Friday:**

11:45 am - Sober Nooners (AA Discussion)  
5:45 pm - Free to Be (AA Discussion)  
8:00 pm - Sobriety and Miracles  
(Leather/Fetish Meeting - AA  
Discussion)

**Saturday:**

10:00 am - Women's Meeting (AA Discussion - Women  
Only)  
11:45 am - Sober Nooners (AA Discussion)  
2:00 pm - It Works! How & Why (NA Discussion)  
6:00 pm - As Bill Sees It (AA Discussion)  
8:00 pm - Two-Bit Speakers (Two AA Speakers)  
8:15 pm - Intimacy and Men (AA Discussion - Men  
Only)

**Sunday:**

9:00 am - Women's Meeting (AA Discussion - Women  
Only)  
11:00 am - Straight Shooters (AA Discussion)  
3:00 pm - SCA (Spanish)  
5:00 pm - We Agnostics (LAA Discussion)  
6:00 pm - Beautiful Beginnings (AA  
Speaker/Discussion)  
8:00 pm - NA Discussion

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