

CARRY THE MESSAGE

LIVE & LET LIVE ALANO CLUB NEWSLETTER

A DECADE OF SERVICE TO THE GAY, LESBIAN, BISEXUAL, AND TRANSGENDER RECOVERING COMMUNITY.

The Monthly Newsletter of the Live & Let Live Alano Club

November, 1997

We Give Thanks!

For LLLAC Membership

by Jim Limerick

Now that I have become a member of Live & Let Live Alano Club, I am grateful more than ever for my sobriety, for the club and its members, for the activities, and for the acceptance and love I feel around here. When I was drinking I remember being ready to join most anything - whether I really had an interest in it or not, but just to please people. I know what people mean when they say that recovery is a selfish program: I do what's good for me, and let the chips fall where they may. I can't get everyone to like me, and joining this club didn't suddenly change that. But it has increased my self-esteem, my sense of commitment, and my ability to deal with people.

I've been sober for over fourteen years. I've attended lots of AA meetings - many times four or five a week. I've gone to meetings at clubs and meetings in schools or church basements. Non-gay meetings of AA have their place, and are also very important to my program. I've been to the Alano Club in

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For Thanksgiving Dinner

by Jere H.

As has been a tradition for several years now, the Live & Let Live Alano Club will again hold a Thanksgiving potluck dinner. The event will be held from 2:00 pm to 5:00 pm in the main room of the Club, which will be decorated in trademark festive manner. All Club members and their guests are invited to come and enjoy the afternoon with sober family. If you are planning to attend, please ask LLLAC Club Manager Kris F. or any Club volunteer behind the Coffee Bar how to sign up to bring a specific food. The gala dinner is free and approximately 50 people attend each year.

As one LLLAC member puts it, "The Club's annual Thanksgiving dinner has made a great deal to me. Without it, I would have spent the last two Thanksgivings totally alone on this nationwide holiday where everybody gets to be with their families. The Alano Club's dinner

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Carry The Message

The Monthly Newsletter of
The Live & Let Live Alano Club
A decade of Service to the Gay, Lesbian, Bisexual, and Transgender
Recovering Community

Located at 1730 Monroe Avenue, San Diego, CA 92103
Telephone: (619) 298-8008

The Board of Directors:

Co-Chair: Tom D.; Co-Chair: Colleen S.; Secretary: Scott J.;
Treasurer: Jo S.; Fund-Raising: Robert M.; Membership: Jack S.;
Rules & Regulations: Wayne R.; Member at Large: Carleen H.;
Member at Large: Open

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The Newsletter Committee:

Jere H.; Jim L.; Tim G.

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Advertisements and other submissions must be received no later than the
21st of the month for inclusion in the next month's issue.

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Please contact Jere H. by telephone at (619) 224-7824 or by email at Jkhaligan@aol.com. Material may also be left in the Newsletter Box at the Live & Let Live Alano Club. For information in general, about the Club or the newsletter, you may also call the Club at (619) 298-8008.

WE BEG OF YOU!

Please support the Club and the newsletter by writing something (a 12 step story, some poetry, thoughts about recovery or anything which you feel is fit for print. As this is YOUR club, this is also YOUR newsletter. Help us to be sure to meet YOUR newsletter needs.

Know of a business or a friend in business who can use some cost-effective advertising? Give them a copy of the newsletter and suggest that you'd love to see them advertised here, where recovery is our way of life!

*for Thanksgiving Dinner
continued from page 1*

at least gives me a place to be on the holiday, a place where I belong, where I can feel loved just as well as the rest of the country."

Whether or not you have made plans for the Thanksgiving holiday with other family and friends, we urge you to participate in this love-filled event.



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THANK YOU

TO ALL OF OUR LOVING HEARTS

VIP VOLUNTEERS:

BJ, Ed G., Ghris V., Walt D., Kathy M.
Kathy P., Patti P., Bobby Z.,
and Summer K.

SPECIAL THANKS TO:

Our Halloween Dance '97 Committee
Jimm C., Michealle H., Jo S.K., Kris F.,
"Rainbow" Jack S., Euray P., Tim S.,
Chris V., "Leather" Margaret, Colleen S.,
Arron V., Tracie X., Our D.J.'s Carlos,
Drew & Di, Malisa M., John M.,
Mark, Tom W., Eugene P.,
Scott J., Jere H., John S.

EXTRA SPECIAL THANKS TO:

Everyone who donated
to our Bake Sale on October 11th.
Your great treats helped
make the dance possible.

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Schedule of Meetings
The Live & Let Live Alano Club
1730 Monroe Avenue, San Diego, CA 92116
Telephone: (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	NA Discussion

TUESDAY

11:45 AM	Sober Nooners	AA Discussion
5:45 PM	Free to Be	AA Discussion
8:00 PM	Sex and Sobriety	AA Discussion
8:00 PM	Sober Sisters (Women only)	AA Discussion

WEDNESDAY

11:45 AM	Sober Nooners	AA Discussion
5:45 PM	Free to Be	AA Discussion
5:45 PM	Overeaters Anonymous	OA Discussion
8:00 PM	Hope Without Dope	NA Discussion
8:00 PM	There Are Those Too Sanctuary (Dual Dx:NA/AA/Psych.Disorder)	Discussion

THURSDAY

11:45 AM	Sober Nooners	AA Discussion
5:45 PM	Free to Be	AA Discussion
5:45 PM	AA Comes of Age	AA Book Study
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	Nicotine Anonymous	Discussion
10:00 AM	Women's Meeting	AA Discussion
11:45 AM	Sober Nooners	AA Discussion
2:00 PM	How and Why	NA Discussion
6:00 PM	As Bill Sees It	AA Discussion
8:00 PM	Two Bit Speakers	AA Speaker
8:15 PM	Intimacy and Sobriety (Men Only)	AA Discussion

SUNDAY

9:00 AM	Women's Meeting	AA Discussion
11:00 AM	Straight Shooters	AA Discussion
5:00 PM	We Agnostics	AA Discussion
6:00 PM	Beautiful Beginnings	AA Speaker & Discussion
8:00 PM	Principals Before Personalities	NA Speaker & Discussion
6:00 PM	Second Tuesday of Each Month AA District 19 General Service Reps Meeting	
5:15 PM	Second Saturday of Each Month LLLAC Open Board of Directors Meeting	
1:00 PM	Second Sunday of Each Month Newsletter Committee Meeting	

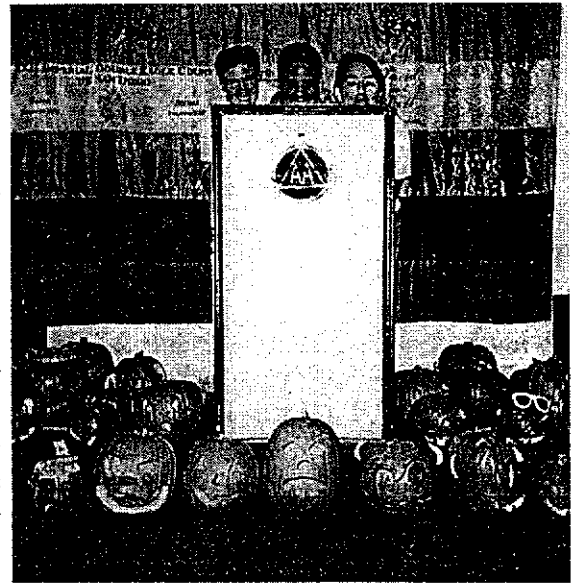
Halloween Dance a Frightful Success

by Jere H.

The Live & Let Live Alano Club's Annual Halloween Dance, held October 25, 1997 at the Lesbian and Gay Men's Community Center, was a fantastic success. Members of the sobriety community from LLLAC, David's Place and beyond seized the opportunity to trot out their craziest costumes. A fabulous time was had by all who attended.

This was the Club's fourth such annual dance celebration, for which tickets sold for \$5.00 at the Club's Coffee Bar and \$7.00 at the door. The event, held somewhat early this year to accommodate the Center's Halloween event, helped raise money for both LLLAC and David's Place. This is just one example of the variety of ways in which the Club cooperates with and affiliates with other organizations within our community. The dance itself had been preceded by a Halloween bake sale, as well as a traditional Pumpkin Carving party. All of the entries from the Pumpkin Carving contest were used as decorations at the dance. Funds generated by the bake sale and pumpkin carving event helped to defray some of the expenses of the actual Halloween Dance.

In the photograph at right are Kathy, Euray, and Tina, three of the pumpkin carvers, which also included (not in photograph) Charles, Helen, Kris and Kim. The Club and David's Place extend at hearty thanks, in this our Thanksgiving edition, to all who helped make Halloween it's usual success.



Gratitude for Membership continued from page 1

Seattle - where I got sober - a great deal, and I've been to other Alano Clubs in the Northwest. But this year - 1997 - and this club - Live and Let Live - marked a first, in that I had never joined before, became a paid up member, felt involved, started to take positive actions that would help a club and its members survive and thrive.

I really cherish some of the friends I have made here, after having lived in San Diego just over a year. I started to see and appreciate what really goes on behind the scenes; saw how people worked together, played together, and stayed together - SOBER - and happier because of the sense of belonging that develops here. We have served as an excellent resource of recovery and friendship for many people just moving to San Diego or visiting here, and I hope that we remain good stewards of that role.

My alcoholism is a cunning disease, and it never goes away. I have needed to take this step, to join the party, let go of perfectionism and have some fun that would enrich my life for a long time. I urge and encourage anyone who is new not to wait so long as I have waited. Join today, or early on in November, which is our gratitude month and start getting involved, start reaping the benefits I have found here, and that are here in abundance, for us all to share. We stay sober together, learn valuable skills leading to happy and productive lives, and we have a wonderful club that makes me proud to be a member.

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LLLAC OUTREACH EXPANDING TO THE WORLD WIDE WEB

by Mike L.

In keeping with its continuing effort to 'Carry the Message', the Club is proud to announce that its outreach is being extended to the World Wide Web, known more fondly to some as the Internet. Although the Club's website currently only features a summary of its Statement of Purpose, plans are now being entertained to include a monthly Calendar of Events, Meeting Schedules, member birthdays and announcements, along with other articles and other information now featured in the Club's newsletter and a variety of other resources available on the Web. The Club's new website may be found at: <http://theproud.net/community/sd-lllac.org/> and additional information regarding this expansion will be featured in upcoming Carry The Message issues.

Other possible plans include for expansion of the Club's website is a secure, confidential form to be made available for members and other interested parties to be notified of additions or changes as they are made to the website, as well as yet another way of conveying important visitor information and opinions to the Club's managing body. Further information may be found by visiting the website.



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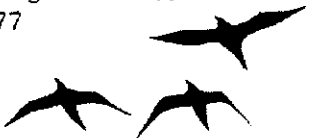
So if anyone is in Christ, there is a new creation; everything old has passed away; see, everything has become new! 2 Corinthians 5:17

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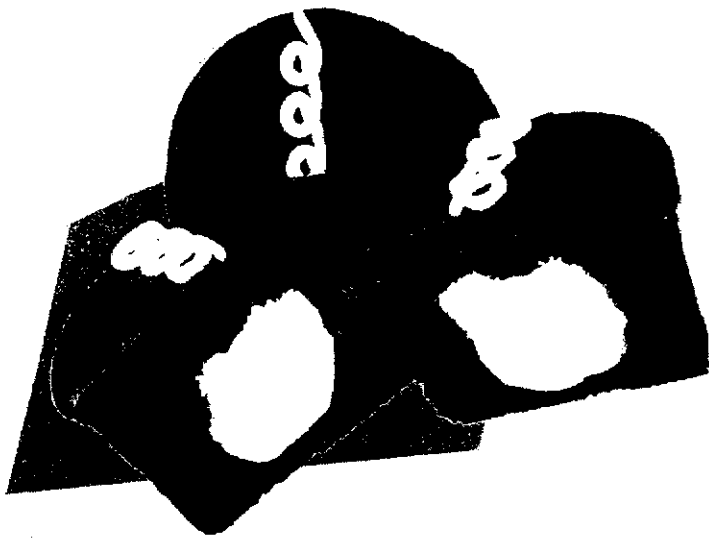


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MINUTES OF THE BOARD OF DIRECTORS

SEPTEMBER 27, 1997

Directors Present: Scott J., Colleen S., Wayne R., Carleen H., John S.
Excused Absent: Terry I., Jo S-L, Jack S.
Scott J. moderated the meeting.

Wayne R. began the discussion with his opinion that, the Club being a business, it should be run in a business-like manner, with the same membership fee across the board for all members. He said that although it is nice to have disability rates, he knows for a fact that the difference between the regular rate and the disability rate is easily spent elsewhere when it could be supporting the Club, instead of David's, Richard's or somewhere else in the community.

As to figures, Wayne said of the 134 members, he thinks about one-third are on disability rates. On an annual income, with 100 paying regular \$15 rates and 34 paying \$8.00, it's \$21,264; if all paid \$15, it would be \$24,120. In a financial crunch, businesses either downsize or raise prices because they have fixed costs that they have to pay. If our members don't keep coming in and paying dues and getting new members, just as with Wal-Mart needing new customers and to keep the old, if we don't do this we will go out of business. He says everyone should be paying the same, whether raising the disability and lowering the regular or with some other formula.

Colleen S. noted that Wayne's projections do not include the less-than-\$15 that each partner of a couple relationship pays (\$12). Wayne agreed that the Board needs to examine the whole rate structure. He conjectured that perhaps people who are retired and on Social Security might have a lower membership rate.

Scott J. asked if people on disability might stop coming to the Club if asked to pay higher rates. Wayne answered that some will, but he asked, where is their loyalty? If people are here only to see what they can get, then he feels that the special rates are unfair to the ones who have a hard time but pay the membership rates--this is true also of those who take advantage of volunteer Club privileges but skip out when it is time to do the volunteer work. He said movie theaters don't charge less for disabled people.

Scott J. asked if anyone knew why disability rates were begun in the first place, and Wayne said he thought it was because of a sensitivity to the reasons why people were on SSI.

Colleen S. said that when she was drinking and using and went to a bar, she did not get a discount because she was on disability, and she said that she could spend \$15 in a bar without any trouble, and not just \$15 a month. She cited advice from her early recovery, to put the energy into her recovery that she put into her drinking and using, and the Club was there for her when she got sober and now she wants to be there for it, and that's one reason she feels a little guilty about Directors not paying dues, although we are doing service work for it.

Scott noted that there is nothing in the By-Laws about special rates.

Carleen H. pointed out that until this year, alcoholics were getting disability not SSI because they were alcoholics--County assistance, and that may have had something to do with the special rates. However, that has been knocked off now, and she said, she thought that it should have been stopped.

Wayne went on to talk about

Kris' salary, and the monetary figures, that his salary even with the recently approved raise should be much more--ten to eleven thousand more than he gets--because of what he has to do and to put up with.

Colleen noted that the insurance is paid for Kris, is not out-of-pocket like hers and others' insurance are.

Wayne replied that nevertheless our membership is declining and our fixed costs are not fixed but rising and we seldom get discounts when we buy.

Scott said he thought there ought to be a flat \$15 rate.

Wayne spoke of the purpose of the Club, reiterating his comments from the September Board meeting. He expanded that others ought to be encouraged to join, for example, partners of recovering alcoholics who are members.

Carleen agreed with Wayne, but pointed out that she knows of one person who could not afford the \$15 because although she was disabled she was not yet on disability and felt she would join when it did come through. Carleen also said that being on disability does not mean that a person isn't going to go out and have fun, but let's face it, people don't generally come to the Club to have fun. It would be nice, she thought, if the Club were used for things like card games, and other entertainment. The fees are not a big problem with her, she said, but what are people really paying for? They come to meetings and pay their dues and if they are not members of the Club, they feel that they are paying their share to the Club.

Wayne mentioned other Alano Clubs where the physical set-up is such that games can be played, but all present agreed that while some things can be done to encourage entertainment use of the Club, the present facility really is not configured for that.

Members agreed that a membership drive is needed, but there is a need to get the word out so that members know what is going on. They discussed ways to go out to other organizations, Stepping Stones, David's, perhaps have an amnesty program for members who have fallen in arrears on their dues, have notifications of people who are behind and ask what's wrong. Also discussed were delineation of responsibilities for doing some of the tasks, perhaps by committee, since the staff is limited, and the committees be comprised of members as stated in the By-Laws, and also look at the committees themselves, whether they overlap. They discussed incentives to join, procrastination in joining.

Scott pointed out that a quorum being present, it was possible to make a decision about what to do. The members present moved to report out the discussion of this meeting and recommend that a campaign be undertaken to the committee of the whole on October 11.

October 11, 1997,

Present: Jo S-L., Carleen H., Scott J., Colleen S., Jack S. Excused, Terry I. Unexcused. Wayne R. and John S. Meeting was called to order by Scott J., co-chair, with the Serenity Prayer.

I. Approval of Agenda: The agenda was approved with New Year's party moved to the Public Relations Committee report.

II. Minutes: Minutes of September 13 were approved.

III. Secretary's Corner: Carleen

reported the October 18 election arrangements were on track. She read a letter of intent from Amy Goodwin: "Having been a member of the Live and Let Live Alano Club since 3/96, I now desire to be a candidate for membership on the Board of Directors. I have been continuously sober for 1 year, almost 21 mos. My experience and previous service in this community includes Feeling Good committee 1997, I'm running a business and am very interested in promotion and helping w/ fundraising ideas. I understand the term of office is one year, beginning in November, if I am elected. Sincerely Amy E. Goodwin." After discussion and comments by Board members about Board duties, and responses from Amy, the Board voted unanimously to install her.

A letter of appreciation will be sent to Wayne for his Board service. Colleen noted for the record how Wayne became part of the Board process and that she was glad of the opportunity to work with him, a sentiment echoed by other Board members. It was noted that Wayne and all present Board members should be present at the next meeting to install new members, and since the co-chairs are both candidates who might not be re-elected, in that case the next meeting would be opened by the Secretary.

Secretary's Corner was accepted.

IV. Old Business. Mike Little was not present to discuss the Web Site, but Jack S. said that the site is "under construction" and Mike is waiting for input. Carleen said that she had the information packet for him and would mail it to him. If there are changes to be made after Mike installs it, that can be done.

V. Manager's Report. Kris F. reported a total of 163 members including 11 complimentary and 14 volunteers.

David's Place will co-sponsor the Halloween party at the Gay Center. Board members discussed details of ingress, egress, use of auxiliary facility, access to bathrooms and fire regulations.

GSR workshop on sponsorship and newcomers will be next Saturday at 9 a.m. Also the elections will be held and Euray will issue ballots in the morning.

Carla's birthday party at the Flame will be November 14 and will raise funds for the LLLAC, and Carla has asked LLLAC to help with it to publicize it. Terry and Colleen will be at the front door. The Board discussed means of publicity including possible flyers through a GSDBA mailing list and this angle was to be explored and reported on.

Staff consists of three plus the manager, with Linda B. working as a volunteer on the Thursday shift.

Carlos repaired the garage door where the garage sale items are stored, because it had been broken into (but nothing stolen apparently), and a new padlock is on it now.

Lambda Retreat wants to borrow LLLAC banners and flags; Colleen said she will take responsibility for them. Also, Lambda Retreat has offered to include a letter in their registration package detailing the benefits of Club membership.

Board members agreed to grant the monthly service award to Linda B.

For Thanksgiving, LLLAC will have a potluck dinner, and a signup sheet for food items will be placed at the coffee counter.

The Manager's Report was accepted.

VI. Committee Reports.

Public Relations: Scott J. reported that Gay Men's Spiritual Retreat would like to do a joint fund raiser with LLLAC. Initially they indicated New Year's party, then subsequently suggested a chili cook-off for Valentine's Day. The proposal was not considered clear and Board members had the impression that LLLAC would be expected to take care of everything while splitting profits. Jack S. moved that the GMSR matter be taken up when the new Board sits and that it be referred to another committee. Motion was passed.

Membership Committee: Jack S. had no report.

Rules and Regulations: There was no report.

Personnel: Colleen confirmed the data in the manager's report.

Finance Committee: Jo S. reported that LLLAC's net income from the Pride Festival was \$2470, after the Pride Committee's share and the 5% given to supporting organizations and the overhead for water and ice were taken out. Colleen's letter to Pride expressing appreciation for their cooperation and our participation was read (attached to minutes).

Jo reported that stock for the front page of LLLAC's newsletter is low. Board members complimented the nice job that the editors Jere and Jim did on the current newsletter.

Fundraisers currently planned include Halloween, New Year's and July 4 parties, but the Treasurer noted there is a 6-month hiatus in the spring, except a possible Valentine's Day party that no Board member had volunteered for. Jack S. said that he will take on the Valentine's Day party.

Members discussed other means of fund raising, including drawings, pancake breakfasts, auctions. Garage sales usually are held once a quarter, and one has not been scheduled yet for the 4th quarter.

Treasurer's Report was accepted.

VII. New Business. New Year's Party. Colleen wants to start plans for the party with a meeting on Sunday at 3 p.m. She has approached Stepping Stone about cosponsoring it.

Membership Report (attached) - The minutes from the September 27 ad hoc committee meeting on a membership drive were approved.

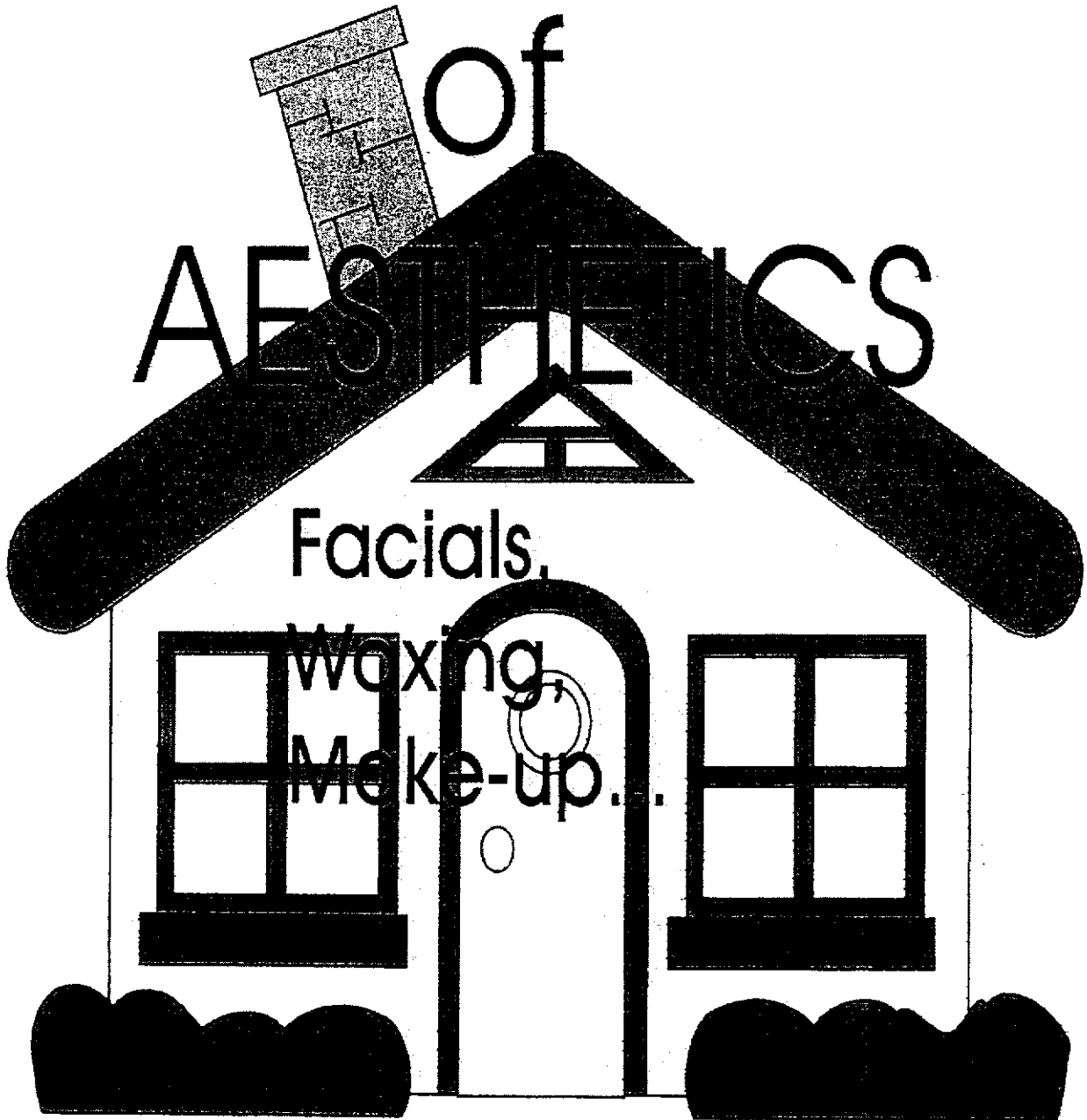
Board members discussed membership rates for the LLLAC. Twenty-two per cent of LLLAC's membership were said to be disabled and/or seniors. The Treasurer said this was too high for any organization to operate on a viable basis; she questioned the need for senior rates especially. The disproportionate number of disabled members was thought to be possibly due to the AIDS situation in the gay community, hence LLLAC is different when considered in relation to non-profit organizations generally.

In general, the Board agreed that there is not a need for special rates for couples.

Jack S. moved that a letter be given to members incorporating the Treasurer's ideas, that volunteers at the coffee bar get feedback from members about rates, and that the Board hold another meeting on this general subject in two weeks (October 25). The motion was passed.

VIII. Adjournment. The Board adjourned at 7:35 pm.

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A SPECIAL HUG



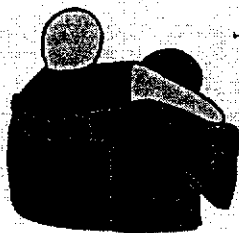
There is a certain kind of hug
that's very important to me.
In the best sense of the word,
I "need" these hugs.
They sustain me, renew me,
and give me peace.



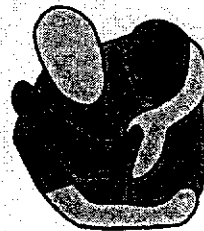
This hug is more than an
acknowledgement and more than
a greeting. This hug is not sexual,
but it is very intimate.
It is holding another human being.
It is holding another life force.
It is holding another one of
God's manifest creations.



This hug is a total letting go
of all else.
It is letting go of past
and of future.
It is letting go of all that is
extraneous.
And it is totally, completely
and indivisibly, Here and Now.



This hug is a pure and simple
outpouring of my humanity,
and an openness to receive
the humanity of another
human being.
And when I do it right,
I feel Joy, I am at Peace,
and I Know why I'm alive.



sketch by Susan Rincan

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