

# LLAC Newsletter

1730 Monroe Ave. San Diego 92116

## Rebuilding Your Life Outside

### Of the Rooms

Jan-Feb 2016

## Live and Let Live Live Alano Club

It has long been the desire of many enthusiastic individuals to bring new groups and services to the Live and Let Live Alano Club. The purpose of these events is to support the recovery community in reconstructing their lives therefore supplementing the principles and structures of the program. The club now offers several new services and groups to address a wide range of topics that assist people in easing their lives so they can better focus on their recovery.

To meet these ends, The Alano Club is hosting the following services:

- **Sober Housing and Resource Education service (S.H.A.R.E.).**

This service will occur in Room G, on the 3<sup>rd</sup> Thursday of the month at 5:45 pm.

- **Free Legal Aid service**

Wednesdays from 4:00pm to 5:30pm. This service begins February 3 in Room G.

- **Balanced 11<sup>th</sup>-Step Yoga with Natalie**

With a purpose to expand physical and spiritual well-being, classes begin Friday, February 5th 2:00pm, in main room.

Ella-Rose continues a 11<sup>th</sup>-Step Meditation group on Saturdays from 3:30pm to 4:00pm in Room G.

- **New 12 step meeting**

Adult Children of Alcoholics (ACA) group Tuesdays at 7:00pm in the main room. (Continued on pg. 4)

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## Birthdays

### January

David H.

Michelle R.

Art D.

Pat B.

Dana Z.

John B.

Steve A.

Tom W.

Peggy R.

Robert F.

Jacob P.

David S.

Linda S.

Robert L.

A BIG thanks to DJ Slater bringing LLLAC into the New Year with tunes of the 70's to the present. It was raining men, girls were having fun, and we were all dancing in the dark.



### It's Our Club!

As the LLLAC works towards becoming a member-run organization, the Membership Committee needs your support. All are welcome to offer insight, ideas, concepts, positive feedback, and event suggestions that might help us provide everything that you might want to have here at our club. No commitment is required, just show up on either the 1<sup>st</sup> or 3<sup>rd</sup> Sundays of the month at 12:00pm and voluntarily participate. If you have questions, please contact the committee chair, Jason, for more information.

## Birthdays

### January

Seth B.

Henry R.

Johnna H.

Dan G.

Alex H.

Paula S.

DAB

Richard C.

Brian S.

Joni D.

Eric S.

Erwin G.

Chad F.

**\$3.50**



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## Birthdays

## February

William S.

Jeff N.

Ann D.

Niki Z.

Andrew C.

Jim M.

Roger G.

Jim P.

Valarie R.

Julie B.

Jason R.

Jack W.

## Meat your Match

Yes, I did mean "meat."

## Valentine's Day Potluck

February 14th

12:00 pm-3:00 pm

Continued from front page. The Live and Let Live Alano Club is continuing to seek out new ideas for our members and attendees. Please remember to fill out a census card and drop it in the box so your voice is heard by the committees and the Board of Directors. It's our club...recovery begins here.

## Members Only

Please watch for our weekly beverage specials.

Pick up a Club Coffee Card at the cof-

## Birthdays

## February

Jim P.

Pat L.

Russell L.

Scott H.

Shane L.

Mary T.

Robert E.

Allysen W.

Dave S.

## Things the Club would like to be

### Donated

- \* Color Laser Printer
- \* Glass Coffee Cups
- \* Lap Top Computer
- \* 11x17 capacity printer
- \* I-Pad,