

The LLLAC Newsletter



LLLAC Here for you on Every Holiday

Season's greetings! and Activities!

Dec. 24th Christmas Eve - Alkathon. 10pm-2am
Use the Sign up sheet at the snackbar to lead a one hour meeting !

Dec. 25th Christmas Day Dinner with your LLLAC Family! Come join us for our annual pot luck dinner at 2:00pm and bring your favorite dish.



Dec 31st New Years Eve Pajama Party -
Not sure what you'll be doing ? We're here for you at the LLLAC. Starting at 10PM until 2am? Join us for fellowship, music, snacks and a meeting if you want one!

We wish to extend our best wishes to all of our members and friends of the Live and Let Live Alano Club for a safe and enjoyable holiday season and our Thanks for your continued support through this last year.

The LLLAC Board of Directors, Manager, Staff and Volunteers Staff

Recent Events



✧Thanksgiving Dinner potluck was well attended and enjoyed by approx 80+ people. Turkey, Ham and all imaginable trimmings were available along with numerous spectacular deserts. Thank You to all who donated, served and attended that day.

✧Sat Nite Movies at the Club was introduced on the third Sat of October with a screening of the "Rocky Horror Picture Show" In November it was the Birdcage. January's movie will be on the third Sat of January following the Sat Night Meeting. This event is free to members with a nominal 'suggested' donation for others. We hope this can become a regular event. See you there!

**Save that Date!
Feb 11, 2011**



The Date has been set!
Watch for details of our 4th Annual Winter Event Talent Show Extravaganza! Show off your Talent!



This is a newsletter specifically for the Holiday season so that members may be in touch with Holiday LLLAC events. A more complete newsletter will be issued in January

Upcoming Events



✧Movie Nite 3rd Sat of the month
9:30-12am

✧Sober Superbowl Sunday??? TBA

✧4th Annual Winter Event Talent
Extravaganza Feb 11, 2011

✧4th Annual LLLAC Benefit May 13
at the LGBT Center. A Theme has
been floated for this year of BIG
BAND SWING! Starting at 630 pm
Silent Auction will commence. Then
Dinner with a short LLLAC
presentation followed by Swing
Music and Dancing. This will be an
evening you won't want to miss.
More details to come.

Save The Date
May 13, 2011



DOES THIS FABULOUS 46" FLAT SCREEN LCD TV BELONG TO YOU?



It could if you buy a whole
bunch of \$2.00 tickets for our
annual TV Drawing in
January. It could be yours!

TRYING TO PICK OUT THAT PERFECT THOUGHTFUL GIFT?

Give the gift of Fellowship,
Service and Belonging with
an LLLAC Membership. A
gift that keeps on giving
back to the community by
helping keep the LLLAC
doors open for all seeking
recovery and community!



25% off thru Dec 31

Sober Holiday Tips



•**Good Self-Care is Vital.** Because the holidays present unique stressors that are not necessarily prevalent during other times of the year, it is critical to take some quiet time each day and work on an attitude of gratitude. Fit relaxation and meditation into your day, even for a few minutes, no matter how busy you are.

•**Enhance Your Support System.** Holidays are a good time to reach out more frequently to your therapist, sponsor, spiritual advisor or support group. Spend time with fellow people in recovery. Let others help you realize your personal limits. Learn to say "no" in a way that is comfortable for you.

•**Find New Ways to Celebrate.** Create new symbols and rituals that will help redefine a joyful holiday season. You might host a holiday gathering for recovering friends and/or attend celebrations of your Twelve Step group. Avoid isolation and spend time with people you like who are not substance users. Don't expose yourself to unnecessary temptations such as gatherings where alcohol is the center of entertainment.

•**Focus on Your Recovery Program.** During the holidays, ask yourself, "What am I working on in my program now?" Discuss this with your sponsor.

•**Release your Resentments.** Resentment has been described as allowing a person you dislike to live in your head, rent-free. Resentments that gain steam during the holidays can be disastrous for anyone, especially recovering people.

•**Bring a Buddy.** If you are going to a party where alcohol will be present, bring someone with you who is in recovery or who is safe and who will support you. **Have a way out** – drive yourself so you have a way to immediately leave the party and go someplace safe. Plan ahead: say, "I can only stay for an hour."

•**"Bookends"** are Important. Talk with your support system before you go to a holiday party and then have a plan to connect with your support system after the event.

•**Get in Touch with Spirituality.** Holidays may also be a time to evaluate your spirituality and find a personal way to draw support from the spirit of the season. Return the holidays to a spiritual base, and stress the power of unselfish giving.



Why Membership?

Membership is more than a cup, a discount at the snackbar, free internet access and unlimited access to member area during non meeting time. It is about having our own place, a public presence, location, and a physical example in the LGBT community of service, recovery, unity, and love. It's about a place we share: a LGBT 'safe haven' that welcomes all as equals without bias, to recovery, fellowship, and renewed life. It is about having a safe place to go that is open 365 days a year including ALL holidays.

The Club exists because of Membership. Meetings pay rent but the Members subsidize and fundamentally support the Club, as they have for 27 years. The LLLAC would cease to exist without the generosity and commitment to service of it's Members who give of their treasure month after month, year after year as yet another form of service. If you are a Member we sincerely thank you. If you are not yet a member or are thinking of rejoining we urge you to joins us to keep the LLLAC going and assure it's future.

Our Membership has declined precariously in the Past Year (23%). We will be conducting a continuous Membership Drive with promotions thru 2011. Currently in December rates are 25% off. Back dues are not required to renew (unless you insist – and we won't refuse). We have also reduced volunteer hours required for membership credits from 16 to 8 hours for a months membership. We also want to work with those who may have unemployment or health issues who may need reductions and/or deferments. TOGETHER we can do this.

Please Join us Today and bring a friend to join!



Dollar\$ and Cent\$

The LLLAC like many non-profits has experienced a very difficult 2010 with significant drops in our main sources of income from membership (23%) Meeting rents (13%) and Snackbar Sales(17%).

The club needs your support now more than ever. There are many ways those who are able can help. Take advantage of our Holiday rates on memberships to rejoin, renew, add months, or buy a membership for someone else as a gift. (See Why Membership Article). Take advantage of our raffle for a chance to win a beautiful 46" flat LED TV. Consider a tax deductible end of year donation. We also need underwriters and volunteers for our two primary fundraisers in Feb and May 2011.

Rumors about the club closing or pending meeting rent increases are just that, Rumors. The Board is examining Meeting rents and possible changes but no solid proposals for change have been considered yet. What is certain is that we need your support especially in the form of regular sustained Membership. Members started this club and only Members will keep it going. Please Join. (More information and announcements regarding the financial state of LLLAC will be published in the Jan newsletter and on announcements at the club)

SOBER SUPER BOWL SUNDAY ANYONE?



Do you have an event you'd like to see done in quiet times at the club like weekend afternoons? The Board would like to support more member activities that benefit our members and community. Consider a commitment to action this new year and volunteer to execute the following ideas or your own with the full support of the club and it's resources.

- game day/bridge club
- Bimonthly 90 min Recovery topic panels/workshops
- sun afternoon, grill your own, social bbq potlucks
- ice cream social
- pancake breakfast
- Etc. etc

Anyone want to Organize Super Bowl Sunday at the club?