

LLLAC Newsletter

1730 Monroe Ave. San Diego 92116



LLLAC News from the Club

Sept-Dec 2015

Live and Let Live Alano Club

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Members and Friends of the Live and Let Live Alano Club breath more easily these days..

The upstairs pot collective moved early December which cuts down on meeting intrusions and blinding headlight during the evening meetings. It is also much quieter as the overhead, random bumps and scrapes fade in our memories. Most importantly, the odiferous fragrance of dried weeds has cleared making it easier to concentrate on out tasks at hand. Hopefully we can view this experience as **another * & ^ growth opportunity** and move on.

The new membership committee collaborated with club members to host a **New Years Eve party** to the Club. Predictably, the event will be held on December 31st at 9:00 PM-12:30. No meetings will be cancelled. The Butts Out meeting will gather early.

Birthdays**September**

Rocky G.

Dennis F.

David C.

Bo B.

Kat M.

Phillip G.

Robert W.

Art G.

Chad B.

Tim P.

Dana H.

Bill B.

Board Elections

November 2015, the LLLAC set the 2015-2016 Board of Directors complete with elections for executive directors. The new board is as follows: John Fuldner- Chairman of the Board, Ella Rose Lee Co-Chairman. Michael Cruz -Secretary and newly elected to the Board, Richard Correale-Treasurer. Eric Samuelson and Robert Tice continues as Directors and Christopher Conyers joins the team as a Director. Please look for upcoming opportunities to join us in fellowship, celebration, and good clean fun.

EXTRA ! EXTRA!

Nathan S. submitted a letter of intent to the BOD and was elected by the BOD to join as a directory. Nathan has many talents and is greatly welcomed to the team. Keep watch for his welcome Bio.

\$3.50

What's Brewing in the Café?

Awesome news to all club members and cafe goers: the LLLAC has selected a new coffee service to supply the café? Along with better tasting coffee beans, the club will be getting brand new coffee brewers. Filtered water will be plumbed directly into the system contributing to an ever better tasting coffee. Yum! Coffee Bean and Tea Leaf (CBTL) French Roast and CBLT House Blend have been initially selected. A taste test will be scheduled sometime in early 2016 to allow members to select the coffee which will be served in the café.

Restored Semblance of Sanity

2 September 2015

In looking at the last 4 1/2 months, I feel as though God has been retesting me. Last April, I got rid of one weird-o, commando sleepin' cellie, only to be replaced with what turned out to be someone worse. At first, he seemed like a pretty stand-up guy, but after a month his true colors showed through. It became an unhealthy living environment, especially for this recovering addict. Perhaps it was my own eyes that were opened to see the truth.

Those of you who know me are aware that I'm working on my ninth (9 th) year of chemical abstinence. Alcohol and Opiates were my go-tos, but I dabbled with everything at some point in my life. I wish to continue down the clean & sober path and have zero desire to revisit old ways.

Like most addicts, this #\$\$%%@() moved into my cell and hid his habits from everyone, including me, instead of simply manning up & getting moved in with another dope fiend. **TO BE CONTINUED**

Birthdays

October

Laura P

Michael H.

Robert R.

Georgia B.

Neil W.

Evon W.

Christopher Mc.

Kenneth F.

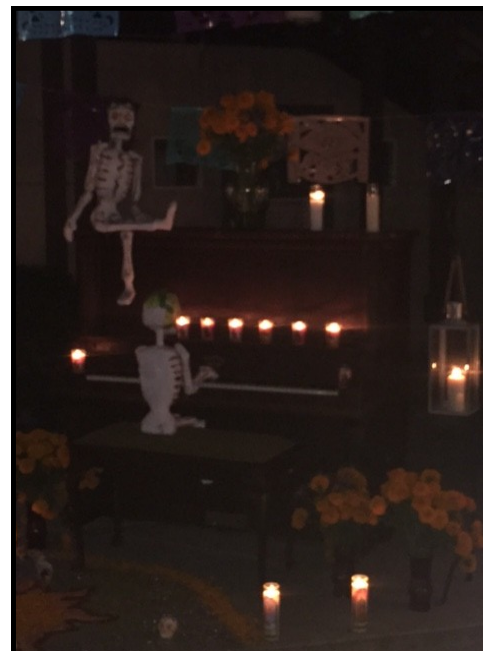
Brian H.

Darnel T.

Jim O'D.

Tice as Nice

Day of the
Dead
Celebration
at Stepping
Stone



Club Members Decorate for the Holidays



Don we
now our
gay
apparel



1730 Monroe Ave.
San Diego, CA 92116

November

- Dave V.
- Shane S.
- Ty C
- Carla C.
- Duane S.
- Julie Z.
- Alex I.
- Duane A
- Levi S.
- Tim G.
- James. L
- Brent B.
- Kirk G.
- Chaz G.
- Aaron H.
- Luke C.
- Craig W.
- Randy F.
- John C.
- Ronald S.
- Carl C.
- James S.
- Angel G.

LLAC History Project

Our history and experiences in recovery provide a powerful example for the newcomer. Thank you to the individuals who shared the following sto-

I came to the LLLAC only a few years ago. It continues to be my safe spot in life where friends always support me improving my life.

It is here that I have learned what fun, emotion, and stability looks like. Above all, it is where I find the true and honest person I was always meant to become.

Members Only

Please watch for our weekly beverage specials.

Pick up a Club Coffee Card at the

Things the Club would like to be

Donated

- * Color Laser Printer
- * Glass Coffee Cups
- * Lap Top Computer
- * 11x17 capacity printer

Birthdays

December

Peter F.

Trevor A.

Linda B.

Joseph W.

Frank R.

Edmund K.

Robby H.

Tom C.

Colleen S.

Nathan S.

David M.

James D.

Damian R.