

# Alano Club of the Eastside

**AUGUST 2022**  
**MONTHLY NEWSLETTER**

12302 NE 8<sup>th</sup> Street, Bellevue, WA 98005 | 425.455.5700 | [www.AlanoClubEastside.org](http://www.AlanoClubEastside.org)

## **ACES Café**

**Hamburgers**

**Hot Dogs**

**Grilled**

**Cheese, Tuna**

**Melt, BLT &**

**Breakfast**

**Sandwiches**

**Beverages**

**Snacks**

**[Our Organization](#)**

**[Statement of](#)**

**[Purpose](#)**

The Alano Club of the Eastside is a non-profit corporation established for the primary purpose of providing social opportunities and a social setting for recovering (non-drinking) alcoholics and their families. The Club is not affiliated with Alcoholics Anonymous or any related program. However, the Club and its members share a commitment to the principles of AA and may choose to cooperate with AA by extending certain invitations to AA members, including use of facilities for AA meetings and other 12 Step programs.

## **President's Message**

Made a list of all persons we had harmed and became willing to make amends to them all.

Step 8 was full of guilt and remorse. I had done a few things I would have just liked to leave in the past. But fortunately, I had a sponsor who encouraged me to make a list. So, I made the list. He didn't ask to see it. He simply said go through the list and look for those you will not cause more harm. Then he said make an effort to contact those people or organizations and tell them you're sorry. So, I did that. Then I asked what about the rest of this list. And he said ask God to forgive you and let it go. I discovered some things are easier to let go than others. But eventually I was able to let them go. It comes with time. But I'll tell you a secret. Don't tell anyone. Helping others on a daily basis and volunteering goes a long way toward relieving guilt and remorse. Just saying. Keep it simple and remember this step isn't entirely about you. You may not be the one who benefits the most from a single amends. But over all you will certainly feel a great sense of relief.

May God keep you and bless you.

My name is Tim and I am an Alcoholic.

## **MARK YOUR CALENDARS**

**Our 49<sup>th</sup> Annual Anniversary BBQ will be Saturday, August 13 from 1:00 to 5:00 PM. Great things being planned. Watch for more information. See Flyer enclosed.**

Hello everyone,  
We have had a nice summer so far. Meetings have picked up. New faces and old friends. I've been feeling very positive about the future.

The Nooners meeting Birthday and Coin Barbeque had a great turnout and was very successful. Sobriety and good fellowship are treasured possessions. Please come in for a meeting and a meal. I would love to see you.

Your kitchen manager with a smile, Trena.

**Our Café is open 11am to 7pm daily.** Please see limited menu above. Please come in to purchase AA books, literature, gifts and other merchandise to support the club.

Feel free to call **(425) 455-5700** to place your order or check on availability of an item. If you have questions call or text Trena at **(206) 307-9409**.

## MEMBERSHIP DUES:

Helping to support the Club.  
Regular Monthly:  
\$20/month Seniors & Juniors  
(over 65 or under 18  
\$10 month)

Non-Resident: \$25/year  
(Outside King County)  
Annual rate is \$200 saving  
you \$40 off the monthly  
rate.

Membership applications are  
available at the Counter.

[alanoclubeastside.org](http://alanoclubeastside.org)

## WEBSITE RESOURCES

[Eastside Intergroup](http://www.eastsideAA.org) is a  
great website for our  
recovery community which  
offers info on meetings,  
service, activities, travel,  
events & much more.

[www.eastsideAA.org](http://www.eastsideAA.org)

[Seattle Intergroup](http://Seattleaa.org) widens the  
scope of possibilities for  
meetings and service in the  
greater King County area.

[Seattleaa.org](http://Seattleaa.org)

[Alcoholics Anonymous World  
Services](http://alcoholicsanonymous.org) is a great resource for  
on-line literature and how to  
contact AA around the world.

[alcoholicsanonymous.org](http://alcoholicsanonymous.org)

[The AA Grapevine](http://aagrapevine.org) is The  
International Monthly Journal  
of Alcoholics Anonymous  
published since 1944. It's a  
great resource for personal  
stories, entertainment and a  
meeting in print.

[aagrapevine.org](http://aagrapevine.org)

[The Al-Anon Family Groups  
\(AFG\)](http://Seattle-al-anon.org) is a fellowship of relatives  
and friends of alcoholics who  
believe alcoholism is a family  
illness and that changed  
attitudes can aid recovery.

[Seattle-al-anon.org](http://Seattle-al-anon.org)

[The Clean and Sober Softball  
Association](http://Sobersoftball.com) is a recovery-based  
activity, organized for "non-  
competitive" recreation.

The function of CSSA, and  
its franchises, is to further  
recovery through the community  
of softball. [Sobersoftball.com](http://Sobersoftball.com)

## ***Next Alano Club Board Meeting Wednesday, August 17, 2022!***

### August AA BIRTHDAYS

Bobbi C. 8/1/18 David R. 8/8/86 Debe O. 8/8/16 Don M. 8/29/13  
Bob S. 8/20/03 Bill W. 8/21/63 Michael R. 8/1/00

### "A Place of Recovery"

|         |                                   |                            |
|---------|-----------------------------------|----------------------------|
| 6:00AM  | Sunrise AA                        | Daily Clubhouse            |
| 7:00AM  | SA Meeting (closed)               | Sunday Annex               |
| 8:30 AM | Gamblers Anonymous                | Saturday Annex             |
| 9:30AM  | Eastside Breakfast AA             | Sunday Annex               |
| 9:30 AM | AM Reflections                    | Wednesday & Friday Annex   |
| 10:30AM | IT Addiction                      | Saturday Clubhouse         |
| 11:00AM | Al-Anon                           | Saturday Annex             |
| 12:10PM | Nooners AA                        | Mon-Fri Annex              |
| 12:30PM | Nooners AA                        | Saturday and Sunday        |
| 1:00PM  | ACOA Adult children of Alcoholics | Saturday Clubhouse         |
| 1:30PM  | Spanish AA                        | Sunday Clubhouse           |
| 2:00PM  | Afternooners AA                   | Mon. Wed. Fri . Annex      |
| 4:00PM  | What's in the Bag NA              | Saturday Annex             |
| 4:00PM  | Tool Time Men's AA                | Friday Annex               |
| 5:30PM  | Living Sober AA                   | Every Day Annex            |
| 5:30PM  | Nicotine Anonymous                | Tuesday Clubhouse          |
| 5:30PM  | Women of Worth                    | Thursday Clubhouse         |
| 5:45PM  | SAA Recovery First Hybrid/closed- | Wed. Clubhouse             |
| 6:45 PM | Sermon on the Mount AA            | Friday Annex               |
| 7:00PM  | Get to Stepping HA                | Saturday Annex             |
| 7:00PM  | A Woman's Way AA                  | Sunday Clubhouse           |
| 7:30 PM | Women's Cocaine Anonymous         | Monday Annex               |
| 7:30 PM | Happy Destinies AA                | Sunday Annex               |
| 7:30PM  | Cocaine Anonymous                 | Tuesday Annex              |
| 7:30 PM | HA Big Book Study                 | Thursday Annex             |
| 7:30PM  | Spanish AA                        | Monday- Saturday Clubhouse |
| 8:00PM  | Rough Around the Edges AA         | Friday Annex               |
| 9:30PM  | AA Essentials                     | Every day Annex            |

The [www.EastsideAA.org](http://www.EastsideAA.org) website has current meeting listings which will say whether they are on zoom.

If you would like to donate, join the Alano Club, pay your membership dues, make group donations or get meeting schedule updates, please visit our website at [www.alanoclubeastside.org](http://www.alanoclubeastside.org). You can also donate or pay dues through PayPal, by mail or in person at 12302 NE 8<sup>th</sup> Street, Bellevue, WA 98005.