

Alano Club of the Eastside

January 2023
MONTHLY NEWSLETTER

12302 NE 8th Street, Bellevue, WA. 98005 425 455 5700 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

AA has endured hard times and faced numerous challenges, including depressions, wars, and now a pandemic. AA members held each other up through those times. The last three years have been more of the same, and still through innovation and perseverance has survived and even thrived, while growing to meet the needs of the suffering alcoholic.

Through Zoom meetings today, there are new members who have never been to an in-person meeting but were able to get sober and stay sober by connecting to other alcoholics through Zoom. Like those who got sober before meetings, having been mailed a copy of The Book, Zoom meetings have grown and thrived, helping many alcoholics achieve sobriety as well as helping existing members remain connected to the hand of AA.

Alcoholics Anonymous will always live on, grow, evolve and thrive, so Alcoholics not yet born can find a way to return to sanity.

The difficulties we have faced in the last three years have left many struggling emotionally, financially and in many other ways. In my own experience, I can think of difficult times when I didn't reach out, but I was always glad to hear from a member of Alcoholics Anonymous.

Let's reach out to each other and to the newcomer, to maintain and Give the Gift of Sobriety.

My name is Carmen and I am an Alcoholic

Hello everyone,
Welcome to 2023. December was a challenging month with snow storms, ice storms, power outages, and heating problems, but we have survived and are looking forward to warmer, dryer days ahead. The employees of The Alano Club want to thank you for the generous donations to the Employee Bonus Fund.

Hope to see you soon. Your kitchen manager with a smile, Trena

Please visit our website www.alanoclubeastside.org (or PayPal) to make a donation, pay Membership dues, or make a group donation, or by mail Directly to 12302 NE 8th St., Bellevue, WA. 98005

Alano Club Board Meeting Wednesday January 18 2023!

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

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

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

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

[The AA Grapevine](http://www.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://www.aagrapevine.org)

[The Al-Anon Family Groups
\(AFG\)](http://www.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://www.seattle-al-anon.org)

[The Clean and Sober Softball
Association](http://www.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://www.sobersoftball.com)

Kris Carson 1/23/84 Greg M. 1/27/98 Jan C. 1/25/94 John T. 1/9/86
 Roni U. 1/31/94 William S. 1/14/92 Greg K. 1/20/04 Linda T. 1/9/06
 Nancy O. 1/12/88 Steve H. 1/3/13 Bruce L. 1/20/89 Kim L. 1/15/21
 Ted W. 1/7/03 Tom K. 1/6/17 Ralph M. 1/1/13
 Gary Z. 1/2/13 Carmen A. 1/12/08

"A Place of Recovery"

6:00AM	Sunrise AA	Daily Clubhouse
7:00AM	SA Meeting (closed)	Sunday Annex
7:00AM	Fresh Start	Daily 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
	January 27 Cake & Coin Day	
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
7:00 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 website has current meeting listings which will say whether they are on zoom.