

Alano Club of the Eastside

September 2022
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

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

This step requires action. It's time to pick up that inventory and make amends. Facing the people or entities we did the most harm to is not easy. This is not a step that is done in a day. It may take weeks even months to complete. Most of the harm I did had more to do with stealing time from those I loved.

I also may have stolen time from my employer. Time is something we never get back. Nor is it something we can ever give back. This may cause regret. This regret may be something that is shared Between loved ones. And although the Big Book tells us we will not regret the past I can tell you from my own experience it takes a while for that to be realized. And the two things that helped the most was making amends and service. The most important thing about this step is remembering that it's not something that is done once and then forgotten. This is a step that we must use throughout our lives.

Learning to recognize when we are wrong and then making amends for our wrongs is an essential part of our program. When we deny ourselves the making of amends we are practicing denial. This is a slippery slope. Denial is something I practiced on a daily basis in the past and is something I must avoid on a daily basis now. Just something I like to keep in mind.

I hope this finds you well.

May God keep you and bless you. My name is Tim and I am an Alcoholic.

Hello, my friends,

**Our Annual Alano Club Anniversary BBQ was a great success!
Thank you so much for your support.**

For the football season we are going to do the Seahawks Football Pool, starting with the first Monday Night game.

Please stop by for a meeting and some food. I'm looking forward to a great September.

**Your kitchen manager with a smile,
Trena.**

Please visit our website www.alanoclubeastside.org to make a donation, pay membership dues, get meeting schedules or make group donations. You can also donate or pay dues through PayPal or by mail directly to 12302 NE 8th Street, Bellevue, WA 98005

Alano Club Board Meeting Wednesday September 14, 2022!

HAPPY AA BIRTHDAYS

Gregory P. 9/10/12 Tracy A. 9/1/14 Sheldon A. 9/1/14 Bill C. 9/4/76
Jeff B. 9/30/00 John M. 9/8/08 Sherre P. 9/26/99 John P. 9/20/00
Brian T. 9/10/14 Kevin M. 9/19/21 Lynn H. 9/17/88
Robin O. 9/10/02 Susan S. 9/8/78 Heather C. 9/16/16

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)

"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
	September 30 Cake & Coin Day BBQ	
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.