

Alano Club of the Eastside

March 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

Made a decision to turn our will and our lives over to the care of God as we understood him."

The growth in Step 3 for me was a two-part-process. The first part was acceptance and the second part was surrender. Acceptance in this regard meant seeing alcoholism's destructive effects for what they were and accepting the need for guidance and help in order to overcome it. Acceptance also meant developing a willingness to change for the better. Surrender addressed parts of my character involving self-will and self-centeredness and how these work against my efforts in recovery. In essence, I had to surrender these attitudes to the wisdom of a higher power.

The biggest issue I struggled with was having a clear vision of my higher power. It was not until I gave up on the need to picture the "man in the sky" and simply started listening for the care of that power that I was able to trust in it. Starting with the 'Gift of Desperation' and then 'Good orderly Direction' what I realize now looking back is that my Higher Power has always been there for me to trust in.

For me Step 3 is simply making the decision to not try my own will power anymore. I am asking to be relieved from the root of my problem which can block my recovery. I continue to be vigilant to this tendency and stay willing to surrender my will which is self-will over to that same higher power, asking to remove my self-centeredness. That relieves me from the root of my problem so I can experience peace.

Like all the remaining Steps, Step 3 calls for affirmative action, for it is only by action that we can cut away self-will which has always blocked the entry of a Higher Power into my life. Ultimately, I am surrendering to the wisdom of a Higher Power by choosing to do "the next right thing".

My name is Carmen and I am in Alcoholic

Welcome to March. I hope everyone had a good February and a sweet Valentines Day. We are looking forward to a good month here at the club. We have extended our hours on Tuesdays. We will be open until about 9:00 pm and food will be served until about 8:00PM. You will be able to buy coins, literature, beverages and snacks, or meet with a sponsor or a sponsee. Hopefully we can be open later on other days soon. Fingers Crossed! Happy St. Patrick's Day everyone. Come on down for a meeting and meal. Hope to see you soon.

Your friendly kitchen manager.

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 March 15, 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)

March AA Birthdays

AJ G. 3/28/05 Edward O. 3/8/08 Nancy W. 3/13/82 Ray R. 3/12/85
 Krupal D. 3/16/17 Sharon R. 3/15/79 Pat S. 3/15/77
 Dennis P. 3/17/90 Fred M 3/12/07 Kelly F. 3/11/83

"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
	Friday March 24 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
2:00PM	Afterwards AA	Tues. Thurs. 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	Monday 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 Accountability Mtg.	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.