

Alano Club of the Eastside

May 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

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

This step probably provided me the greatest sense of relief. With that said it was also very difficult. Admitting our wrongs isn't easy. It brings up a number of feelings. That guilty feeling was the first to pop up. But guilty of what is the question. Out of all the wrongs I did I'd have to say the worst was simply avoiding friends and family. The sick part is I just wanted to drink and drug. I also was afraid I might be discovered. It was also the hardest thing to forgive myself for and has always been my greatest regret. We only have so much time on this earth to spend with our families and friends and although robbing a bank or losing a job might seem worse at the end they don't even compare. Step 5 can be embarrassing as well as humiliating. My sponsor might have said I was getting right sized. Humility is an essential part of this process. With time I've discovered the worst thing for an addict like me is a lack of humility. It's ok for me to not feel less than but when I start feeling better than another person it's a sign of arrogance and a lack of humility. Respect for one self and those around me is important to my sobriety. As I move through the steps each part is essential in turning my life around. Avoidance is something I did on a regular basis. Please don't avoid the steps. Your life may depend on it. I can honestly say mine has. Maybe not so much in the literal sense but more in the quality of life I lead. I hope this has been helpful.

May God bless you and keep you.

My name is Tim and I'm an Alcoholic.

Hello Everyone, I'm sorry I had to cancel Jam Night last month. There were circumstances out of my control, but I will reschedule another Jam Night as soon as I can.

I'm seeing a lot of familiar faces and lots of new ones too. Please come by 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

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://Seattleaa.org) widens the
scope of possibilities for
meetings and service in the
greater King County area.

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

[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

[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

[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

Next Alano Club Board Meeting Wednesday, May 11, 2022!

MAY AA BIRTHDAYS

Bill R. 5/19/81 Sandra W. 5/26/95 Tonya W. 5/13/21 Steve L. 5/12/88
Tom A. 5/29/05 Pat S. 5/20/77 Claude R. 5/24/89 Kevin H. 5/29/15
Larey M. 5/13/86 Roy H. 5/29/87 Autumn K. 5/24/18

"A Place of Recovery"

(In person meetings at this time)

6:00AM	Sunrise AA	Daily Clubhouse
7:00AM	SA Meeting (closed)	Sunday Annex
8:30 AM	Gamblers Anonymous	Saturday Annex
8:30 AM	GamAnon	Saturday Clubhouse
9:30AM	Eastside Breakfast AA	Sunday Annex
9:30 AM	AM Reflections	Wednesday & Friday Annex
10:30AM	NA Spiritual Breakfast	Sunday Clubhouse
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
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 Annex
7:30 PM	Womens Cocaine Anonymous	Monday Annex
7:30PM	Cocaine Anonymous	Tuesday Annex
7:30 PM	HA Big Book Study	Wednesday 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.

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. You can also donate or pay dues through PayPal.

To receive our Monthly Newsletter via email please send your current/preferred email address to us at manager@alanoclubeastside.org.