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Resources

Eastside Intergroup
www.eastsideaa.org

Seattle Intergroup
www.seattleaa.org

Alcoholics Anonymous World
Service
www.aa.org

Al-Anon Family Groups
Seattle-al-anon.org

The Clean and Sober Softball Association is a recovery-based activity, organized for "noncompetitive" recreation. The function of CSSA, and its franchises, is to further recovery through the community of softball.

Sobersoftball.com

May Club Member A.A. Birthdays!

Claude R. 5/24/89 * Autumn K. 5/24/18

Bill R. 5/19/81 * Tom A. 5/29/05 * Tom M. 5/8/22

Roy H. 5/29/87 * David S. 5/8/14 * Sandra W. 5/26/95

Steve L. 5/12/88 * Diana K. 5/21/00 * Larey M. 5/13/86

Carina H. 5/28/00 * Venkat D. 5/18/19

Congratulations!

*Welcome New Members: Michael A. * Alan V. * Richard H.*

*The Clubhouse
and Café are
OPEN!* 

Alano Club of the Eastside 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 and related program. However, the Club and its members share a commitment to the principles of A.A. and may choose to cooperate with A.A. by extending certain invitations to A.A. members, including use of facilities for A.A. meetings and other 12 Step programs.

To our members,

April showers bring May flowers... and the beginning of the beautiful Alano Club garden blooming! Spring is in full swing at the Club, and we are thrilled to share that **the Clubhouse Café is back OPEN for business, Monday through Friday, 11am – 7pm!**

Timothy and Becky are the friendly faces who will be managing kitchen duties. Stop in, say hello, and order a sandwich, a cup of soup or bowl of chili, or one of our famous cheeseburgers!

The kitchen may close an hour or two early on slower nights for now, but you can count on us being back open during normal daytime hours with all our delicious offerings to enjoy. We hope to see or feed you in a meeting soon!

In exciting technological news, the Alano Club Newsletter is now fully digital! We are still missing email information for some Club members (especially those who joined when we had no email and only land line phones...), please contact 206-388-6855 to check that we have your information correct and up to date so you can stay connected.

We want to again extend a sincere thank you, and gratitude to all of our members for your flexibility and patience during the staffing transition at the Club this last month. We are so excited to see you all again!

We have another great month full of meetings here at the Alano Club - you'll find the daily schedule for all on the following page. This newsletter and more information is always available on our website:

<https://www.alanoclubeastside.org/>.

“A Place for Recovery” Alano Club Meeting Schedule

6:00am	Sunrise AA	Daily	Clubhouse
7:00am	SA Meeting (closed)	Sunday	Annex
7:00am	Fresh Start	Daily	Annex
8:30am	Overeaters Anonymous	Sunday	Clubhouse
8:30am	Gamblers Anonymous	Saturday	Annex
9:30am	Eastside Breakfast AA	Sunday	Annex
9:30am	AM Reflections	Wednesday/Friday	Annex
11:00am	Al-Anon	Saturday	Annex
12:00pm	SAA Meeting (closed)	Monday	Clubhouse
12:10pm	Nooners AA (Friday May 23 rd Cake & Coins)	Monday -Friday	Annex
12:30pm	Nooners AA	Saturday & Sunday	Annex
1:00pm	ACOA	1st & 3 rd Saturday of month	Clubhouse
1:30pm	Spanish AA	Sunday	Clubhouse
2:00pm	Afternooners	Mon. thru 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 (Saturday May 31 st Cake & Coins)	Daily	Annex
5:30pm	Nicotine Anonymous	Monday	Clubhouse
5:30pm	Women of Worth	Thursday	Clubhouse
5:30pm	Eastside 11th Step AA	Tuesday	Clubhouse
6:00pm	SAA Recovery First (closed-hybrid)	Wednesday	Clubhouse
6:45pm	Sermon on the Mount AA	Friday	Annex
7:00pm	Get to Stepping HA	Saturday	Annex
7:00pm	Happy Destinies AA	Sunday	Annex
7:30pm	Circle of Trust	Monday	Annex
7:30pm	Cocaine Anonymous	Tuesday	Annex
7:30pm	Spanish AA	Monday-Saturday	Clubhouse
8:00pm	Rough Around the Edges AA	Friday	Annex
9:30pm	AA Essentials	Daily	Annex

Please visit our website www.alanoclubeastside.org for schedule updates, to pay dues or make a donation. Thank you for your support! More meeting updates can be found at www.eastsideaa.org