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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

November Club Member A.A. Birthdays!

Trena G. 11/2/07 ** Lach F. 11/1/99 ** Tony H. ** 11/18/19
Diane K. ** 11/26/84 ** Tom S. 11/7/83 ** Jimmy V. ** 11/30/89
Vic S. 11/1/65 ** Ann J. 11/22/09

Congratulations!



New Members

Sarawanda H.
Kristine C.
Allyson W.
Alan S.

Welcome!

Volunteers Needed!

*Thanksgiving Alcathon
at Alano Club of the Eastside
all day November 28th 6am-12am*

We need people to sign up to chair meetings.

*We'll have fun, food and fellowship for all. Please
come and sign up. **Flyer will be posted soon!***

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.

In Memory of David Thomas Sprague

May 30, 1961 - July 29, 2024

On July 29, 2024, David Thomas Sprague passed away from a heart attack at 63 years old. David grew up on Mercer Island, attending St. Monica's and MIHS, and is survived by his brothers, Patrick and Ted (Kendra Sprague), and sister, Mary (Pearse Edwards). He also left us with the blessing of his two beloved daughters, Kristina Marie (20) and Elizabeth Anne (19, "Lizzy"). He was a devoted, enthusiastic, affectionate father who always made time for "his girls". David faced the realities of life with a positive attitude and a twinkle in his eye—if you knew Dave—you know that twinkle. He was funny and loving and could find a light in the darkest night. His legacy is alive in many people whom he supported in alcohol and drug recovery over the last 15 years of his life. His own sobriety was crucial in his life, and to protect it, he gave his time, wisdom, and attention to many others as a sponsor and friend. We will miss Dave's booming laugh, that ever-present twinkle, and his inspiring love for his darling daughters.

Please join us at Dave's Memorial and his daughters have asked that people wear some purple and/or pink as Dave's favorite colors. Saturday, Nov. 9 at 1:00 PM. Kelsey Creek Church, 1221 148th Ave SE in Bellevue.

How Can You Help Support the Alano Club?

Enjoy a meal at the club

Make a financial donation

or

Join the club and pay the
membership fees.

\$20/month or \$200/year
(2 free months)

\$10/month Seniors/Juniors or \$100 per
year (2 free months)

\$25/year Non King County
Resident

Members enjoy a 10% discount!

Alano Club Board Elections will be held at our December 18th meeting

If you are interested in running for a position please submit your name by email to:

manager@alanoclubeastside.org.

If you are a Club Member please come to the December meeting to cast your vote!

Terry McGrath

We received a very nice email from Terry's son Gentry telling us how important the Alano Club and it's members were to Terry. He also says her life changed for the better when she joined AA and said how grateful he is to Alcoholics Anonymous.

A copy is available in the office.



Board Meetings for the Alano Club of the Eastside are held on the third Wednesday of each month at 7:00pm. The next meeting will be held on November 20th in the clubhouse.



Meetings Looking for Support

EASTSIDE OPEN BREAKFAST—AA Meeting

(Annex) Sundays 9:30am-11:00am

NOONERS—AA Meeting (Annex)

Monday-Friday 12:10pm & Saturdays 12:30pm

Birth Day Cake & Coins August 30th

AFTERNOONERS—AA Meeting (Annex)

Monday, Wednesday, Friday 2:00pm

ESSENTIALS—AA Meeting (Annex)

Daily 9:30pm-11:00pm

WOMEN OF WORTH—AA Meeting (Clubhouse)

Studying the Big Book / Women Only

Thursdays 5:30pm-6:30pm

ROUGH AROUND THE EDGES—AA Meeting

Candlelight Meeting (Annex)

Fridays 8:00pm

WHAT'S IN THE BAG—NA Meeting (Annex)

Saturdays 4:00pm

Open Volunteer Opportunities at Alano Club of the Eastside

Webmaster

Fundraiser

Yard Bird

Membership Coordinator

Email:

manager@alanoclubeastside.org



NOVEMBER IS OUR MONTH OF GRATITUDE!

GIVE THANKS!



DISTRICT 34 GRATITUDE DINNER

NOVEMBER 23, 2024

6:00-9:30PM

NORTH BELLEVUE COMMUNITY CENTER

4063 148TH AVE N BELLEVUE WA 98007

TICKETS ARE \$7.00 FOR THIS SELF SUPPORTING EVENT

DOORS OPEN 5:30PM - DINNER 6:00PM

AL-anon Speaker-Lisa K. Camano Island
AA Speaker- Astri T. Seattle

Spanish translation will be available.

Pre-Sliced Turkey, Hams & Other Main Dishes are provided by groups so PLEASE volunteer.

It is suggested to bring a dish using the first letter of your last name:

A-H Salads/Stuffing/Dinner Rolls
I-Q Side Dishes/Veggies/Casseroles
R-Z Desserts

For Additional Info:
Allison F 385-321-8264

EASTSIDE OPEN BREAKFAST GROUP

Sundays 9:30am-11:00am

Is looking for support

The ACES Café is Open

so you can purchase breakfast if you'd like & then join us for the meeting.



**“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 Nov. 29th Cake & Coins)	Monday -Friday	Annex
12:30pm	Nooners AA	Saturday & Sunday	Annex
1:00pm	ACOA	1st Saturday of month	Clubhouse
1:30pm	Spanish AA	Sunday	Clubhouse
2:00pm	Afternooners	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 (Saturday Nov. 30th Cake & Coins)	Daily	Anex
5:30pm	Nicotine Anonymous	Monday	Clubhouse
5:30pm	Women of Worth	Thursday	Clubhouse
5:30pm	Eastside 11th Step AA	Tuesday	Clubhouse
5:45pm	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	Women's Accountability Mtg.	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