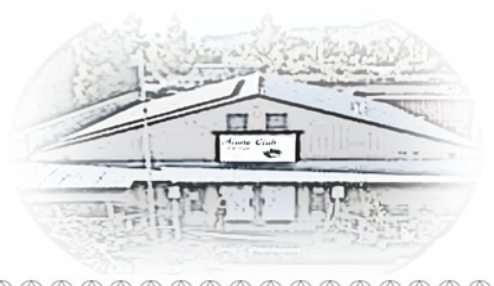




THE SCRIBE

A Newsletter from
The Alano Club of El Cajon

December 2022



HOTSPOT

FREE

WHO: SANTA CLAUS

WHAT: XMAS PARTY gifts for the kids, photos with Santa

WHERE: The Alano Club of El Cajon, 938 East Washington Avenue.

(@ 7:00 pm (619) 592—4400

(See flyer on page 6)

Alano Club Shout Outs

This is your time to share your successes or those of other members of the fellowship. Ankle bracelet off? Finish your DD class? Completed your stay at McAllister's? Please let us know and we'll print it!

Thoughts for the day

Guidance isn't being told which action to take, or not take. Guidance is your higher powers gift of peace— from which we proceed. The peace dissolves the question, and we simply do what we do in peace.

Within stillness I experience my peaceful mind, my united self. Obviously, stillness can't be attained by warring against a conflicted ego. That's why judging myself is as big as judging my neighbor.

(John H)

Experience, Strength & Hope

Having had a spiritual awakening as results of these steps, we tried to carry this message to alcoholics, and practice these principals in all our affairs.

Most of us are willing to accept one spiritual principle for each step, and in most case's we may get by with that. I have found that I must dig deeper and deeper each year I am sober. Each time I have the opportunity for spiritual grow and expanded awareness. From the 12th step most would see this as a service step. Not quite so!!! There are three parts to step 12... 1, Having had a spiritual awakening as a results of this step!!! (Serenity) We tried to carry this message to alcoholics!!! (Understanding) and practice these principles in all our affairs!!! (Willingness) Now I understand there will be those that disagree, and to this I say to them "PROVE ME WRONG!!!"

((continued on page 4.))

Mark Your Calendar EVENTS

"Give the date, and let's make a plate..."

December 3 (1st Saturday)

7:00PM Karaoke Night

17- Xmas party Saturday

7:00PM

January 7 (1st Saturday)

7:00PM Karaoke Night

February 4 (1st Saturday)

7:00PM Karaoke Night

Meetings needing support

Tradition's west 7:00 am Sun

Beginner's 7:00 pm Mon

30/30 Bk. study 7:00pm Wed.

Daily delight 1:00pm daily

Daily drinkers 3:00pm Mon-Sat.

Thursday night Thugs Closed!!!



Creative Corner

This area is for YOUR submissions – poetry, artwork, samples of how creative your sobriety becomes, etc.



Custom Crafts

I make everything by hand. Book covers, saddle bags, purses, belts, wallets, key fobs, custom fit knives, guns and anything you can think of. I tool patterns and specialty logo's and specialize in western patterns and newer pattern's. Repairs & dying, rejuvenation.

John H. 858-306-1903

Club Needs

Support YOUR Club

Volunteers (keep the place
clean and running right)
Big Books (new & used)
12x12 books (new & used)
Daily Reflections (new & used)
Please recycle!!!!

**Secretaries for the 1:00 PM 3:00PM
meetings are needed!!! Most days of
the week.**

Sobriety Dates and Anniversaries

Nov. 25th Helen B. 17years!

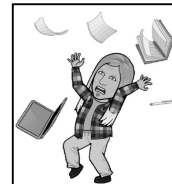
Dec. 4th Carrie 3 years!

Dec. years!

Dec. Years!

We are not saints! Rather, the answer is having commitment, a commitment to each day, and commitment to life in the AA fellowship. We are all "newcomers" as we begin each day because each day is really all we have. Congratulations to those among us who keep collecting those days.

Fellowship Feedback Letters to the Editor



Letters to the Editor

First and foremost, we would like to express our gratitude to all our readers for taking the time to read the Scribe. This column is for you. We are inviting you to respond to our topics with your positive feedback to this newsletter. As my first sponsor would say "where is GOD in your service" I would grateful ofr your support...

ecacscribe@gmail.com



Jokes...Yeah, we got'em...

Cartoon



An Alcoholics Anonymous meeting takes place. The presenter completes a demonstration.

He brings out two glasses, a bottle of whiskey, a bottle of water and an earthworm. He pours one glass with water and the other with whiskey. He then drops the worm into the bottle of water, where it wriggles around for a little while, but is ok.

He then picks it up and drops it into the whiskey, where it struggles and soon dies.

He asks the participants "what does this show us?"

Bubba Joe stands up at the back of the crowd and exclaims "If I drink whiskey I won't get worms!"

At a wine merchant's warehouse the regular taster died.

The director started looking for a new one to hire. A retired Marine A-4 pilot, drunk and with a ragged dirty look, came to apply for the position. The director wondered how to send him away. They gave him a glass of wine to taste. The old pilot tried it and said, "It's a Muscat three years old, grown on a north slope, matured in steel containers. Low grade but acceptable." "That's correct," said the boss. "Another glass, please." "It's a cabernet, eight years old, south-western slope, oak barrels, matured at eight degrees. Requires three more years for finest results." "Absolutely correct. A third glass." "It's a pinot blanc champagne, high grade and exclusive," calmly said the drunk. The director was astonished and winked at his secretary to suggest something. She left the room and came back in with a glass of urine. The alcoholic tried it. "It's a blonde, 26 years old, three months pregnant, and if I don't get the job, I'll name the father."

This is your time to shine

We would also like to have y'all send us stories of experience, strength, and hope with the steps, overcoming obstacles, rewards from your service work. Sobriety jokes, poems, and samples of how creative your sobriety becomes, etc.



12th step

(Continued from page one)

(Continued from page 1)

You see as we trudge the road of happy destiny, we find that the road narrows! That what was once expectable, is no longer the case. I may except you the way you are, yet that does not mean I have to approve of you. I have learned to love A.A.'s from afar... I was taught as A new comer, that I had no right to infect anyone with my decease... I had to learn to be sensitive, to other people's sensitivity! I am willing and to reach out my hand, and say welcome home. As for carrying the message! The best thing anyone can do for this fellowship is to show up sober... We may be the example to a newer member it can be done... *We must show the world that by our character, that Alcoholics are not what they perceive us to be.* After all the 12th step is about being Joyous and living a free from self!!!

(John H)

**No one ever said life would be easy.
The only guarantee is life is far preferable to the known alternative...**

All great religions have two basic rules: Be good to other people and believe in something greater than yourself. Yet, wars are fought and people are killed over what route to take up the mountain and who you talk to when you get to the top.

(John H)

More Thoughts

That I feed the hungry,
Forgive an insult, and love my enemy-
these are great virtues.
but what if I should discover
that the poorest of the beggars
and most impudent offenders
are all within me,
and I stand in need
of the alms of my own kindness;
that I myself am the enemy
who must be loved-
what then?

(C.G. Jung)

Serenity test

There are several way of saying these words. How you say them shows how you feel about life and yourself.

I don't deserve this— False modesty.

I **DON'T** deserve this— Angry Indignation

I don't **DERSEVRE** this— Why me H.P. ?

I don't deserve **THIS**— How about a lighter sentence?

Where you put the emphasis is where you put yourself. Usually we get what we deserve, good ,or bad.

How we accept life determines our serenity and happiness.

(John H)



Story Time

A Christmas Thing, The A.A. Way!

On the 1st step of sobriety, A.A. gave to me. Honesty, and Acceptance...

On the 2nd step of sobriety, A.A. gave to me. Hope, and Trust...

On the 3rd step of sobriety, A.A. gave to me. Faith, Strength and Direction...

On the 4th step of sobriety, A.A. gave to me. Honesty, Courage, and Perseverance...

On the 5th step of sobriety, A.A. gave to me. Belief, Connection, and Trust...

On the 6th step of sobriety, A.A. gave to me. Necessity, Vigilance, and Willingness...

On the 7th step of sobriety, A.A. gave to me. Freedom, Humility, and Change...

On the 8th step of sobriety, A.A. gave to me. Truth, Love and, Perspective.

On the 9th step of Sobriety, A.A. gave to me. Accountable and Transparent...

On the 10th step of Sobriety, A.A. gave to me. Balance, Pause, Reflection.

On the 11th step of Sobriety, A.A. gave to me. Direction, Peace, Awareness.

On the 12th step of Sobriety, A.A. gave to me. Serenity, Understanding, Willingness...

There is a lot of **knowledge** about sobriety, and that is never enough! When we apply action to that knowledge, it **changes** into wisdom. **Wisdom is the ability to discover alternatives!!!**

(John H)

Inspirational Story

A Navajo Story

He was a young boy and it was time! Time to find his way, for his people. So he set out on his vision quest! A test of strength and honor, to become a man! He set foot to trail and walked the steps that his Grandfather taught him. With nothing but a blanket and a deer skin of water. For four night and three day he would sit under a tree. A tree he new well, for he had fed and water this tree, and asked for a branch to make his pipe.

As he waited for creator to guide him to his purpose, his reason for being a Dine'. He waited and waited for the creator to send him the sign (How he would serve his people) He was lost and had no way of knowing on the last night, there was a great storm, with lightning and thunder. As the light flashed across the sky, he could see for miles and miles! He knew now what his purpose was to be. He would be a great scout, and guide his people, for hunting and scouting for the enemy. With peace in his heart, he slept. When he woke, he felt something move in his blanket! It was a rattler snake!!! The snake hissed (Thhhhh) The snake said (I am cold! Take me down the mountain) The boy said no you will bite me and I will die and not be able to serve my people! (again the snake hissed) If you don't take me I will die, please, I will not bite you, I give my word! The boy agreed and he picked up the snake, and carried him down the mountain. The boy reach into the blanket to set the snake free when they where at the plains. The snake looked at him and bit him!!! The boy dropped the snake and said why did you do this! You told me you would not bite me! Now I will die and never serve my people. The snake said "you new what I was when you picked me up"

And so it is the same, picking up the bottle, or the bad behavior, or what ever our diversions may be! We know it is not good, yet we seldom stop, or should I say **Pause** !!! And think, what is best for all !!! Not just me, yet for my people...

(John 2 Coats)



FREE GIFTS, COOKIES AND

PHOTOS WITH SANTA

619-592-4400

SATURDAY DECEMBER 17TH, 2022 7:00PM

**938 E WASHINGTON AVE., EL CAJON CA
92020**

**FREE GIFTS, COOKIES AND PHOTOS WITH
SANTA**

**PLEASE SEE TAMMIE FOR DONATIONS
619-592-4400**

