



THE SCRIBE

A Newsletter from
The Alano Club of El Cajon



August 2022



HOTSPOT

WHO: You! And anyone seeking information about the Alano Club of El Cajon

WHAT: Annual membership drive and sobriety celebration event featuring FREE BBQ & BEVERAGES, Karaoke, music, dancing, entertainment, and fellowship

WHERE: The Alano Club of El Cajon, 938 East Washington Avenue. (619) 322-4298

WHEN: Saturday, August 27th from 7:00 pm to 9:00 pm

WHY: Membership fees support the operating costs of the Alano Club. Becoming a member/renewing your membership supports our goal of providing our community with safe and free essential supports, services, and resources as we face an unprecedented substance use and mental health crisis. Your membership has the power to save lives.

Inspirational Story

Shared by Melanie.

GOD IS GOOD. On July 23, 2022, I needed gas, so I pulled into a gas station in El Cajon. Across from me was a gentleman who was also getting gas. When I got out of my car, the man asked if he could do me a favor. I was shocked and wasn't quite sure what he meant so I responded, "I don't know. It depends on what you wanna do." He proceeded to say, "Let me buy your gas for you." I asked him if he was serious and he said, "Yes! Keep your money!" As he was pumping my gas for me, he began to tell me not to worry about what's going on in the world and not to get discouraged. He told me to continue to stay focused, saying also that, "this too shall pass".

I'm sharing this to let everyone know that GOD IS GOOD AND CAN REMOVE ANY PROBLEM WE FACE IN LIFE, AS LONG AS WE ARE WILLING TO LET HIM.

I feel this experience was God's way of letting me know that He has His hand over my life, and I just have to continue to surrender my will for His will every day.

Step 8

Experience, Strength & Hope

Made a list of all persons we had harmed, and became willing to make amends to them all.

My name is John, and I am an alcoholic. This is my story with my first list:

I came into AA while still in a relationship that should have never been. I tried to make that relationship work out of a sense of obligation. You see, she was the mother of my children, and she also brought me to my first meeting. So, I can't even take credit for making it into AA on my own. For the first five years of my sobriety, I did everything I could to keep the family we had created together.

I came to believe that I lived with my 8th, while everyone else got what they deserved. That arrogant presumption came back to bite me. Of our three children, it was our oldest daughter who I dragged through, what I call my Trail of Tears. My youngest two children were sobriety born. *Continued on page 4, "Experience, Strength, and Hope"*

Mark Your Calendar EVENTS

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

August

6 - (1st Saturday) Karaoke Night
27 - Alano Club Membership Drive, free BBQ, entertainment, fellowship

September

3 - (1st Saturday) Karaoke Night
24 - (last Saturday) Spades tournament, \$10 donation

October

1 - (1st Saturday) Karaoke Night
29 - (last Saturday) Spades tournament, \$10 donation

November

5 - (1st Saturday) Karaoke Night
24 - Thanksgiving, gratitude goes a long way
26 - (last Saturday) Spades tournament, \$10 donation

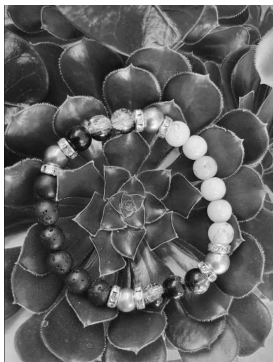
December

3 - (1st Saturday) Karaoke Night
31 - (last Saturday) Spades tournament, \$10 donation



Creative Corner

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



My beadwork keeps me creative. I like to work with nature and beading is an important part of that for me. - Emely



I've been doing leatherwork for over 40 years. My creativity helps me to connect with my high power. -

Club Needs *Support YOUR Club*

- ⊕ **Volunteers (all positions)**
- ⊕ **Shift managers**
- ⊕ **Big Books (new & used)**
- ⊕ **12x12 books (new & used)**
- ⊕ **Daily Reflections (new & used)**
- ⊕ **Your plastic bottles (to recycle)**
- ⊕ **Your aluminum cans (to recycle)**

Sobriety Dates and Anniversaries

- ⊕ **August 1 – Todd D., 4 years!**
- ⊕ **August 6 – Cass, 38 years!**
- ⊕ **August 29 – Herman, 29 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**



Dear Readers and Fellow Club Members,
Welcome to The Scribe! First and foremost, I would like to express my gratitude for all our readers for taking the time to read the Scribe.

We welcome input and member involvement. This Fellowship Feedback and Letters to the Editor column is for you. We are inviting you to respond to the newsletter topics with your positive feedback.

As for the rest of the newsletter, we would also like to have y'all send us your stories of experience, strength, and hope. Share stories about your journey through the steps, overcoming obstacles, rewards from your service work, and other sobriety lifestyle topics.

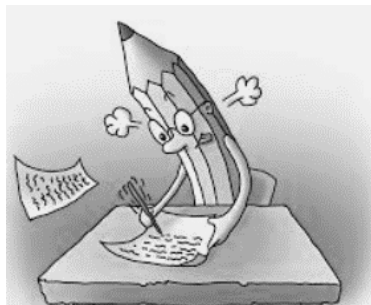
Help us not be a glum lot and send us your sobriety jokes, poems, cartoons, artwork, and any other creative stuff you do. We would love to publish these items in the newsletter

Anniversary dates coming up and shout-outs are so important. Please send us these items as well.

The newsletter committee will correspond through E-mails beginning with the November edition. As we establish our digital delivery of the newsletter, please submit your Letters to the Editor or other submissions to Alano Club shift managers or to me directly.

Thanks again for checking out the newsletter!

In service, John



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



This month, John H. tells it.

AA#1, "The good news, there's meetings all over Heaven. The bad news is, you're leading my home meeting this Wednesday,"

Words can crossover each other.

e q d r c h m e l p v e n t t
p c w e z w g x r t i k q d u
r u n r r l b o c n l u g i h
a k v a v e m d s d d r k w u
y n r k t i v a f r e e d o m
e h i r s p n o n s b g k s i
r w a e y i e p c b c n i p l
h e s n t l y c a e d a u e i
f o u y b h s p c t r v h t t
w h n b t m h u f a i v z s y
b r r e c o y r o t n e v n i
j h w f s o g y p l m q n p b
r g l j p t e k h s a e g c m
g v n c q x y x l n a e m t e
m e d i t a t i o n v g j i u

acceptance	humility	patience
anger	insanity	prayer
fear	inventory	promises
freedom	jealousy	recovered
honesty	meditation	steps

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!

Welcome Newcomers! We ♥ you!

♥ Melanie ♥

[illegible]

$\frac{22}{14}$ $\frac{10}{1}$ $\frac{14}{18}$ $\frac{9}{6}$ $\frac{10}{18}$ $\frac{4}{23}$ $\frac{25}{20}$ $\frac{23}{6}$ $\frac{18}{18}$



Experience, Strength & Hope
(Continued from page one)

The very first time I had the inclination to think that maybe the harm I created was bigger than I thought, was when I was driving my eldest daughter somewhere. As we drove, I was boastfully sharing that I had been asked to be a guest speaker that evening at an AA meeting. As I chattered on with her about my upcoming "what-it-was-like" story and how "spiritual" I had since become, she interrupted me. With a clarity I had never experienced until that moment, my daughter observed out loud that while I spent a great deal of time sharing my story with others, I showed no interest in hearing her story from the same time. She then continued by asking me, "Dad, do you want to hear your story?!" Suddenly I felt so small I couldn't see over the steering wheel of my truck. My daughter was right, I had dragged her and her mother through my addictions. They had paid the price far more than I did. Unlike me, they didn't have the buffer of alcohol and drugs to hide behind. Their experience of those times and feelings were painful and raw. In another reflection, this same daughter shared, "I envy my brother and sister because they got the Father-of-the-Year, and I was suck with you." Because of AA, I can tell you that it did get better! I have come to earn the love and trust of my eldest daughter. She has come to rely on my judgement and on me to be there during her most trying times. GOD doesn't have any grandchildren. The relationships I have with the people in my life are healthy. I have learned that compassion is simply, being aware of what effect my behavior has in other people.

ALANO CLUB OF EL CAJON MEMBERSHIP DRIVE

WHEN
Aug 27
7pm – 9pm

WHERE
Alano Club of El Cajon
938 Washington Ave, El Cajon CA 92020

Featuring • BBQ •
KARAOKE • MUSIC

OVER ALL GOOD TIME!

ALL AGES EVENT

MEMBERSHIP PRICES

\$12 Month/ single
\$20 Month/couples
\$10 Month/seniors
\$120/Yr adults
\$100/yr Seniors

AT THE DOOR

Yourself, Friends

**If you are part of a 12-
step program we
would like to
welcome you to the
El Cajon Alano Club**

BENEFITING

**Anyone facing
challenges with
drugs and alcohol.**

A SAFE PLACE TO BE!