



# THE SCRIBE

A Newsletter from  
The Alano Club of El Cajon



## Happy New Year

Each new year, we have before us a brand new book containing 365 blank pages. Let us fill them with all the forgotten things from last year-the words we forgot to say, the love we forgot to show, and the charity we forgot to offer.

(Peggy Toney Horton)

### Experience, Strength & Hope.

#### Tradition 1

**Our common welfare should first, personal Recovery depends on upon A.A. Unity**

My name is John and I'm just an Alcoholic . I was introduced AA back in 1983, and I wish I could tell I've been sober ever since, not the case. My first service commitment to AA was the (ABC') Ashtrays, broom and chairs. LOL After that I became a coffee maker. ( the second most important person at any meeting) LOL I was first into introduced to the traditions by my sponsor. Who was the kind of man that was willing to take the time and the patience to **teach me how to think, not what to think!!!** You see I thought the steps was the program.

(continued on page 6)

### Experience, Strength & Hope.

#### Step 1

**We admitted we were powerless over alcohol, that our lives were unmanageable.**

My name is John and I am just an alcoholic. I guess I should start, with qualifying. I'm a real Alcoholic! I was up to a handle a day and then some. Countless vain attempts at death. I realized I needed something different. You see I hated drinking! I hated, what it did to me, where it brought me! And yet I couldn't let it go. I drank against my will. I would tell my self, I'll buy 2 5th's in stead of the handle, save 1 for tomorrow, and when I came to, they were both dry! **I am powerless!!!**

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### Mark Your Calendar EVENTS

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

January 7 (1st Saturday) 7:00PM  
Karaoke Night

February 4 (1st Saturday)  
7:00PM Karaoke Night

March 4 (1st Saturday) 7:00PM  
Karaoke Night  
17- Xmas party Saturday  
7:00PM

### 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-Fri  
Spiritual Sunrise &7:00  
Sun...



### Creative Corner

This area is for YOUR submissions – poetry, artwork, samples of how creative you are in 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

*Jan. James S 1 years!*

*Nov. years!*

*Nov. years!*

*Nov. Years!*

## Alano club of El Cajon

### Membership price increase

Single \$15.00 mo. or 150.00 yr.

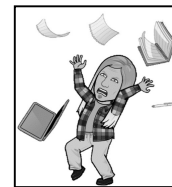
Couples \$25.00 mo. or 250.00 yr.

Seniors (62 yr.) 12.00 mo. 120.00 yr.

### Donations Accepted

Your membership dues helps to keep the doors open. You have a safe environment for sobriety. Step study room, free WIFI, Computer stations, Cable TV. Coffee, Meetings ETC... All members are allowed to stay indoors all day. Not all Alano clubs allow this for members.

### 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"



### Cartoon

copitch.com/free\_cartoons

Number: 0869



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

What is the worse ending of a base ball game for an alcoholic?  
The bottom of the 5th!!

When a basketball player never misses a shot, he's a god... When I never miss a shot, I'm an Alcoholic!

**My alcoholism is really screwing up my law career.**

Every time I try to pass the bar, I just go in...

**Where did the drunk owl end up?**

Owlcoholics Hooooononymoous

**I met a homeless guy on the streets today who was asking for money.**

I had \$20.00 with me ,But I didn't want it to be spent on drugs and alcohol, So I gave it to him.

**A man and a woman are having a conversation.**

"Woman: I got divorced recently."

Man: "Oh, how come?" Woman: "Well, would you live with a person that is messy, lazy an alcoholic, smokes, doesn't help with chores and is overall a total asshole?"

Man: "Of course not!"

Woman: "Well, my husband couldn't either..."



An alcoholic goes to the store to buy some whiskey. He tucks the bottle under his jacket and stumbles out the door. As he is stumbling thru the streets he gets hit by a car. He falls to the ground and feels something wet on his side. He puts his hand inside his jacket to see what it is. He pulls his hand out of his jacket and exclaims Thank God it's only blood.



## Inspirational Story

### Memories

Back in the deep corners of my mind, There holds the memories of my life. The memories that are both terrifying and beautiful, sad yet happy, painful yet fulfilling. They'll never cease to end, not until the day they close the lid on my dark box. The fate of the future, that can only be changed by me, the misty memories of the past that can never be changed, only re-arranged in my own head to suit myself. The awareness of the present for which only I can control. My life and my feelings are me! My memories are me, no matter how forbearing or dreary they may seem. The memories of love that never really seemed. Of people, some who really cared, all of whom gave me thoughts and more feelings. Enough to mix up the future. Memories of the child, the child who was born to be happy, to survive in a cruel, confused world. Memories of the first snow fall, of walking in the rain and climbing trees, of the taste and feel of strange new things, of a curiosity to be stifled, of a real beauty of nature, of disappointments and failures, of the joys of accomplishments, of being a child in a grown world-. The frustration and the hurts of growing up myself. The memories of school and friends , both pretend and real, the grievances, of the fun times and sad times. The growing pains and the more withdrawing of feelings.

(next Colum)

The new awareness's seen through my eyes that were fogged by pretense - the way people really were! The hiding of secrets and of telling lies. The feeling of wanting to say “ just notice me, I’m here.” The painful and knowing need to share thoughts and feelings with someone– but where is that someone? Trying hard to be accepted without having to be hurt again. Rejecting before being rejected. Alone in a world even though there are millions of people. No one to turn to, no where to go– just confusion. Reaching out and no one is there. Pain, hurt, sadness, anger why? I just can’t understand! The memories get too much to bear—the future looks bleak, I just can’t see the end, only darkness. The days turn from bad to worse, each day the weight only gets heavier. I can hardly keep walking. I soon learn to pick up series of crutches to keep to keep walking down the lonely, dreary path filled with many obstacles. I don’t know how to cope, someone please help me to learn. Growing up is soon to much to bear, alone. A time to give up with only failures—can’t go on. Too much hurt, too much pain, the happy times become few. An awareness of no one who taught me how to handle and cope with life – only memory of people who crumbled. Then at the end of the tunnel of life a small speck of light appears. I walk and then run and it seem forever. There are people along the way who want to help me keep direction people who reach out and let me no longer alone.

(continued on next page)





## Story Time

### Letter To The New Comer

There comes a time when the new comer realizes we are we. Not them and me. When one passes the barrier from suspicion and anger, fear and resentment. To serenity and acceptance. That one is where is where one belongs.

It is a dangerous line since, once crossed, one can never go back. It's easy to say, I am an alcoholic, so long as one doesn't accept all the rest! That this disease is incurable, progressive, that it ends only in death. That only a daily vigilance, earns a daily reprieve!

And that spiritual growth is a must, or we fall back into that hole in our soul. If you are an alcoholic , you always were!!! No matter when you picked up the elixir of escape!!! At 5, 15, or 50... Some just find out earlier.

And the reward is knowing that you are we and you need never be alone again....

(John H)

I would rather go through life Sober, believing I am an Alcoholic, than go through life drunk, trying to convince myself that I am not

(John H.)

## Inspirational Story

(continued from page 4)

They give me encouragement, the struggles seem fewer, my faith seems greater. I keep praying and keep going, the light grows larger, the end of the dark tunnel is closer. There's someone there, reaching out. It's me—totally new, equally different. I still have my memories and they are mine to share, I am all so beautiful and feel I can conquer myself.

(Marie D.)

## Thoughts for the day

The worst of circumstances should bring out the best of our character, crises don't **make** us who we are, they **reveal** who we are. And that's what crises do— they reveal what's on the inside.

As long as you hate your enemy, a jail door is closed and a prisoner is taken. But when you try to understand your foe from your hatred, then the prisoner is released and that prisoner is you!

(Max Lucado)

Surrender is much more than passive acceptance.

Surrender is accepting this life, this body, and this world as it is.

Surrender is using every obstacle as an opportunity for expanded awareness & spiritual growth.

(John H.)

Being an Alcoholic is like being pregnant! You either are, or you ain't! And the longer you go, the it shows.

(John H.)



Tradition 1 (continued from page 1)

Even though the steps are what saves us from this disease. The traditions save us from ourselves. Tradition 1 talks about the unity of the fellowship. Now the way I see it! You can take a dog and a cat and tie their tails together and you got unity... Our unity stems from our singleness of purpose” Caring the message to other Alcoholic's... You see with out unity the fellowship dies and the AA as well. Alcoholics with never find this answer. Now some might say the group is more important than the individual, and that is not true. The traditions protect the individual’s right think, talk and act as we wish. The word **Don’t** is never spoken in the traditions. They frequently say we ought to!!! Outsiders will look in and how can they function without some kind of structure? **We must comply with spiritual the principals of the program.** If the AA doesn't we stop growing then the effect is we revert back into our old ways. Not a single one of us will survive, How does this apply at home, work, friends you may ask? Well what is the unity of for these areas of our lives, well the unity of the family is— raising our children, make the house a home! A safe place for every family member. Now there is with the company where work, we follow the mission statement, carry the company’s message, to both client and co-worker. And to the rest of the world, practice tolerance and understanding? We most convince the world by our character, that alcoholics are not what they perceive.

(John H.)

Step ! (continued from page 1)

I was taught that the booze was a power greater then me! How many times did I say “ **Oh no never again, and went back to it.** I needed to find one that loving, caring and greater than me. As I grew spiritually over the years. I came to believe that I am powerless over my **ego** And because of that my life is still unmanageable. You see the 1st step to me is simple this; **Comply, fly, or die! After all, if I’m not the problem, there is no solution.** Once I have truly accepted this step and brought it into my heart. I really have no triggers. People say and do things and I react! If I don’t like the way I am acting, I need to go to the first three steps and get feeling in check! On to steeps 4&5 what are my motives, intentions! Step 6 what character defects and flaring? Step 7, what short comings am I willing to use? **So I hit the pause button and use my 7 second rule!** I wait 7seconds before saying or doing anything! The pay off, I don’t have to go to steps 8&9! **The only people that can effect me, are the ones I allow to affect me!** You see being an alcoholic is like being pregnant! You either you are or you ain’t! The longer you go, the more it shows!

(John H.)

If you are a new comer, than I would suggest you start here.

Eat, sleep, and go to meetings.

(Doug F)

Once that feels like the norm!

Focus on the 1st step, 1st Tradition, and the serenity pray...

(Tony P.)



**Patrick Johnson**  
**March 27, 1946-12-12-22**

Hello my friends, Our brother has moved on to a new adventure. I envy those who are about to receive his sprit. For as dark as our world has become by his passing, so much brighter has they're world will be in receiving him.

Travel well brother.

(John H.)



I met P.J. (Patrick Johnson) but don't let him hear you call him that, In January 2021. I had almost 1 month sober and heard this man sharing about himself and how he came about to have sobriety. He was very soft spoken, but seemed to get his message across very strongly. He had a message of recovery, even though I wasn't entirely sure what recovery meant to me at that time. I would see him almost every day. He always came up to me and say hello. One day as he came up to shake my hand, he just reached out and hugged me. Hugging men was not in my normal nature, but somehow it seemed okay coming from him. This became a regular greeting between us. One day he said "I love you brother" unsure about his, it still seemed ok coming from him. Over the next 2 year, my friendship, respect, admiration for P.J. continued to grow. I could always depend on seeing him walk in, put his things on the wooden table in the corner and then P.J. made his way over to give me a hug and " I love you man" P.J. was a shining light to everyone he met. Never a harsh word: always a smile. I can only hope to emulate his spirituality. You will be greatly missed my brother and thank you for showing me it's okay to love. Be at peace always...

Redneck Jeff)

I met P.J. here at the Alano Club, we shared a small wooden table! We always sat there. He was a happy man! He was happy because he met all of us! He had a few physical problems, but it was ok. He took me to Sycuan for dinner and bingo. We had a nice time. I will always remember him! After being in prison all his life, he found all of us! We were his family. I'll tell you one thing he is now up in Heaven, waiting for us. He is really Happy now! He Loved us all & we loved him back! I shall miss him...

(Ms. Lilly)



# Alano Club of El Cajon Meeting Schedule

938 E. Washington Ave  
El Cajon, CA 92020  
619-592-4400



<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7:00 am SPIRITUAL SUNRISE	5:30 am GRAB YOUR SOCKS	5:30 am GRAB YOUR SOCKS	5:30 am GRAB YOUR SOCKS	5:30 am GRAB YOUR SOCKS	5:30 am GRAB YOUR SOCKS	5:30 am GRAB YOUR SOCKS
10:00 am TRADITIONS WEST	10:00 am EARLY RISERS	10:00 am EARLY RISERS	10:00 am EARLY RISERS	10:00 am EARLY RISERS	10:00 am EARLY RISERS	10:00 am LATE RISERS
1:00 pm DAILY DELIGHT	1:00 pm DAILY DELIGHT	1:00 pm DAILY DELIGHT	1:00 pm DAILY DELIGHT	1:00 pm DAILY DELIGHT	1:00 pm DAILY DELIGHT	1:00 pm DAILY DELIGHT
4:00 pm WOMEN'S WAY	3:00 pm DAILY DRINKERS	3:00 pm DAILY DRINKERS	3:00 pm DAILY DRINKERS	3:00 pm DAILY DRINKERS	3:00 pm DAILY DRINKERS	3:00 pm STRENGTH IN WOMEN
5:30 pm EC HAPPY HOUR	4:00 pm MENTAL HEALTH MISFITS 5:30 pm EC HAPPY HOUR	4:00 pm MENTAL HEALTH MISFITS 5:30 pm EC HAPPY HOUR	4:00 pm MENTAL HEALTH MISFITS 5:30 pm EC HAPPY HOUR	5:30 pm EC HAPPY HOUR	5:30 pm EC HAPPY HOUR	5:30 pm EC HAPPY HOUR
	7:00 pm EL CAJON BEGINNERS	7:30 pm N/A JUST FOR TODAY	7:00 pm 30/30 BIG BOOK STUDY		7:00pm MENTAL HEALTH MISFITS	