

# The Messenger

A publication written by and for  
members of Alcoholics Anonymous

Winter 2019

## CLUB NEWS

**Club 24's annual member meeting took place on November 10, 2018. The event was well attended and engagement was enthusiastic!**

Proposed changes to Club 24 by-laws were approved by membership: eligibility for election to the Board of Trustees has been expanded (1 year of Club membership with 2 years continuous sobriety) and term limits were eliminated.

Four Board members were elected and four others volunteered to serve in ex officio capacity.

### 2019 Board of Directors

James Adams*	Ex-Officio Members
Monroe Goins* (Secretary)	Darla Character-
Bob Halliday (Treasurer)	Johnson*
Jeff Herberth*	Megan Dick*
Chris Manley*	Craig Horton
Margaret Montano	Ahmed Roberts*
Martha Pontoni	
Edward Walter (Chair)	
Anna Winfield	
Tom Zych (Vice Chair)	*New member

\*\*\*\*\*

### HAPPENINGS

Club 24 made a donation in the amount of \$500 to the Central District Office Corrections Committee.

Approximately 4,500 people attended meetings at the Club in 2018, a substantial increase from previous years.

On Thanksgiving and Christmas Day, our recovery community came together for potluck meals and fellowship. Gratitude to all who contributed their time, energy and culinary skills to make these special events big successes!

## Acceptance Is the Answer

On the eve of 2019, I am reminded that acceptance is the answer to all my problems. It is not easy however, to practice acceptance all the time. I still struggle to determine at what point I accept people, places, and things as they are and at what point do I advocate and defend myself from things that are unjust and unfair.

For example, at what point do I break off a relationship in which I feel like I am being taken advantage of or at what point do I fight for a raise in my job because I deserve it? The twelve steps help provide me with answers and tools to work through these issues.

First, the steps suggest that I need to maintain conscious contact with a higher power. In steps 1-3, we promised ourselves that we would turn our will and our lives to a higher power. We are not in charge, we need to seek answers from someone or something outside of ourselves. If we seek and humbly ask, the answers will show up all around us.

Second, in steps 4-7, we get in touch with our character defects. We can ask ourselves when we contemplate the above questions, what character defects are getting in the way? We can check our motives- Is it ego, fear, or selfishness? Why do I need to try to control other people, places and things? Why can't I accept people for who they are or things the way are? I often find that it is fear and ego that get in my way. We must consistently ask our higher power to remove these character defects when seeking answers.

At steps 10-12, we sit in our thoughts and feelings and check ourselves. The bottom line is that these are hard questions that we need help dealing with. We go to our sponsor and connect with our God, Universe, etc and trust that the answer will come if we are open to it.

Remember that in the end acceptance will change your life if you let it. It is the answer to all my problems.

Dana H.

## SUNDAY

**8am** Early Bird Sunday (O)  
**10am** Sunday 12 Step Disc. (75 min) (C,D)  
**11:45am** We Agnostics (O, D)  
**2:59pm** Women's 12 Step Disc.(C, W, D)  
**5:30pm** Serenity Sunday Big Book (O, BB)  
**7:30pm** Serenity Sunday (O, LD)  
**9:30pm** Last Call (O, LD)

## MONDAY

**7:30am** Get Started 12&12 (L)  
**10am** Lucky Monday Big Book Disc. (C, BB)  
**4:30pm** Here We Go Again (O)  
**6:30pm** Monday Night Men's Disc. (C, M)  
**8:30pm** Heights Young People (C, D)

## TUESDAY

**6:45am** Experience Strength Hope & Love (O)  
**10am** As Bill Sees It (O)  
**5:30pm** Courage to Change (AMED)\*  
**7:30pm** Tuesday Big Book Study (BB)

## WEDNESDAY

**7:45am** Wednesday Wake Up Big Book Disc. (O)  
**10am** 24 Hour Book Disc. (O)  
**6pm** Perfectly Clear 12 Step Disc. (C)

## THURSDAY

**7:30am** Big Book (O)  
**10am** I Opener (mini-lead) (O)  
**6pm** Daily Reflections Disc (O)  
**7:30pm** Thursday Big Book Study (O)

## FRIDAY

**10am** Freedom Friday (mini-lead) (O)  
**6:30pm** On Your Way Home (O, LD)  
**9:30pm** Young In Sobriety (C, D)

## SATURDAY

**8am** 11th Step Meditation (O)  
**10am** May-Lee (75 minutes) (O, LD)  
**12:30pm** Side Room Beginners' Disc. (O)  
**2pm** Primary Purpose (O)  
**4:30pm** The HOW Group (O, LD)  
**5:30pm** Big Twelve (O, W, D)  
**7:30pm** Saturday Nite Live (O, LD)

(O) Open--all are welcome!  
(C) Closed--alcoholics only  
(L) Limited--alcoholics & their support team members  
(D) Discussion  
(BB) Big Book Discussion  
(LD) Lead  
(W) Women only  
(M) Men only  
(AMED) Alcoholics w/Mental/Emotional Disorders

## Getting Started

Saying sober is a "we" endeavor. In AA, we have sponsors, cosponsors, AA friends and survival may depend on developing these relationships. How do we show up and plug into all of this? Many of us come to the program as introverts. We want to be anonymous at meetings but the only way to survive is through "networking." This is a dilemma.

At every meeting, the secretary asks people willing to serve as temporary sponsors to raise their hands or stand up. It is safe to approach these people. Temporary means temporary; no long term commitment is implied. If you are new, newer or been around awhile, we may ask you if you want our phone numbers and you are welcome to ask for ours (men with men, women with women). When an AA gives you his/her number, they are serious about taking your calls. Don't be shy.

Just a note on greeting people. I have had jobs at my meetings since I first got sober. I was cookie person at Fairmount Tuesday in my earliest days. I have been treasurer for several meetings and I sold lottery tickets on Saturday mornings for more than 2 years. After I was sober 5 years, I was elected secretary. I loved the job but unfortunately it was only for a year. I was enjoying it immensely. I loved being connected with the meeting and I was at a loss for a role at the Saturday morning meeting when it ended. I needed a job that involved me but was not one I had to give up in a year. My solution was greeter. I have been greeter at both Saturday morning 10:00am and Sunday 10:00am for a long while. The job is important and totally unstructured; newcomers especially welcome. Join me if you want, any time.

Bill W

*The Messenger is YOUR publication. We need your story! Each submission will be evaluated by the editor of the Messenger for content, typos and length prior to print Send your story (250-350 words) to [info@club24cle.org](mailto:info@club24cle.org).*