

# Around the Coffee Pot...

Serenity House - Alano Club of Charlevoix

December 29, 2006

Volume 3, Issue 10

## Board Notes...

(1) Net income for November was \$3,011.26 due to a \$1,000 private donation and \$1,429.02 donation from United Way; (2) Election results: Top 4 receive Board Positions and number of votes include: Sonny Wright-39, Betty Collins-37, Richard Mueller-34, Judy Russell-32, Two Alternate Board Positions will be filled by: Mary Ellen Pierce-30 and Joanne Beemon-28 votes; (3) Web-site up and running at: charlevoixalano.org; (4) New Years Eve Alcathon planned by Sunday Morning Group members (see back); (5) Sue Goodwin, Tony Blake and Tony Swann were thanked for their service on the board this past year - all three will be stepping down at the end of December.

### NEXT BOARD MEETING

**Monday, January 8th**  
**6:30 p.m. at BASES**  
**(208 W Lincoln Street)**

## Annual Meeting Highlights...

At the December 11th Board Meeting, an annual membership meeting was held to provide an update of the Board's activities regarding our facility needs. A presentation was provided and is available on the website by going to "Upcoming Events" and then to "Annual Meeting Presentation Materials". The Board discussed their activities of the past ten months where there have been meetings with the City of Charlevoix to discuss the possibility of relocating our organization to a lot that is currently empty and owned by the Downtown Development Authority (DDA) on Clinton Street directly across the street from the old library. The City has had representatives of the Board meet with their planners and an architect to assist in designing a new facility that would meet the needs of the Alano Club for many years to come. Drawings of the final plans were shared at the meeting and are also available on-line or on display at the meeting room. The next steps of this project involve working out construction prices, reviewing the appraisals on our current property and facilities and trying to come up with a possible plan where the City may assist us in building a new facility and selling our current property to the DDA. Without prices on new construction and a firm price for our facility, it is not clear at this time if additional fundraising will need to take place and how much money may need to be raised. The average for the two appraisals done on our existing facility in 2005 came in at \$218,000. We are sharing information about these plans at this time to provide Alano Club members with as much advance notice and seek your ideas and input on a new facility.

The "Serenity House - Alano Club of Charlevoix, Inc." was organized in 1986 to provide an alcohol and drug-free environment for 12-step recovery programs. The organization is a non-profit corporation governed by a Board of Directors elected from its membership.

Club membership is never required and should never be implied for participation in 12 step meetings held at the club.

We request each group to organize itself as suggested through their respective 12 step program to avoid any violation of their traditions.

Alano Club membership dues are \$5 per month, \$50 per year or you can obtain a lifetime membership for \$1,000.

Please attend future Board meetings to share your ideas and to learn more about this exciting possibility. It is hoped to have some answers in the upcoming months. The membership present voted to continue looking into these ideas to learn more about specific details.

## Scott's Book Review

### Passages Through Recovery: An Action Plan for Preventing Relapse

by Terence T. Gorski © 1989  
ISBN: 1-56838-139-5

Published by Hazelden, \$14.95, paperback

This book outlines the six stages of recovery based on Mr. Gorski's professional experience as a chemical dependency counselor who has become the international leader in relapse prevention. The six stages are based on a developmental model of recovery where we learn specific skills and complete key tasks in each stage of recovery that we build upon in the next stage.

These six stages of recovery and the major theme of each stage include: "1) transition - giving up the need to control alcohol and other drug use; 2) stabilization - recuperating from the damage caused by addictive use; 3) early recovery - internal change (change of thinking, feeling and acting related to

alcohol and drug use); 4) middle recovery - external change (repairing the lifestyle damage caused by addictive use and developing a balanced lifestyle); 5) late recovery - growing beyond childhood limitations; 6) maintenance - balanced living and continued growth and development." (p.8)

This book is ideal for those who want to know "why?" some get it and others relapse over and over. This book is also perfect for those who feel they've learned enough about addiction recovery and are bored with 12-step attendance. If you want to know why 12-step recovery works and how it has survived over 70 years of remarkable medical breakthroughs, this book will help you understand successful recovery.

"In early recovery, we demystify the miracle by learning about the recovery process. We begin to *consciously* understand our addiction, and learn what is required from us if we are to stay in recovery. In other words, we learn the words and concepts necessary to understand what has happened to us and what we need to do to maintain the positive changes. By the end of early recovery, we

are able to explain the recovery process to others." (p.54)

"We've entered what I call *late recovery* when, in spite of all the progress we've made, we really don't feel happy. We might be wondering, *Is this all there is to sobriety?*" (p.103)

"At the start of recovery, many of us felt that our chemical dependence was a curse. We hated the fact that we couldn't drink and use other drugs like normal people. Somewhere in the process most of us begin to see our recovery as a blessing. By learning how to live the sober life, we learn how to find meaning and purpose. We somehow change and become more than we ever thought we could be." (p.147-8)  
"During maintenance, the focus of recovery shifts from repairing damage to developing a high-quality lifestyle." (p.137)

Mr. Gorski's book has been a tremendous help for me to understand addiction recovery and relapse. But more important, this book has been helpful in developing a greater appreciation for the wisdom and clarity of purpose found in 12-step recovery.

***Speaker / Potluck Meeting on 3rd Friday of the Month in the meeting room at the Club.***

***Next Speaker Meeting:***  
***Friday, January 19th***

***Pot-luck at 6:30 / Speaker about 7:00***

***New Year's Eve Alc-Athon***

***Sunday, December 31st / Club Meeting Room***  
***Beginning at 2:00 p.m. with meetings beginning on the even hours (4, 6, 8, 10 & 12 midnight)***  
***Open for families as well. Plans for games, snacks, refreshments and lots of fellowship opportunities!***

**Newsletters & updated Alano Meeting Schedules now available on the internet!!**  
**[www.charlevoixalano.org](http://www.charlevoixalano.org)**

Serenity House—Alano Club of Charlevoix

106 Mason St.  
Charlevoix, MI 49720  
231-547-9184

Your membership dues expiration date is listed on the mailing labels for those receiving them by mail. Email recipients are notified periodically.

### **2006 Board of Directors**

Richard O'Leary - Chair  
Kent Warner - Vice-Chair  
Sonny Wright - Treasurer  
Sue Goodwin - Secretary  
Tony Blake  
Betty Collins  
Liz Gooch  
Terry Left  
Joanne Beemon (Alternate)  
Tony Swann (Alternate)

<i>Member-ship Updates</i>	<i>Dec. 29, 2006</i>
Past Due	2
Due in '07	42
Due in '08+	10
Lifetime	13
<b>TOTALS</b>	<b>67</b>

### **Laughter is good medicine...**

***"After attending a few meetings I realized why they use the term "barfly" to describe us. We barf and we lie."***

***December '06 Grapevine***

# 2006 Meeting Rent Report

Group Name	Rent Total	# of Meetings	Per Meeting \$\$	Notes
<b>(Report includes income from 12/30/05—12/29/06)</b>				
1. Fri PM Open Speaker Meeting (includes 50/50 raffle income)	\$275.65	12	\$22.97	**
2. Thursday 8:00 AM Men's AA Meeting	\$1,173.37	52	\$22.56	
3. Tuesday 8:00 AM Men's AA Meeting	\$1,096.41	52	\$21.08	
4. Sunday 10:30 AM AA Meeting	\$965.00	52	\$18.56	
5. Saturday 8:00 AM Men's AA Meeting	\$965.00	52	\$18.56	
6. Saturday 9:30 AM Women's AA Meeting	\$672.04	52	\$12.92	
7. Friday 12:00 Noon AA Meeting	\$635.50	52	\$12.22	
8. Tuesday 12:00 Noon AA Meeting	\$566.56	52	\$10.90	
9. Wednesday 6:30 PM Alanon Meeting (includes \$ designated for Jan, Feb, Mar & April of 2007 that was received the week of 12/24/06—\$25 per mo.)	\$506.00	52	\$9.73	
10. Tuesday 8:00 PM AA Meeting	\$392.92	52	\$7.56	@
11. Thursday 8:00 PM AA Meeting	\$365.00	52	\$7.02	@
12. Thursday 6:30 PM Overeaters Anonymous Meeting	\$341.85	52	\$6.57	
13. Monday 6:30 PM Women's AA Meeting	\$326.19	52	\$6.27	
14. Wednesday 12:00 Noon AA Meeting	\$322.70	52	\$6.21	
15. Wednesday 8:00 PM AA Meeting (removed from schedule 9/23/06)	\$223.88	38	\$5.89	X 1
16. Thursday 12:00 Noon AA Meeting	\$276.65	52	\$5.32	
17. Monday 8:00 PM AA Meeting (removed from schedule 9/23/06)	\$184.22	38	\$4.85	X 1
18. Monday 12:00 Noon AA Meeting	\$214.65	52	\$4.13	
19. Sunday 8:00 PM AA Meeting (removed from schedule 9/23/06)	\$66.75	38	\$1.76	X
20. Saturday 8:00 PM AA Meeting (not been on schedule for over 1 year)	\$29.10	??		
21. Tuesday 5:30 PM AA Meeting (new meeting attempted, dropped)	\$22.00	??		
22. Thursday 9:00 AM Women's Meeting (not been on schedule for year)	\$5.00	??		X
23. Saturday 12:00 Noon AA Meeting (never been on schedule)	\$5.00	??		
** = club pays for supplies (plates, napkins, utensils; group pays for meat) X = complaints about meeting being listed but no one there to open @ = since 9/23/06, increase in attendance and rental income	<b>Total \$\$</b> <b>\$9,631.44</b>			1 = Need chair person to add

\$10.00 per meeting is the recommended rent. Meetings are asked to be self-supporting when possible; however, groups need to understand that \$10.00 fee does not meet expenses for what is provided. Club provides all coffee, cups, sugar, creamer, stir sticks, sweet 'n low, napkins, kleenex, weekly room cleaning, cleaning supplies, heat, lights, water, electricity, paper towels, toilet paper, trash bags, ice melt, snowplowing, phone services with meeting schedule on machine, web-site with meeting schedules posted, insurances, repair expenses and maintenance fees.

Pop, water and medallions are based on cost basis to be able to replenish these as needed. Club orders, stocks and maintains these. Membership dues cover expenses of monthly newsletters, member medallions and other expenses not covered by meeting income.