

# Around the Coffee Pot...

March 16, 2005

Volume 2, Issue 3

## 3/8/05 Board Meeting Notes

(1) Board minutes approved from 2/9/05; (2) Note meeting change to Thursday in April; (3) Financial report for February (see below); (4) Decision to discontinue garbage service with Waste Management due to repeated pick-up problems over the past 4 weeks; Terry L offered to have selected representatives dispose of garbage in his dumpsters saving the club \$264 per year based on current rates; Board gratefully accepted the offer and thanked Terry for this

service; (5) Tony Blake accepted the vacant board position with a term ending at year end 2005 to replace vacancy by Scott at last month's board meeting; (6) updates on building appraisal presented and willingness of another appraiser to provide an appraisal at no cost to the club - Richard will pursue this second appraisal; (7) updates on progress of Building & Grounds Committee presented; (8) Bowl-a-thon date will be Saturday, March 19th at 1:00 p.m. at Paul Bunyan Lanes. Please bring completed pledge sheets! We have 15 bowlers expected at this time; (9) Discussion about encouragement of members to renew their dues during the month of July each year to minimize the amount of paperwork required; also some discussion about a possible lifetime mem-

bership drive and also a corporate solicitation is in the works to seek out additional community assistance for the Alano Club operations; (10) Update on upstairs renter possibly moving prior to the end of the lease, which was okayed by board, but something must have not worked out because the apartment is still filled and rent for March was dropped off - Scott will contact and learn more about the specifics of the situation.

**NEXT MEETING,  
THURSDAY,  
APRIL 14TH  
AT 6:30 PM.**

**Pot Luck & Open  
Speaker Meeting  
Friday, March 18th  
Food at 6:30  
Speaker at 7:00**  
Speaker—Scott K from Chx

The "Serenity House - Alano Club of Charlevoix, Inc." was organized in 1986 to provide a meeting place for 12 step meetings. 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.

The Alano Club is a group of people interested in helping those seeking relief from addiction related problems by providing a place for 12 step meetings to be held.

**Bowl-a-thon**  
Saturday  
March 19th  
1:00 p.m.  
At  
Paul Bunyan  
Lanes in  
Charlevoix

Spectators & Cheerleaders welcomed!!

### February 2005 Financial Summary

|                            |                   |
|----------------------------|-------------------|
| Income:                    |                   |
| Meeting rent / Coffee      | \$ 397.53         |
| Membership Dues            | \$ 175.72         |
| Literature                 | \$ 64.00          |
| Pop                        | \$ 18.58          |
| Misc Income                | \$ 4.00           |
| Apartment Rental           | \$ 450.00         |
| <b>Total Income</b>        | <b>\$1,109.83</b> |
| Expense:                   |                   |
| Supplies                   | \$ 75.05          |
| Utilities                  | \$ 155.84         |
| Office Expenses            | \$ 75.26          |
| Garbage                    | \$ 22.00          |
| Snowplowing                | \$ 18.00          |
| Contractual Services       | \$ 285.00         |
| <b>Total Expense</b>       | <b>\$ 631.15</b>  |
| <b>February Net Income</b> | <b>\$ 478.68</b>  |

## 15 Types of Denial

1. Absolute Denial—no, not me
2. Minimizing—not that bad
3. Avoidance by omission—talk about everything else, but not that
4. Avoidance deluge—talk about everything else & I'll bury you with trivials
5. Avoidance uproar—create crisis if you make me talk about addiction
6. Scapegoating—If you had my \_\_\_\_\_, you would drink too.
7. Rationalizing—talk self & others in circles with my reasons for behavior
8. Intellectualizing—problem of addiction goes back to sociocultural sources, etc.
9. Comparison—I don't drink as much as \_\_\_\_\_ and they aren't in trouble.
10. Diagnosing self as beyond help—How can you expect a dilapidated old drunk like me to change my habits?
11. Flight into health—I've been sober for two hours now and I understand my problem and it is solved. I know too much to ever drink again.
12. Consequential sobriety—I can't ever drink again, because I'll get sick & die. Since I know how bad it will be, I won't drink anymore and since I won't drink anymore, I don't need treatment.
13. Compliance—whatever it takes to get you off my back
14. Manipulation—I'll let you help me but you'll have to do the work.
15. Democratic disease state—I have a right to continue to drink myself to death even if I'm an alcoholic and even if I die.

(Passages Through Recovery P24-26 by Terry Gorski)

## Stress Reducing Activities

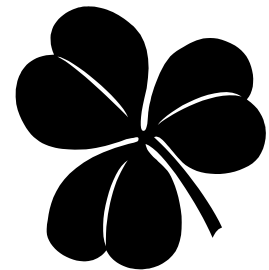
1. Journaling
2. Proper nutrition
3. Exercise
4. Support network
5. Self help group
6. Balanced lifestyle
7. Spirituality
8. Professional counseling
9. Meditation
10. Reality testing conversation

## Board of Directors

Richard O'Leary - Chair  
 Kent Warner - Vice-Chair  
 Helen Paul - Treasurer  
 Sue Goodwin - Secretary  
 Betty Collins  
 Liz Gooch  
 Sonny Wright  
 Tony Blake  
 Jeff Kirby (Alternate)  
 Terry Left (Alternate)



| <i>Membership Updates</i> | <i>Mar 15, 2005</i> |
|---------------------------|---------------------|
| Past Due                  | 22                  |
| Due in April '05          | 4                   |
| Due in May '05            | 6                   |
| Remainder of 2005         | 23                  |
| 2006+                     | 10                  |
| Lifetime                  | 11                  |
| <b>TOTALS</b>             | <b>76</b>           |



Happy St.  
Patrick's Day

Newsletters & updated Alano Meeting Schedules now available on the internet!! Email to Scott to get more info: [scott@basesteencenter.org](mailto:scott@basesteencenter.org)

## Quote of the Month

*“Most of us feel we need look no further for Utopia. We have it right here and now.”*  
*Bill W. (AA-p16)*

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

## Serenity House—Alano Club of Charlevoix

106 Mason Street  
 Charlevoix, MI 49720  
 Phone: 231-547-9184  
 AA Hotline: 231-348-5005

Open Speaker Meeting  
**Friday, March 18th**  
 Potluck at 6:30  
 Speaker at 7:00  
 Speaker—Scott K

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