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Club Recovery Website



Volume 12, Issue 11 Phone: 352-419-4836 Location: 2500 N. Anvil Ter, Hernando FL

November 2024

Who's fault?

"Young man," said to the judge as the judge looked sternly at the him saying. "It's alcohol and alcohol alone that's responsible for your present sorry state." "I'm glad to hear you say that sir," replied the man. With a sigh of relief, the man replied, "Thank you judge, everybody else says it's all my fault!"

SOBER
NOONER needs
support.
Attendance is
low. Please come
if you are around
at noon.

* * * * * * * * * * * * * *

Hernando School Update

After several nail-biting months, numerous brain-storming sessions, and many ideas measured, Club Recovery has received the lease from Citrus County for the Old Schoolhouse Community Center, located at Historical Hernando School, 2435 North Florida Avenue, Hernando, FL 34442.

With a move-in date at the beginning of 2025, Club Recovery has a full agenda ahead. The first item will be the long-anticipated adoption of a lease between Citrus County and Club Recovery dba Old Schoolhouse Community Center. The lease is set to secure a spot on the docket for the December, 2024 Board of County Commissioners meeting. From there, we are asking for all hands on deck.

The plan is to:

- 1. Begin meeting with local business connections and non-profits.
- 2. Start the reconstruction of the building for meetings and community use.
- 3. Offer a safe space for long standing club members,
- 4. Establish committees for continual growth and oversight of the project.
- 5. Reach out to the under-served, and under-privileged patrons of Citrus County.

The Board of Trustees are meeting on November 9, 2024, at 11:30 am at Club Recovery, 2500 N Anvil Ct, Hernando, FL 34442. All are welcome to hear about the next steps and have an opportunity to join the conversation.

Also, be on the lookout for upcoming events, fundraisers, and volunteer opportunities. If you are interested in partnering with Club Recovery, want to join a committee, or have the desire to volunteer time and/or resources, contact: Club Recovery Secretary, at secretary@clubrecovery.org

Trustee's of Club Recovery



Please donate to the future of Club Recovery



Daily Reflections October 7th

DAILY MONITORING

Continued to take personal inventory.

The spiritual axiom referred to in the Tenth Step—"every time we are disturbed, no matter what the cause, there is something wrong with us"—also tells me that there are no exceptions to it. No matter how unreasonable others may seem, I am responsible for not reacting negatively. Regardless of what is happening around me I will always have the prerogative, and the responsibility, of choosing what happens within me. I am the creator of my own reality. When I take my daily inventory, I know that I must stop judging others. If I judge others, I am probably judging myself. Whoever is upsetting me most is my best teacher. I have much to learn from him or her, and in my heart, I should thank that person.

"When all the little things really bug me, it's because there's a big thing I'm not facing."

Irritable, restless, and discontent—that is my normal state as an alcoholic. Going to meetings, working the Steps, and praying and relying on my Higher Power are the ways I get restored to sanity. By doing so, I actually achieve some peace and serenity. But even when I am in a calm space, if little things still bother me, I now know to look beyond my alcoholism.

It's amazing how my first instinct these days, even with considerable time in the program, is to deny or ignore things that are uncomfortable in my life. It's been my experience that not facing what at first appears to be no big deal often turns it into one and quickly makes my life unmanageable. And the first warning I've done this is when all the little things (stuck in traffic, misplacing my keys, a line at the market) start to really bother me.

Today, I've learned to acknowledge these things and recognize them for what they are: indications that there is something bigger that I'm not facing. As soon as I take the time to look at what's really going on, I immediately begin to feel better. And once I begin to apply the tools I've been given in this program to deal with whatever is going on, I find that it really isn't such a big deal after all. Today, I use the little things to help me become aware of and to deal with the big things.

"It's funny how life is lived forward -- and understood backward."

The only thing that can ever make me drink again is untreated alcoholism.

me that no matter how much time I have in the program, I still have the disease of alcoholism. I

used to think, and hope, that one day I would outgrow my addiction. But like someone once said, after each day I stay sober, at night alcoholism is in the closet doing push-ups, and by morning it has grown stronger. In other words, it's never going away.

And this is why, each day, I have to do something to strengthen my

recovery and treat my alcoholism. I can go to a meeting, work the Steps, talk to another alcoholic, or be of service in some other way. Each of these activities helps to keep me

There is a lot in this quote. First, it reminds | spiritually fit, and only by developing, maintaining, and growing my spiritual life can I effectively treat my alcoholism and stay

comfortable in my own skin.

Second, this quote reminds me that other people's untreated alcoholism is a danger to me as well. If I'm not spiritually fit, then I am vulnerable to the influence, the resentment, the lure, and the romance of others' alcoholism. In these and many other ways, alcoholism truly is cunning,

baffling, and powerful. Only by constant vigilance and treatment of it can I remain safe,

sober, and recovered.

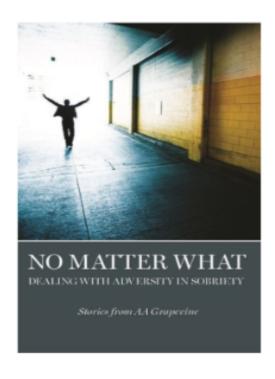
GRAPEVINE Daily Quote

October 28, 2024

"My perception of any situation is in my control -- I have a choice about which way my mind will react. I try my best to look for positive solutions; I take my problems to my sponsor or I let my friends at a meeting know what is going on inside me."

"How the Universe Works." Pinellas Park, Florida, November 2006, No Matter What: Dealing with Adversity in Sobriety

Quote from our EDITOR John L





We come to A.A. to get a life, not for A.A. to be our life.

After I got over my old ideas about getting sober and fully surrendered to the program, all I wanted to do was hang out in recovery. I felt comfortable and safe going to two meetings a day, seven days a week, and because I was unemployed, I had the time to do so. After meetings, I loved going to fellowship, and some of my fondest memories to date have been late dinners with a group of other sober people. I didn't want to engage

with any family members, and I no longer spoke to any of my old drinking buddies. I lived in the pink cloud of early recovery and never wanted to leave.

After a while, my sponsor suggested I look for work. He said we become self-supporting through our own contributions once we get sober. At first, I thought the stresses of the real world would be too much, and the thought of leaving the comfort of meetings made me pretty anxious. I resisted until I couldn't borrow enough to live any longer, and so I finally got a job. I hated it. I grew resentful that I had to get up early, drive in traffic, and do something I thought was beneath me. I kept going to my evening meetings, though, and the succor I found there helped me deal with these feelings.

After changing jobs a few times and settling into a more balanced work/recovery life, I realized what the answer was. The key to feeling the same sense of comfort and safety outside of A.A. was to apply the principles of the program in all of my affairs. And chief among these is to be of service. Today, when I am engaged in any activity, I find the same feelings of fulfillment I get in the rooms as long as I seek to help others. I now know that I was given a life in A.A. so that I can have a meaningful life outside of A.A. as well.

CLUB RECOVERY TRUSTEE ELECTIONS

Elections for Trustee Board of Club Recovery is coming in January. If you wish to serve in this capacity for a minimum of one year, please sign the signup sheet which will be posted next to the Duty Desk in December. Signup will only be available until December 31st so your name can be added to the ballet. Qualifications are flexible, but it's desired that you have been a member for one year, sober for 18 months and of legal age (18). The committee will decide these qualifications on an individual basis.

Most present Trustees are willing to continue serving in their present capacities, however the Membership needs to make this decision in January and will only be voting for those who have signed up.

Trustees will served in specific capacities in addition to being on the Board, such as Meeting Coordinator, Facility Manager, Membership Chair, Newsletter Editor, Webmaster, General Store Manager, Activities Chair, and Offices Manager/Volunteer Coordinator. All responsibilities enable the Club to serve our community. Keep these things in mind as you decide to run and serve on the Board, and as you choose those willing to serve. Only paid-up members will be eligible to vote.

"It's funny how life is lived forward and understood backward."

Oh How Beautiful That Day Will Be

Authored by Ernie P

Oh, how beautiful that day will be, to stand in heaven with family and Thee. Having the gift to hear and see I'll be with others who are also free. I'll walk in the flowers and the shade of a tree.

Oh, how beautiful that day will be.

In my life, I've thought bad of others. When I asked for forgiveness, he made me their brothers.

I long to sit at my Gods feet, and wait for His word to take my own seat.

I'll whisper I love him and give thanks for my life, and all of the gifts, including my wife. I wish others could look through my eyes and see.

Oh, how beautiful that day will be.

My pledge to Him is to be a better man, and not to think bad of others while doing what I can.

I'll listen and not interrupt while others talk. It's forgiveness I need while I continue this walk.

I have this love for God that will not quit, and a love for life which I cannot split. He comes first in all that I do, In the past it was Me, that was all that I knew.

Someday in heaven, I long to be free. Oh, how beautiful that day will be.

God bless my AA Program and everyone in it.





http://roadtorecoveries.blog

My Blog has been active for 10 years, but no one knows about it. It is 40 of my writings from the three published recovery related books. Please feel free to take a look and leave comments.

Thank You...

John L Newsletter Editor/Trustee



Renee Ross

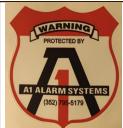
Retired Executive Assistant

Letters, Labels, Mail Merge, Resumes, Newsletters, Presentations, Spreadsheets

You name it; I can help!

847-809-0547 reneecando@gmail.com





Al Alarm Systems installed our present system 10 years ago and has maintained it since. Steve, the owner has always treated Club Recovery very good. Thank you Steve.





Helping your fellows in recovery.



If you are a Handy Man, Electrician, Plummer, AC Repair Technician, Carpenter, Secretary, Accountant, Home Health Aid or any other service provider, you can advertise here to over 300 fellow members in recovery, FREE.

Send an email to: levasseurjohn@hotmail.com or call 352-419-3895

This service is only open to those involved with addiction recovery.

Get the word our, help another recovering person, and make some extra money in doing so.

Club Recovery Membership

If you would like to be a paying member of Club Recovery see the Duty Officer and they will get you signed up. Dues are \$10 a month, \$25 for 3 months, \$90 for a year, couples \$150. and Membership dues are used for the day to day operation of the club, along with rent from the groups. Without membership it would be hard to maintain the facility we have. We would like to double the number of members in the coming year. Please consider joining updating your membership.



My life was spiraling out of control and each area just got worse and worse. I had lost my job; my relationships had all but ended, and I had lost hope of my future ever getting better. In some of the darker hours, death didn't seem so bad...

For a while, the only glimmer of hope I had came from the first few drinks I took. This instant euphoria didn't last, however, and soon I was once again mired in the

pitiful and incomprehensible demoralization of my alcoholic bottom. It wasn't until I finally surrendered that real hope began to return.

I first saw this hope on the faces of people in meetings, and I heard it in their stories and witnessed it in the miracles taking place in their lives. Soon I believed there was a miracle waiting for me, too, and after a while I found that hope had returned, and I had begun to live again.

By Michael Z

Today I have a healthy fear of death again, and I try to pack as much into the stream of life as I can.

"I could drink, or I could do everything else."

By the end of my drinking, my world had become very small. I lost my job, again, but this time I didn't get a new one. Most of my friends and family didn't want to hang out with me much because I was usually drunk, or well on my way there. I had long ago abandoned my hobbies like photography and reading; they tended to get in the way of my drinking. In the end, I was alone on my couch with my booze.

I'll never forget my first meeting—on a Tuesday night in Westwood, California. It was a large, hip speaker meeting at a church. There were probably a couple of hundred people there, and it was like I had arrived at a concert. People were talking, laughing, racing in and out of the room at the break. Wow! For a brief instant I felt part of the human race again. Later, after I had joined the program, I learned that the path back to life was through the Twelve Steps, and I committed to taking them.

As I got sober, my life did open up. There were lots of meetings, sober parties, fellowship, and more. I got a job again, learned how to be of service, and started sponsoring others. In sobriety I've traveled the world, gotten married, started businesses, written and published books. And each morning I greet the new day with joy and optimism. These days whenever I think of a drink, I think of everything else I would have to give up. Nothing, especially a drink, is worth all I've been blessed with in recovery.

Gratitude

November is officially National Gratitude month, and what better way to celebrate than to make an extra effort daily to thank someone in your life. It's no coincidence that gratitude month and Thanksgiving fall during 30 day period. However, gratitude means more than saying "thanks."

Keep It Simple

Tommy spent decades drinking. Fights with his second wife often ended in the county lock-up. The end finally came after Tommy felt an increasing sense of doom that became desperation. Booze wasn't giving him what he needed any more. On the brink of destroying his second marriage, he visited his teenage daughter who said, "Bleep you! Get out of my life!" On the drive home, he bought a half-pint and drank it. At a toll booth, he looked over and saw a family sedan with a family in it, laughing and talking, and Tommy thought, "That's what I want." He was out of options. The next stop was



death. In a moment of clarity, he entered detox, and then spent three months in a rehab center, and went to AA.

God's always been part of Tommy's life ~~ even when drunk. In prayer one day, God asked Tommy, "What're you willing to give up to get better?" Tommy said, "Everything except You." Tommy let go ~~ simple as that ~~ he let go. He'd walked around for decades with a monster on his neck, that he tried to get off and couldn't. Instead, he just let go of trying to let go, and let God.

Now that he's out of rehab and going to AA meetings, he understands even better what "letting go" is all about -- by remembering that there's something bigger than himself (his Higher Power) to whom he surrenders his will.

Let's Pray: Dear God, I give up. I let go. Get me to a meeting. Amen.

"There is a tendency to label everything that an alcoholic may do as 'alcoholic behavior.' The truth is, it is simply human nature...

Emotional and mental quirks are classified as <u>symptoms of alcoholism merely because alcoholics have them, yet</u> those same quirks can be found among nonalcoholic, too. Actually they are symptoms of mankind."

William Duncan Silkworth, MD January 1947

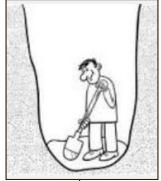
I didn't come into AA to save my Soul, I came into AA to save my butt. It wasn't until I was two years sober that I realized that they were connected.

Happiness is not something we find, it's something we create.

"How do you know when you've hit bottom? When you stop digging."

For years I was driven by an obsession to drink. In the beginning I tried to control it, but after a while it had complete control of me. Alcoholism took me to a deep emotional, spiritual and physical bottom, and only when I surrendered to this program did I begin to recover.

In sobriety I've found that the obsessive thinking of this disease is still with me, and there have been other areas in which I've hit a bottom. In early recovery the obsessive thinking often took me down, and when I finally did let go there were usually deep claw marks in whatever it was that I was releasing.



One of the gifts of my recovery is that I've learned that I have the choice of when to stop digging. When my obsessive thinking starts, I now have tools I can use to be restored to sanity. By turning my thinking over to my Higher Power, sharing my thoughts in meetings, with my sponsor or others, I avoid the old bottoms and can live a much freer life. How do I know when I've hit bottom today? When I choose to stop digging!

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John F. Kennedy

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

Denis Waitley

HAPPINESS, JOY and BLISS

Happiness: The experience of feeling good - experienced inside and often expressed outwards, and noticeable by others. It can bubble up unexpectedly from within, or it can be triggered within by some external situation, event of object.

Joy: The experience 'delightful happiness', not necessarily triggered by external stimuli, and perhaps less outwardly expressive that the way in which happiness is often displayed.

Bliss: The experience of intense joy, usually with a feeling of great love in the heart region, and rather more 'precious' and 'soul-like' in nature.

"Since today marks not only the last day of my life to this date, but also the first day of the rest of my life, and since I have come to believe that the best is yet to come, I think today has been my best day sober."



That word seems to be a topic of many "discussion" meetings. But how many, who claim to be "Grateful" these meetings.

comprehend the meaning of this often used word? One of my friends seemed to properly define it when he made this statement, "I don't give a damn what you think or how you feel when you say you are "grateful". Just tell me what it is that you are doing to show God

how much you appreciate what He has done and is doing for you".

Bill Wilson, in a letter written in 1959, wrote:

"Gratitude should go forward, rather than backward. In other words, if you carry the message to still others, you will be making the best possible repayment for the help given you."

(As Bill Sees It - pg. 29)

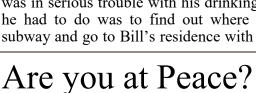
So "Gratitude" is far more than an attitude, as is so often heard in our meetings. "Gratitude" is ACTION!!! That is search out (AA, pg 96), go to (AA, pg 102), try to carry this message to other alcoholics! (AA, pg 60 & 89).

The first example we have of "Gratitude" in past history is Ebby's efforts to help Bill Wilson. Ebby, two months sober, had heard that Bill was in serious trouble with his drinking. The first thing he had to do was to find out where Bill was, take a subway and go to Bill's residence with a single thought, "Can I help my old friend?" Ebby "sought out", "went to" and "tried to carry" his message of hope to a suffering alcoholic.

The second example we are given of "Gratitude" is Bill's desperate search for an alcoholic he might try to carry his message to on the evening of May 11, 1935. True, his motive was a pretty selfish one. Over the previous five months, he had stayed sober only by searching out and trying to carry his message of hope to

serious drinkers in New York. The only success he had was that he, himself, had stayed sober. He knew that his only hope on that most disappointing day was to find a suffering serious drinker to whom he could tell his story. So, he decided to "search out", "go to" and "try to carry his message of hope" to a problem It took a call to a local drinker. minister plus eleven more telephone calls to reach a lady who said, "Yes, I know of a problem drinker. Please come on out while I will contact him". Bill's selfish motive turned into a selfless motive when he finally found a man who did, in fact, want to learn how to live sober. To help insure the sobriety of his new found friend and to

help insure his own sobriety, Bill most willingly stayed in Akron until the Fall of 1935. The end result was that a miraculous Solution for Alcoholism became a reality; Alcoholics Anonymous.



When you are firmly committed to your inner journey, where you go outwardly becomes irrelevant. The real journey is the journey to peace within your own heart. The only question that can be asked on the inward journey is "are you at peace?" If you are not at peace, then you have identified with something outside of yourself. Peace is always there. It seems to disappear only because you turn your attention elsewhere.

keep an

Paul Ferrini

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

Melody Beattie

Thanksgiving Dinner

When: Thanksgiving Day

Time: NOON

Where: Club Recovery

Cost: FREE

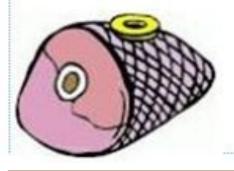


Bring a side dish if you can.

There have been several Turkey's and Ham's donated, lots of side dishes and deserts provided, but you are welcome to share your favorite dish with the rest of the family.

ANYONE wishing to come celebrate Thanksgiving with fellowship, food and a meeting are WELCOME!!

If your group is involved, please help them out, if not, show up and take part in Our Recovery!!



EVERYONE WELCOME
AND IT'S

FREE





God grant me the serenity to accept the people I cannot change, which is pretty much everyone, since I am clearly not you. At least not the last time I checked.

And while you are at it God, please give me the courage to change what I need to change about myself. That's frankly a lot, since once again, I'm not you, which means I'm not perfect. It's better for me to focus on changing myself than to

worry about changing other people, who, as you'll remember me saying, I can't change anyone.

Finally, give me the wisdom to shut up whenever I think I'm clearly smarter than everyone else in the room, that no one knows what they are talking about except me, or that I alone have all the answers.

Basically, God, Grant me the wisdom to remember I'm not you.

"My daily life is conducted in a manner that is far different from my drinking days. The places I go, the things I do, and the people I am with are a reflection of my spiritual progress. My life is conducted with the knowledge that God is always at my side and guides me through the day. For that, at the end of each day, I say, 'Thank You.'"

Fairfield, Conn., September 1978 "Spiritual Progress,", AA Grapevine

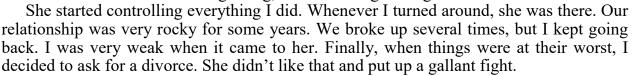


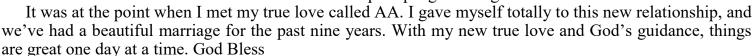
"One old-timer explained it this way to me: 'Don't let your mind rattle on at meetings. Then all you'll hear from someone else is something that gets you thinking about what you have to say. Listen to everything the person talking has to say, as if your life depended on it -- because it might one day. Listen to everyone this way, especially the ones you want to ignore,' this old-timer said. 'God won't deprive you of the answer you need, if you've come to an AA meeting needing an answer. He may, however, have your answer come out of the mouth of the person you least expect to have your answer. God has a sense of humor."

A Bad Marriage - by Ernie P

I was introduced to Betty Booze at an early age. We dated a few times as our relationship grew stronger. After a while she was there everywhere I went.

We had lots of fun in the beginning, and then things changed for the worst.





"This process of identification and transmission has gone on and on. The skid rower said he was different. Even more loudly the socialite (or Park Avenue stumble bum) said the same -- so did the arts and the professions, the rich, the poor, the religious, the agnostics, the Indians and the Eskimos, the veterans and the prisoners. "But nowadays all of these, and legions more, soberly talk about

how very much alike all of us alcoholics are when we all admit that the chips are finally down; when we see that it is really a question of do or die in our world wide Fellowship of 'the common suffering and the common deliverance.'"

AA Co-Founder, Bill W.

MEETINGS AT CLUB RECOVERY

SUNDAY: 9:00am—Keep It Simple Group—AA—Closed Discussion

2:00pm—Nature Coast Unity Group—NA

6:00pm—First Thought Wrong Group—AA—OD

8:00pm—Into the Solution—ĂA—BB—O

8:00am—First Things First—AA—OD MONDAY:

10:00am—Woman's Friendship Group—AA—Women's 12:00pm—Sober Nooner's Our Primary Purpose—AA—OSD

6:00pm—Heading Home Group—AA

6:30pm—Nature Coast Woman's Meeting—NA (in back room) 8:00pm—First Thought Wrong Grp—AA—Joe & Charlie Tapes

8;00am—First Things First—AA—OD TUESDAY:

12:00pm—Sober Nooner's—AA—OD—Easy Does It

2:00pm—Nature Coast Unity Group—NA—O

6:00pm—Heading Home Group—AA—Living Sober Book Mtg.

8:00pm—First Thought Wrong Grp—AA—BB

8:00am—First Things First—AA—OD WEDNESDAY:

12:00pm—Sober Nooner's Twenty-Four Hours A Day Grp—AA—O

12:00pm—164 Mad Dogs—Big Book Topic 2:00pm—Step Sisters—-AA—Women's—Step 4:30pm—Recovery Dharma—non-AA—Open 6:00pm—Heading Home Group—AA—Beginners 8:00pm—First Thought Wrong Grp—AA

THURSDAY: 8:00am—First Things First—AA—BB Study

12:00pm—Sober Nooner's—AA—O—Big Book

1:30pm—Al Anon Meeting

6:00pm—Heading Home Group—AA

7:30pm—Coming Home Group, Back Room—NA—Open

8:00pm—First Thought Wrong, Beginner's—AA

FRIDAY: 8:00am—First Things First—AA—OD

12:00pm—Sober Nooner's—AA—Step 4:00pm—Beginners Bible Study—Open—Book of John

6:00pm—Heading Home Group—AA—O 7:30pm—Nature Coast Unity Group—NA—O 8:00am—First Things First—AA—OD 10:00am—Sober Nooner's Easy Does It—

4:00pm—ACA—Adult Children of Alcoholics 6:00pm—Heading Home Group—Speaker, AA 7:30pm—Courage to Change Group—CA

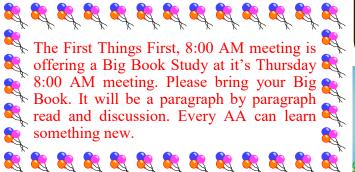
Club 352-419-4836 Club Recovery Tee Shirts Just \$20 ALL proceeds will be used to help us find a new home for the Club. Thanks for your support!

SATURDAY:

ANNIVERSARIES:

November 2024

Heading Home Group	
Julia K	
Floral City Group Mike C	
Mike C	. 15
Darral M	. 20
Chuck M	
Kenny D	. 6
Kenny D First Things First Group	
Dave J	. 12



Open Hours:

Mon-Fri 7:30AM-9:30AM 11:30AM-1:30 PM NA Tues 2-3 5PM-Closing Saturday 9:30AM-11:30 5:00PM -Closing Sunday

8:30 AM-10:30AM NA 2:00-3:00 5:00PM-Closing **Send Mail To:**

2500 N. Anvil Terr Hernando, FL

Officers & Trustees

Officers . P– Bill A VP-Oscar H S–Stephanie L T– Mîke G

Trustees

Chervl J Dan M John C Mike D Steve A OPEN

OPEN OPEN OPEN

Alternant Trustee **OPEN**

OPEN

Committee's Activities

Barbra

New Facility Committee

OSCAR H BILL A MIKE GStephanie L

Facilities Management Mike D

Offices Manager/Volunteer

Coordinator Office Manager John C

Website

CLUBRECOVERY.ORG DANDAN@,164fl.com

Newsletter

JOHN L SEND NEWS TO levasseurjohn@hotmail.com

Meeting Coordinator

Membership List Stephanie L

> **Meeting List** Stephanie L

