



**Club
Recovery**
of Citrus County, Inc



Take this copy home

NEWS

Club Recovery Website



DAN@164fl.com

Volume 13, Issue 1 Phone: 352-419-4836 Location: 2500 N. Anvil Ter, Hernando FL January 2025

OFFICERS & TRUSTEES ELECTIONS

A meeting will be held on **January 11th at 11:30** to elect Trustees, followed by Trustees electing Officers. Then, Committee Chairs will be chosen. Everyone is welcome to attend, but only paid-up members may vote.



In many countries, New Year's celebrations begin on the evening of December 31—New Year's Eve—and continue into the early hours of January 1. Revelers enjoy meals and snacks that are thought to bestow good luck for the coming year. In Spain and several other Spanish-speaking countries, people bolt down a dozen grapes, symbolizing their hopes for the months ahead, right before midnight. In many parts of the world, traditional New Year's dishes feature legumes, which are thought to resemble coins and herald future financial success; examples include lentils in Italy and black-eyed peas in the southern United States. Because pigs represent progress and prosperity in some cultures, pork appears on the New Year's Eve table in Cuba, Austria, Hungary, Portugal and other countries. Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, Mexico, Greece, and elsewhere. In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune.

Other common worldwide customs include watching fireworks and singing songs to welcome the new year, including the ever-popular "Auld Lang Syne" in many English-speaking countries. The practice of making resolutions for the new year is thought to have first caught on among the ancient Babylonians, who made promises to earn the favor of the gods and start the year off on the right foot. (They reportedly vow to repay debts and return borrowed farm equipment.) In the United States, the most iconic New Year's tradition is dropping a giant ball in New York City's Times Square at midnight. Millions of people worldwide watch the event, which has occurred almost every year since 1907. Over time, the ball itself has ballooned from a 700-pound iron-and-wood orb to a brightly patterned sphere 12 feet in diameter and weighing in at nearly 12,000 pounds. Various towns and cities across America have developed their own versions of the Times Square ritual, organizing public drops of items ranging from pickles (Dillsburg, Pennsylvania) to possums (Tallapoosa, Georgia) at midnight on New Year's Eve.

The Spirit of Change



This picture is of English Tim, Christmas morning at The First Things First 8:00 AM meeting. He said, “This is the last Christmas meeting at our current venue. I look forward to next year at Club Recovery’s new location, The Old School House Community Center.”

We all would do well by adopting Tim’s positive outlook on this coming year. We will all be experiencing a major change. I for one will feel much better if I

keep an open-mind. There will be issues and mountains to climb where everyone’s attitude will spell success or something other than success. Letting the process play out will be best for the project, and of my own peace of mind. Lets all pull together and assist the process wherever possible.

“May God watch over us, and guide those who are leading the project. May He provide the assistance to make this change one we will look back on next year with fond memories.” John L / Editor



Billy Gilmore

A 65-year-old Billy Gilmer was fatally struck by a pickup truck on Wednesday January 18th while helping direct an RV driver near State Road 44 (Gulf to Lake Highway) and North Maynard Avenue in Lecanto.

The incident occurred as the longtime resident of the Blue Rivers RV Park, was standing in the roadway, assisting the driver of an Allegro RV trying to back out of the park.

The driver of a Dodge pickup truck, a 30-year-old Dunnellon man traveling eastbound on State Road 44, and failed to notice Gilmer striking him, and probably killing him instantly.

Bill was a long time member of Club Recovery and always willing to help in any way he could. Bill was contracted by Club Recovery to mow the grass in the 5 acre parcel the club is located on. Bill was very generous and gave the club a low rate for his services.

Watch for notices and flyers on a memorial later in January.

“Until you practice surrender, the spiritual dimension is something you read about, talk about, get excited about, write books about, think about, believe in — or don’t, as the case may be. It makes no difference. Not until you surrender does it become a living reality in your life.”

Eckhart Tolle

RESENTMENT—CAUSE AND CURE

Causes

Resentment can result from a variety of situations, involving a perceived wrongdoing from an individual, and often are sparked by expressions of injustice or humiliation. Common sources of resentment include publicly humiliating incidents such as accepting negative treatment without voicing any protest, an object of regular discrimination or prejudice, envy/jealousy, feeling used or taken advantage of by others, and having achievements go unrecognized, while others succeed without working as hard. Resentment can also be generated by dyadic interactions, such as emotional rejection or denial by another person, deliberate embarrassment or belittling by another person, or ignorance, putting down, or scorn by another person.

Signs

Unlike many emotions, resentment does not have physical tags exclusively related to it that telegraph when a person is feeling this emotion. However, physical expressions associated with related emotions such as anger and envy may be exhibited, such as furrowed brows or bared teeth.

Resentment can be self-diagnosed by looking for signs such as the need for emotion regulation, such as faking happiness while with a person to cover true feelings toward him or speaking in a sarcastic or demeaning way to or about the person. It can also be diagnosed through the appearance of agitation- or dejection-related emotions, such as feeling inexplicably depressed or despondent, becoming angry for no apparent reason, or having nightmares or disturbing daydreams about a person.

Effects

Resentment is most powerful when it is felt toward someone whom the individual is close to or intimate with. To have an injury resulting in resentful feelings inflicted by a friend or loved one leaves the individual feeling betrayed as well as resentful, and these feelings can have deep effects.

Resentment is an emotionally debilitating condition that, when unresolved, can have a variety of negative results on the person experiencing it, including touchiness or edginess when thinking of the person resented, denial of anger or hatred against this person, and provocation or anger arousal when this person is recognized positively. It can also have more long-term effects, such as the development of a hostile, cynical, sarcastic attitude that may become a barrier against other healthy relationships, lack of personal and emotional growth, difficulty in self-disclosure, trouble trusting others, loss of self-confidence, and overcompensation.

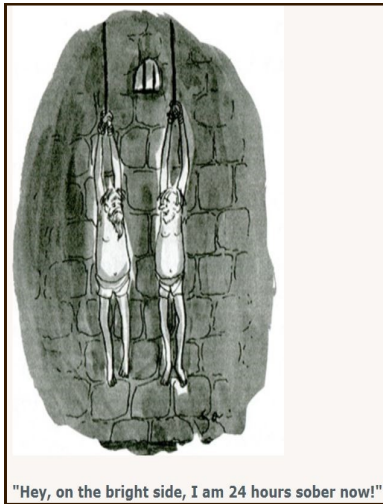
To further compound these negative effects, resentment often functions in a downward spiral. Resentful feelings cut off communication between the resentful person and the person he or she feels committed the wrong, and can result in future miscommunications and the development of further resentful feelings.^[9] Because of the consequences they carry, resentful feelings are dangerous to live with and need to be dealt with. Resentment is an obstacle to the restoration of equal moral relations among persons,^[8] and must be handled and expunged via introspection and forgiveness.

Psychologist James J. Messina recommends five steps to facing and resolving resentful feelings. (1) Identify the source of the resentful feelings and what it is the person did to evoke these feelings, (2) develop a new way of looking at past, present and future life, including how resentment has affected life and how letting go of resentment can improve the future, (3) write a letter to the source of the resentment, listing offenses and explaining the circumstances, then forgive and let go of the offenses (but do not send the letter), (4) visualize a future without the negative impact of resentment, and (5) if resentful feelings still linger, return to Step 1 and begin again.

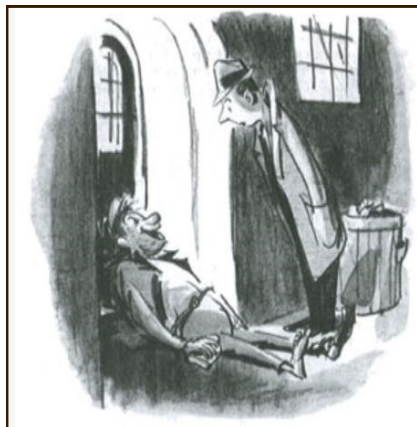
Comparison with other emotions

Resentment is considered to be synonymous with anger, spite, and other similar emotions; however, while it may incorporate elements of these emotions, resentment is distinct from these emotions in several ways. Aside from sharing similar facial expressions, resentment and anger differ primarily in the way they are externally expressed. Anger results in aggressive behavior, used to avert or deal with a threat,^[10] while resentment occurs once the injury has been dealt and is not expressed as aggressively or as openly.

Resentment and spite also differ primarily in the way they are expressed. Resentment is unique in that it is almost exclusively internalized, where it can do further emotional and psychological damage but does not strongly impact the person resented. By contrast, spite is exclusively externalized, involving vindictive actions against a (perceived or actual) source of wrong. Spiteful actions can stem from resentful feelings, however.



"Hey, on the bright side, I am 24 hours sober now!"



"I'm lying here because I slipped on the First Step."



"I told him another drink will kill you. I didn't mention how."

"Grapevine Quote for the Day

In this life we shall attain nothing like perfect humility and love. So we shall have to settle, respecting most of our problems, for a very gradual progress, punctuated sometimes by heavy setbacks. Our old-time attitudes of 'all or nothing' will have to be abandoned."

AA Co-Founder, Bill W

"No matter how truthful the words of my message, there could be no deep communication if what I said and did was colored by pride, arrogance, intolerance, resentment, imprudence, or desire for personal acclaim -- even though I was largely unconscious of these attitudes."

AA Co-Founder, Bill W., July 1960

"There has to be something to be grateful for if I am only willing to change my attitude and look for it."

Humility... is not thinking less of yourself, but thinking of yourself less.

Humility... try doing something nice for someone else and don't tell anyone what you did. That's practicing humility.

ESTEEM

Webster's

"The regard in which one is held"

Where does self-esteem come from? Is it my car, my house, my job, what others think of me, maybe how long I have been sober or even how I look? All of these may temporarily help the way I feel about myself but they won't last. The car gets old, I get old and my appearance changes, the house gets dirty, the job may go, others will disapprove at times, or I may, God forbid, pick up a drink.

I have changed MY self-image from one of hate to really liking who I am today. I have a loving God who approves, most of the time, in the way my life is going and loves me even when I screw-up. It is self-love that really counts how I feel about myself. And how I feel about me is how I am going to feel about you.

Club Recovery
Book and Gift Shop

We are just starting out with a small selection of:

- Brass Medallions
- Fancy Medallions
- Aluminum Medallions (1-11 month)
- AA Basic Texts
- Meditation Books
- Bumper Sticker
- Lapel Pins
- Coffee Mugs
- Jewelry (limited selection)

Come in and see what we have to offer. Special orders from catalogues can be placed.

Road To Recoveries A place where you

<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

Captain Dan's Boat Trips
Large Pontoon Boat Lake Charters
Mud Buddy Surface Drive Duck Hunting Charters

Captain Dan Sykes USCG OUPV

Phone 813-300-1554

Email: Dsykes3tampabay@gmail.com
Website: Captainsboats.com
Facebook: Captain Dan's Boat Trips

A1 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.

May the dreams
you hold dearest
be those which
come true

And the kindness
you spread
keep returning
to you

Club House Coffee

cattledogcoffee.com

Cattle Dog
COFFEE ROASTERS

ClubRecovery.org

Helping your fellows in recovery.

If you are a Handy Man, Electrician, Plumber, 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 out, 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, and couples \$150. Membership dues are used for the day to day operation of the club, along with rent from the groups. Without the 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 or updating your membership.

JAN 11th
11:30
 At Club
 Recovery. Elect
 Officers,
 Trustees and
 Chair positions.



PRESIDENT'S MESSAGE

Well, another year has passed. This past year saw many new changes happen at the Club, from the next generation of leaders stepping up to help start the move into a new home to have a cash register that also helps keep track of our inventory I want to thank John C and all the volunteers who helped to keep the Club open by filling positions on the desk and keeping the place clean and safe for all. We had, at times, disagreements about the direction of the Club since our lease will be up on 2/9/25, but like all things, it is working itself out. In 2024, there was a huge learning experience for all involved in what was needed to secure a new home for the Club. It's funny how when we make plans, God laughs, saying it's not that easy.

The start of 2025 will bring the elections for Club trustees **on 1/11/25**. We are combining the regular trustee meeting with our annual membership meeting, where new trustees are voted into office. At that time, we will answer as many questions as possible about the move. We will also give a report on how the Club did financially. At this meeting, if any changes are to be made to the bylaws, the vote will be taken.

The new year is going to encompass many firsts for the Club. We would like to have the final stage of the lease for the Hernando Historic School done on 1/14/25 or, at the latest, 1/21/25. Final approvals will occur at one of the public BOCC meetings at the courthouse in Inverness. In securing a 5-year lease, with an option for an additional 5 years, we've met with all the county commissioners, county manager, police-community team, fire chief, and many groups excited to see us open our new home. The new site will be called the Old Schoolhouse Community Center, which Club Recovery manages. Club Recovery will be the sole decision-maker in running the facility. During all the work to secure the lease, Stephanie Lavallo stepped up and showed the strength of her project management skills. She will serve as the project manager for the move into the schoolhouse. We are working out a plan to move in in late February. The owner of our current location has been kind enough to let us go month to month till we move. Many things will happen simultaneously, and it won't be perfect, so please be patient and know this is a first for all of us. I apologize for not keeping our membership as well informed as they could've been, and as we move forward, we will do a better job. We hope to see you all **on January 11th** for the annual membership meeting; if not, keep your eyes and ears open because things will be changing.

Thank you for all the support you have given us to make Club Recovery what it is today.

Miami Bill / President

The Surgeon General' Latest Product Advisory

Liquor bottles will now carry the phrase, "Warning: Alcohol can make members of the opposite sex appear far more attractive than they actually are"

Am I saved?

The other day at the counter in the grocery store a woman asked, "Are you saved?" The question caught me by surprise. I thought for a moment what she was asking and replied, "I don't know." She looked surprised and said, "I'll pray for you".

The truth is, I don't know if I am saved or not, only God knows. I believe we are born in sin and never will reach perfection. I ask for forgiveness daily and believe He has forgiven me for all that I have done and all that I might do. As for being saved, that is up to Him

If I thought I was saved right now, I would probably stop trying to make myself a better person. I know where I was and where I am now, but neither is where I want to be.

I will always be a work in progress and it's not up to me to answer the question, saved or not. I will continue to do my best and let God take care of the rest. I hope and pray that in the end, I will be saved.

Ernie P

"Not picking up a drink creates infinite possibilities for me ... When I wake up in the morning I pray for what I need to get through the day sober. I also smile and say to myself, Who knows? This could be the greatest day of my life!"

Murphy's Law: "If you have something long enough and take good care of it, eventually it's going to break."

"You've got one life to live. Don't screw it up with a lot of maybes, what-ifs, and could-have-beens. Focus on what you have."

A WEEK BEFORE A SPACE LAUNCH, an Astronaut was trying to relax at an out-of-the-way pub.

But a boozed-up customer at the bar recognized him and said, "You NASA types think you're something, hitting the moon and bringing back all them shuttles and all.

We got a couple of local guys here, been building their own spaceship right out back!"

Reluctantly, the Astronaut goes outside to inspect the spaceship--a huge mess of beer kegs, cans and junk.

One drunk boasts, "Moon-Schpoon! We're going to the sun!"

The Astronaut warns them, "Boys, this thing will incinerate long before you get close to the sun."

"Don't you think we thought of that?" argued the second drunk.

"We got that all figured out!. . . We're going at night!"

GRAPEVINE Quote of the Day

November 1

"No prophet can presume to say whether the world outcome will be blazing destruction or the beginning, under God's intention, of the brightest era yet known to mankind. I am sure we AAs well comprehend this scene. In microcosm, we have experienced this identical state of terrifying uncertainty, each in his own life."

Featured Book



AA Co-Founder, Bill W., January 1962

"This Matter of Fear", The Language of the Heart

"Experience is what you get when you don't get what you want."



"NORMAN, I LIKED YOU BETTER when you were drinking!" declared an old pal, feeling no pain.

"That makes us even," replied Norman, "when I was drinking, I liked you better too."

THE CHAIRMAN OF A LONG ESTABLISHED MEETING asked his visiting speaker, "What topic were you thinking of emphasizing?"

"Step Three."

"Might not be such a good idea," counselled the chairman. "If folks hereabouts want to hear about God, they go to church."

"Well, how about taking inventory and making amends?"

"Nah. Folks hereabouts like to feel good. Thinking about character defects and digging up the past and all that only makes 'em blue, and starts spats between husbands and wives."

"Then, what topic can I use?" cried the exasperated speaker. "Well, we usually just talk about our AA program."

This one is about a general handyman in an English village, who had occasional spells of drinking but had been sober for a while.

One day, however, a nosy and terribly respectable old woman stood up at a church meeting and accused him of reverting to his drunken ways, her evidence being that she had seen his wheelbarrow parked outside the local pub for several hours.

The wrongfully accused man made no defense. That evening, he put his wheelbarrow alongside her front gate and left it there overnight.

DESPERATE FOR WORK, A RESOURCEFUL old drunk answered a want ad for an experienced sea captain. He wore a peg leg, a hook, and an eye patch. "You certainly look the part," observed the interviewer, "but tell me--how did you lose your leg?"

"Ahh, the leg," improvised our man, "a cannonball blew that away years ago, off Far Tortuga!"

"You don't say. And what about your hand?"

"Aye, laddie, that went in a swordfight, beating off pirates!"

"Amazing--and how did you lose your eye?"

Our hero hesitated here, then confessed a bit sheepishly, "To tell you the truth, I was watching the sky one day, and a dang old sea gull dropped dung into it!"

"And that put your eye out?"

"Aye," he admitted, "see, it was me first day with the hook!"

A GROUP OF DRINKING BUDDIES went deer hunting. They split up into pairs for the day. That night, one hunter came staggering back to camp alone, half-bombed and dragging an eight-point buck.

The others said, "Where's Harry?"

"Oh, he passed out, a couple miles back up the trail."

"What? You left Harry lying out there alone, and carried the deer back?"

"A tough call," admitted the marksman, "but I figured, who's gonna steal Harry?"



What does surrender mean?

Reprinted from Akron Intergroup News July 2013

Dr. Harry M. Tiebout, a psychiatrist, was an early pioneer in coupling the principles and philosophy of Alcoholics Anonymous with psychiatric knowledge of alcoholism. A strong supporter of AA throughout his life, he consistently worked for acceptance of his views concerning alcoholism the medical and psychiatric professions. He served on the Board of Trustees for AA from 1957 to 1966, and was chairman of the National Council on Alcoholism in 1950.

Dr. Harry M. Tiebout, M.D.

For reasons still obscure, the Program and the Fellowship of AA could cause a surrender, which in turn would lead to a period of no drinking. It became ever more apparent that in everyone's psyche there existed an unconquerable ego which **bitterly opposed any thought of defeat**. Until that ego was somehow reduced or rendered ineffective, no likelihood of surrender could be anticipated.

AA, still very much in its infancy, was celebrating a third or fourth anniversary of one of the groups. The speaker immediately preceding me told in detail of the efforts of his local groups which consisted of two men to get him to dry up and become its third member. After several months of vain efforts on their part and repeated nose dives on his, the speaker went on to say: "Finally, I got cut down to size and have been sober ever since," a matter of some two or three years. When my turn came to speak, I used his phrase "cut down to size," as a text around which to weave my remarks. Before long, out of the corner of my eye, I became

Continue on next page



To let go doesn't mean to stop caring, it means I can't do it for someone else.
To let go is not to cut myself off, it's the realization I can't control another.
To let go is not to enable, but to allow learning from natural consequences.

To let go is to admit powerlessness, which means the outcome is not in my hands.

To let go is not to try to change or blame another, I can only change myself.

To let go is not to care for, but to care about.

To let go is not to fix, but to be supportive.

To let go is not to judge, but to allow another to be a human being.

Letting go isn't being in the middle arranging the outcome, but to allow others to effect their own outcomes.

To let go is not to be protective, it is to permit another to face reality.

To let go is not to deny, but to accept.

To let go is not to nag, scold, or argue, but to search my own shortcomings to correct them.

To let go is not to adjust everything to my desires, but to take each day as it comes, and to cherish the moment.

To let go is not to criticize or regulate anyone, but to try to become whatever dream I can be.

To let go is not to regret the past, but to grow and live for the future.

To let go is to fear less and to love more.

~ Author Unknown ~

"It doesn't matter too much how the transforming spiritual experience is brought about so long as one gets one that works ... Somehow the alcoholic must get enough objectivity about himself to abate his fears and collapse his false pride."

AA Co-Founder, Bill W., September 1944

I've found a personal Higher Power and my trust in Him has grown tremendously

From preceding page

conscious of a disconcerting stare. It was coming from the previous speaker.

It was perfectly clear: He was utterly amazed that he had said anything which made sense to a psychiatrist. The incident showed that two people, one approaching the matter clinically and the other relying on his own intuitive report of what has happened to him, both came up with exactly the same observation: the need for ego reduction. It is common knowledge that a return of the full-fledged ego can happen at any time. Years of sobriety are no insurance against its resurgence. No AA's, regardless of their veteran status, can ever relax their guard against a reviving ego. The function of surrender in AA is now clear. It produces that stopping by causing the individual to say, "I quit. I give up on my headstrong ways. I've learned my lesson." Very often for the first time in that individual's adult career, he has encountered the necessary discipline that halts him in his headlong pace. Actually, he is lucky to have within him the capacity to surrender. It is that which differentiates him from the wild animals. And this happens because we can surrender and truly feel, "Thy will, not mine, be done."

Unfortunately, that ego will return unless the individual learns to accept a disciplined way of life, which means the tendency toward ego comeback, is permanently checked. This is not news to AA members. They have learned that a single surrender is not enough. Under the wise leadership of the AA "founding fathers" the need for continued endeavor to maintain that miracle has been steadily stressed. The Twelve Steps urge repeated inventories, not just one, and the Twelfth Step is in itself a routine reminder that one must work at preserving sobriety. Moreover, it is referred to as Twelfth Step work-which is exactly what it is. By that time, the miracle is for the other person.

Can love be described?

by John L, from the book, "Narrow is the Road to Recovery III"



Have you ever told someone your understanding of love? If you have, you're probably amazed at how little you actually know about that simple word. Love has only four letters, but it's very complicated. It could be compared to understanding how infinite the Universe is. The Universe extends outward forever while being infinite in time. So we try to explain, two infinite equations, multiplied by each

other. How can we ever reach an answer when there isn't one.

We're capable of loving one who has passed, perhaps many years ago. Their love for us is still vivid as our love for them. We can also love someone with passion who's located on the other side of the world as if they were still standing in front of us.

Corinthians 13:4-84 says, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails."

When I read that verse, I have an idea what love isn't and a few words saying what it always is, but still no idea of love.

I believe love was a gift from God in the beginning. It's said to have started with Adam and Eve. Now I'm beginning to understand what I don't understand. I've tried to explain God with words and it's never worked. I think love is in the same category as God. It's a knowing, a feeling experienced by each one of us who's found that power and knows it's inside as well as around. God and love are manifested in nature. The flower has God and love along with every other creature. Love transcends the dimension of time and space.

Love cannot be explained with words. If you feel it, you know it's real. The same is with God.

What does Club Recovery give me in turn for my membership?

- Number 1: My membership helps pay for 40% of the day to day expenses in order to keep the doors open and space available for AA meetings at a reasonable rate.
- Number 2: By making available space for 40 meetings a week, I feel like I am helping “the hand of AA to always be there” for those in need of help.
- Number 3: I have gratitude, knowing that my membership has made a difference in Citrus County.
- Number 4: The Club gives me the satisfaction of knowing I have given 150% of my available time to help the doors stay open.
- Number 5: The Club gives me a chance to learn how to become a less self-centered person and how I can work with committees for a common goal.

These are the reasons I’m a member. Not for a free coffee mug or discount on events. I am not looking for something in return for the time and money given. My continued sobriety is all I’m promised if I help others. When I put my donation in the AA basket, I don’t ask, at the group’s business meeting, “What are you giving me in return for my donation?” Sobriety is the gift AA gives me. Club Recovery’s mission is to “Provide a safe place for meetings to be held at a reasonable rate.” This is enough for me.

Proud Club Recovery Member

Do it! Move it! Make it happen!
No one ever sat their way to success,
but remember,
success is getting what you want.
Happiness is liking what you get.

***“The most spiritual thing you can do is to help
 someone***

By Michael Z

One of the most important things I've learned in the program is that whenever two alcoholics get together, God is present. I feel the energy of God flow through me as I talk with, listen to and help another person. It often takes contrary action for me to reach out, but I am always rewarded with a sense of peace and serenity as I connect with and help another.

It wasn't always like this. Selfish and self-centered in the extreme, I crawled into the rooms emotionally bankrupt and in a state of perdition. I dammed God's energy up inside me, and it almost destroyed me. Even today I have to guard against my tendency to isolate and self obsess.

Indeed, one of the greatest lessons I've learned (and seemingly have to re-learn!) is that God's purpose, and so my purpose, is to be of service. It is the way out of the prison of self, and it always sets both our spirits free.

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—AA—BB—O
- MONDAY:** 8:00am—First Things First—AA—OD
 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
- TUESDAY:** 8:00am—First Things First—AA—OD
 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
- WEDNESDAY:** 8:00am—First Things First—AA—OD
 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
- SATURDAY:** 8:00am—First Things First—AA—OD
 10:00am—Sober Nooner's Easy Does It—AA
 4:00pm—ACA—Adult Children of Alcoholics
 6:00pm—Heading Home Group—Speaker, AA
 7:30pm—Courage to Change Group—CA

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
 34441

Officers & Trustees

Officers
 P—Bill A
 VP—Oscar H
 S—Stephanie L
 T—Mike G

Trustees

Open
 Dan M
 John C
 Mike D
 Steve A
 OPEN
 OPEN
 OPEN
 OPEN

Alternant Trustee

OPEN
 OPEN

Committee's

Activities
 OPEN

New Facility Committee

OSCAR H
 BILL A
 MIKE G
 Stephanie L

Facilities Management

Mike D

Offices Manager/Volunteer

Coordinator
 Office Manager
 John C

Website

CLUBRECOVERY.ORG
 DAN
 DAN@164fl.com

Newsletter

JOHN L
 SEND NEWS TO
 levasseurjohn@hotmail.com

Meeting Coordinator

STEVE A

Membership List

Stephanie L

Meeting List

Stephanie L



352-419-4836

SALE

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!

ANNIVERSARIES:

January 2025

Floral City Group

Bruce 11
 Gordy 16
 James M 18

164 Mad Dogs Group

Dan M 41

