



**Club
Recovery**
of Citrus County, Inc



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NEWS

Club Recovery Website



DAN@164fl.com

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**Old
Schoolhouse
Community
Center**

ClubRecovery.org

Schoolhouse Update

The face lift and tummy tuck of the Historic Hernando School is well underway.

It was surprising to see most of the worn and gristly carpet was already removed and gone.

This exposes the wood floor. Although a few spots will need extra love, the major project of refinishing the wood to it's natural beauty should prove to be a worthwhile project. Financial support for the wood floor refinishing and the overall project remains a major consideration.

Many of the walls also need to be patched. It was encouraging to see that the majority of the bad spots in the entire building are already on the way to being repaired. Wood has been installed on the walls to patch these spots, felt paper over most of them. There remains placement of wire lathe and plaster. That will open the door for paint.

Pictures and video updates of the project are available on our website:

www.ClubRecovery.org/old-school

Dan M, Trustee



Club Recovery will be open and TV on for the Superbowl
Bring a Covered Dish



"What you think upon grows. Whatever you allow to occupy your mind you magnify in your life. Whether the subject of your thought be good or bad, the law works and the condition grows. Any subject that you keep out of your mind tends to diminish in your life, because what you do not use atrophies. The more you think of grievances, the more such trials you will continue to receive; the more you think of the good fortune you have had, the more good fortune will come to you."

~EMMET FOX

azquotes.com

Emmett Fox:

His association with Alcoholics Anonymous

By Igor S., Hartford, Conn. February 1996 AA Grapevine

One of the very early recovering alcoholics who worked with co-founder Bill W. was a man named Al, whose mother was secretary to Emmet Fox, a popular lecturer on New Thought philosophy. When the early groups were meeting in New York, members would frequently adjourn after a meeting and go to Steinway Hall to listen to Fox's lecture. To this day there are AA groups that distribute Fox's pamphlets along with Conference-approved AA literature.

An account sets forth in "Dr. Bob and the Good Old Timers" tells of the influence of Emmet Fox and his classic work, "Sermon on the Mount." An AA old-timer recollected: "The

first thing he (Dr. Bob) did was to get Emmet Fox's 'Sermon on the Mount'....Once when I was working on a woman in Cleveland, I called and asked him what to do for someone who is going into DT's. He told me to give her the medication and he said, 'When she comes out of it and she decides she wants to be a different woman, get her Drummond's 'The Greatest Thing in the World.' Tell her to read it through every day for thirty days and she'll be a different woman.' Those were the three main books at the time; that and 'The Upper Room' and 'The Sermon on the Mount.'"

Perhaps the fundamental contribution of Emmet Fox to Alcoholics Anonymous was the simplicity and power of "The Sermon on the Mount." This book sets forth the basic principles of the New Thought philosophy that "God is the only power, and that evil is insubstantial; that we form our own destiny by our thoughts and our beliefs; that conditions do not matter when we pray; that time and space and matter are human illusions; that there is a solution to every problem; that man is the child of God, and God is perfect good."

Central to New Thought philosophy was the perspective which saw that love and personal forgiveness were the keys to fundamental transformation: "Love is by far the most important thing of all. It is the Golden Gate of Paradise. Pray for the understanding of love, and meditate upon it daily. It casts out fear. It is the fulfilling of the Law. It covers a multitude of sins. Love is absolutely invincible."

Fox went on to say that forgiveness was an integral part of the Pathway of Love, "which is open to everyone in all circumstances, and upon which you may step at any moment - at this moment if you like - requires no formal introduction, has no conditions whatever. It calls for no expensive laboratory in which to work, because your own daily life, and your ordinary daily surroundings are your laboratory. It needs no reference library, no professional training, no external apparatus of any kind. All it does need is that you should begin steadfastly to expel from your mentality every thought of personal condemnation (you must condemn a wrong action, but not the actor), of resentment for old injuries, and of everything which is contrary to

Next Page

From Page 2 the law of Love. You must not allow yourself to hate either person, or group, or nation, or anything whatever.

"You must build-up by faithful daily exercise the true Love-consciousness, and then all the rest of spiritual development will follow upon that. Love will heal you. Love will illumine you."

One of the cornerstones of Fox's philosophy was to live but one day at a time, to be responsible for one's own thoughts and to clear up resentments, just as AA was to teach that "resentments are our number one cause of slips." For Fox, one of the most important rules for growth was to live in the present: "Live in today, and do not allow yourself to live in the past under any pretence. Living the past means thinking about the past, rehearsing past events, especially if you do this with feeling...train yourself to be a man or woman who lives one day at a time. You'll be surprised how rapidly conditions will change for the better when you approach this ideal."

Emmet Fox emphasized the idea that thoughts are real things, and that one cannot have one kind of mind and another kind of life. According to Fox, if we want to change our lives, then we must change our thoughts first. Many of his simply stated profundities have contributed to an AA philosophy that has transformed the lives of literally millions of recovering alcoholics.

SPIRITUALITY

It's patience in the face of stupidity. It's feeling that you want to knock somebody's head off -- and walking away instead. It's when you're down past your last dime, and you know you still have something that money can't buy. It's wearing dungarees that feel like a tuxedo. . . It's a rocket ride that goes far beyond the world your eye can see. . . It's a young child. . . It's knowing that even the bad times are good. Don't look back -- you haven't seen anything yet. When people look at you and wonder what's with you, the look in your eyes will answer them: "Because I can cut it!"

c. 1973 AAWS, *Came To Believe . . .*,

Miracles challenge your world view. They urge you to let go of your interpretation of life so that you can see the possibilities that lie beyond it. *Paul Ferrini*

Son: "Pop, what's an alcoholic?"

Father: "A man who tries to pull himself out of trouble with a corkscrew."

At a recent A.A. meeting one member remarked that it had always been his habit to use a drink to steady his nerves. Another remarked, "Yeah, me too, but after a while I began to overdo it and sometimes my nerves became so steady I couldn't even move!"

The way to make a mountain out of a mole hill is to add dirt

Before recovery, anything that went wrong – or didn't go my way – easily became an impending disaster. Tooth-ache? Must be a root canal. Boss not smiling? Probably going to get fired. Left to myself, my incessant negative thinking was quick to add dirt to any mole hill until the mountain of imaginary evidence overwhelmed me.

When I entered recovery, my sponsor was quick to point out a few tools I might find useful for my distorted thinking. The first was, "One day at a time." "You're not having a root canal, nor are you being fired today, are you?" he asked. "No," I grudgingly replied. "Then take it easy," he suggested. Next, he taught me to "Take the next indicated action." Calling my dentist was a manageable action, whereas worrying endless about an imagined root canal wasn't. Using these and other tools of recovery helped restore me to sanity.



"If you can't learn to laugh at yourself, we'll do it for you..."

By Michael Z

Oh how serious everything was when I entered recovery. Overwhelmed by the problems I'd created, a home life that was in shambles, unemployed and unemployable, I didn't find very many things funny. But the people in the rooms sure did. I often sat in amazement as one after another would share what seemed like horrible experiences of things they'd done or that had happened to them, while the room roared with laughter! What's wrong with these people, I'd think?

The way that people were able to laugh and make fun of the things they had done made me uncomfortable to say the least. Still filled with the secret shame of my own experiences and thoughts, I was much too self-conscious to share, and was still sure that if you knew what I had done, then you'd banish me from the rooms and I'd have no where to go. Once again, I felt trapped.

As I worked my way through the steps and my life started to improve, I soon found myself identifying and laughing right along with everyone else. In fact, after a while I had enough distance and perspective on my life that I could even begin to see the humor in some of the situations my own warped way of thinking had gotten me into.

I found I had developed compassion and empathy for myself, and this allowed me to laugh again - and what a gift that's been...

Angels

Did you ever hear of angels in disguise?
 Come to our doors and meet them all.
 They are short and some are tall;
 some are heavy and some are small;
 some are white and some are black
 and they all keep coming back.
 Some come dressed in all sorts of ways.
 They come in all kinds of weather
 and some dressed in leathers.
 They come from all over
 to help us stay sober.
 So keep coming back and look us over.
 God bless this band of angels.
 ~ Ernie P.

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.
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AI 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.

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Know your ABC'S?

A That we were alcoholic and could not manage our own lives.

B That probably no human power could have relieved our alcoholism.


C That God could and would if He were sought.

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.



Thinking does control life's outcome

SOBER ANNIVERSARY'S

Any group or individual can be listed in our newsletter.

Send list early in the month to: LEVASSEURJOHN@hotmail.com

You do not have to be a member of Club Recovery to have your anniversary listed.

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.

Quote of the Day

JANUARY 8

"Every newcomer, every friend who looks at AA for the first time is vastly puzzled. They see liberty verging on license, yet they recognize at once that AA has an irresistible strength of purpose and action. 'How,' they ask, 'can such a crowd of anarchists function at all? How can they possibly place their common welfare first? What, in heaven's name, holds them together?'

"Those who look well soon have the key to this strange paradox. The AA member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he must, but later he discovers a way of life he really wants to live. Moreover, he finds he cannot keep this priceless gift unless he gives it away." - Bill Wilson

Expectations are premeditated resentments

Oh how I still like to try to control people, places and things. Even though the first step teaches me about my powerlessness, and the third step gives me the tools to dealing with life, I still find myself resentful when things don't go my way. And I can usually trace my resentments back to my expectations.

Expectations are indications that I haven't fully turned my will and life over to God. It means I've forgotten that my job is to suit up and show up and that it is God's job to take care of the results. Since expectations are results in disguise, it's no wonder they so easily lead to resentments.

Today I use expectations as reminders to refocus my energy and thoughts on the actions that I have to take and to stay out of the results. I immediately do a quick first, second, and third step on the situation and turn my expectations over to my Higher Power. Doing this allows me to be truly open to the gifts in the results (and they are always there if I am open to them), and it keeps me safe from unnecessary resentments.

"GOD - Good Orderly Direction."

Like many newcomers, I had a lot of conflicting feelings and ideas about the God concept in early recovery. I didn't trust the God I had grown up with and so had a hard time turning my will and life over to Him. I was growing pretty discouraged when, once again, my sponsor came to my aid.

He told me to first stop trying to figure out who or what God was. "Your job is simply to come to believe that there is a power greater than you out there somewhere. Who or what that is isn't important. What's important is that it's not you." That put me in my place. "How do I do that?" I asked.

The answer, he told me, was to take Good Orderly Direction. He suggested that I start by attending regular meetings, and that I refrain from drinking or using between those meetings. Next, he said I should begin reading the literature and start working the steps. He encouraged me to begin sharing my feelings honestly with him and with others in recovery. "If you continue to go in a Good Orderly Direction, you'll come to know God," he said.

It took me years, but he was right: GOD has led me to God.

Valentine's Day



Also known as Saint Valentine's Day or the Feast of Saint Valentine, is a celebration observed on February 14 each year. It is celebrated in many countries around the world, although it is not a public holiday in most of them.

St. Valentine's Day began as a liturgical celebration of one or more early Christian saints named Valentinus. Several martyrdom stories were invented for the various Valentines that belonged to February 14, and added to later martyrologies. A popular hagiographical account of Saint Valentine of Rome states that he was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were persecuted under the Roman Empire. According to legend, during his imprisonment, he healed the daughter of his jailer, Asterius. An embellishment to this story states that before his execution he wrote her a letter signed "Your Valentine" as a farewell.

The Chance to Change Your Life

Your addiction has given you the opportunity to change your life. Changing your life is what makes recovery both difficult and rewarding. Recovery is difficult because you have to change your life, and all change is difficult, even good change. Recovery is rewarding because you get the chance to change your life. Most people sleepwalk through life. They don't think about who they are or what they want to be, and then one day they wake up and wonder why they aren't happy.

If you use this opportunity for change, you'll look back and think of your addiction as one of the best things that ever happened to you. People in recovery often describe themselves as grateful addicts. Why would someone be grateful to have an addiction? Because their addiction helped them find an inner peace and tranquility that most people crave. Recovery can help you change your life.

GRAPEVINE Quote of the Day

December 17

"The alcoholic slip is not a symptom of a psychotic condition. There's nothing screwy about it at all. The patient simply didn't follow directions."

William Duncan Silkworth, MD, January 1947

Recovery requires complete honesty.

You must be one-hundred percent completely honest with the people who are your supports: your family, your doctor, your therapist, the people in your 12 step group, and your sponsor. If you can't be completely honest with them, you won't do well in recovery.

When you're completely honest you don't give your addiction room to hide. When you lie you leave the door open to relapse.

One mistake people make in the early stages of recovery is they think that honesty means being honest about other people. They think they should share what's "wrong" with other people. But recovery isn't about fixing other people. It's about fixing yourself. Stick with your own recovery. Focusing on what you don't like about others is easy because it deflects attention from yourself.

Honesty won't come naturally in the beginning. You've spent so much time learning how to lie that telling the truth, no matter how good it is for you, won't feel natural. You'll have to practice telling the truth a few hundred times before it comes a little easier. In the beginning, you'll have to stop yourself as you're telling a story, and say, "now that I think about it, it was more like this..."

Show common sense. Not everybody is your best friend. And not everybody will be glad to know that you have an addiction or that you're doing something about it. There may be some people who you don't want to tell about your recovery. But don't be reluctant to tell the people close to you about your recovery. You should never feel ashamed that you're doing something about your addiction

Learn to Relax - *Steven Melimes*

There are only a few reasons why people use drugs and alcohol. They use to escape, relax, and reward themselves. In other words, people use drugs and alcohol to relieve tension.

The first rule of recovery is that you must change your life. What do you need to change? You need to change the way you relieve tension. Everyone needs to escape, relax, and reward themselves. Those are essential coping skills for a happy life. But addicts don't know how to do those things without using.

If you manage to stop using for a while, but don't learn how to relax, your tension will build until you'll have to relapse just to escape again. Tension and the inability to relax are the most common causes of relapse.

I know relaxation will help. I have treated thousands of patients. Many of them have told me that relaxation has changed their life. There is only one reason why people don't relax – because they think they're too busy to relax. It goes something like this, "I know it makes sense, but I've got so many other things I have to do."

Ask yourself how much time you spend on your addiction. If you add up all the time it takes to get your drug, use it, deal with its consequences, and plan your next relapse, you'll realize that relaxing for twenty to forty minutes a day is a bargain.

Relaxation is not an optional part of recovery. It's essential to recovery. There are many ways to relax. They range from simple techniques like going for a walk, to more structured techniques like meditation. Meditation is an important part of that mix because the simple techniques don't always work. If you're under a lot of stress, you may need something more reliable like meditation. Use any of these techniques, or any combination. But do something everyday to relax, escape, reward yourself, and turn off the chatter in your mind.

How hard am I working the Program?

By John L (Editor)

In the working world we say "I got the job." That's all well and dandy, but you must be capable of "doing the job," if you're going to be successful in keeping the job.

In the recovery world, we say, "I got sober." That too, is well and dandy, but you must be able to "do sobriety," if you're going to be successful in keeping that sobriety.

The huge difference is, you can always get another job, but in recovery, one never knows if the last slip was your last chance. Like the cat with 9 lives, we never know just how many recoveries we have. I hear it all the time when someone dies as a direct result of alcoholism, "They tried so hard, but they couldn't stay sober."

Now comes the results of actually working the program. Work is not just giving "lip service," or trying just enough to keep a sponsor off your back. When we "work the program to the best of our ability or beyond our abilities, in most cases we understand the phrase out of the 12 & 12, "I had to admit that A.A. showed results, prodigious results."

Prodigious synonyms: enormous, huge, colossal, immense, vast, great, massive, gigantic, mammoth, tremendous, inordinate, monumental.

The Big Book also states, "When I stopped living in the problem and began living in the answer, the problem went away."

The hard work comes with the forgiveness of others which leads to forgiveness of ourselves and that's the goal. We want to remove all guilt and shame, especially in those deep dark places.

It's all possible with the guidance of a good sponsor and working the 12 steps of the program.

In Mark 11:25 - And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses."

God forgives everything so why can't I, especially when it's me who will reap the reward of being Happy, Joyous, and Free.

"JUST DO IT!"

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Questions???

Contact: Steve P. 727-243-5682 or
petersonsls@yahoo.com



Self Acceptance

“Egomaniacs with an inferiority complex” is a term I’ve recently heard to describe alcoholics, funny oxymoron but OH so true. I can be so critical, condemning, judgmental, self-centered, greedy, angry, hurt and hurtful often for things I myself do or have done. One caveat being if I’m not working a program, often the person I’m the hardest on is myself. For the longest time.... I’ve personally experienced this first hand, as I’m sure many of you can relate.

I can focus on the one thing that I did wrong, or the one hurtful comment someone made to me and marinate on it. I can blindly overlook my wrongs to others and withhold forgiveness from others and myself. I guess it’s safe to say I’m a work in progress, and likely will always be... progress not perfection.

Self-acceptance is our soul connection, exactly the opposite of ego, it is loving, kind, generous, open, honest, forgiving and expresses gratitude. The person that often needs this the most is ourselves. Fully accepting all of ourselves, our mistakes, our flaws, our failures, pain and tragedies and defects can really open the door to some amazing things if we are not busy denying or wallowing in them.

I personally had my first experience with rehab in the 90’s, when they told me to change people, places and things so that’s exactly what I did. So much so to the point I had no association to my past, so that was a closed door, some good and some bad came of this. First know my ego can remain unchecked drunk, dry, sober, or somewhere in-between. The scary reality of this is I could judge someone quite easily for things they had done, or places they had been without really accepting that I had been there. Turning up my nose so to speak. Oddly enough some of the most comforting words I’ve ever heard in my life are “I’ve been there” but this was rare in the people I surrounded myself with, even if they were not alcoholics. I wanted to be so far removed from that person I was; I was not really willing to accept that was me at one time. Yes I had changed, I was a very different person then, but one who could not relate to someone with similar problems that I had once had. I had experienced much criticism for my mistakes and with do reason, cause when I do something I have a flare for doing it big, it can cause a lot of wake and a lot of clearing away the wreckage of the past.

It wasn’t until some years later that I consulted a counselor for what I thought to be an unrelated topic. I was able to start a process on my way to some self-esteem and arrived at a turning point to some healthy thinking. A healthy self-esteem meaning I can easily say I was wrong, and accept criticism without having to have it define me or use it as a catalyst for things that may need improved, without sinking away fearfully. I had never heard the term “stop beating yourself up.” But isn’t that exactly what we do? Learning to forgive and accept myself for all of the mistakes, shortcomings and failures, not deny them, and acknowledge my successes and stop living in my own little bubble. It’s wild how quickly we can resort to old thinking when life circumstances arise, and they do and will in sobriety. It’s been a long journey with many mistakes, relapses, and trials along the way. I was taught recovery is like peeling the layers of an onion, you get through one stinky layer only to discover another one. I think there’s only going to be a piece of the onion left, and generally that’s the sweetest part of an onion.

There is an amazing freedom with self-acceptance, no one can use anything against you! So you don’t have to hide your past, nor spill your guts for every inquiry. You can live a balanced life with good boundaries and still relate well with all people. Some people are going to judge you for it either way so get used to that but it means it doesn’t have to affect you or provoke a reaction. You are free to be you, to love yourself, and in the end, learn to love others. Offer them grace and know exactly how that feels. Self-acceptance, being I’ve been there, that’s why I’m here.

Reprinted from Akron Intergroup News

A time to change or a time to pray

"Be still and know that I am God."

By John L— from the book, "Narrow Is The Road To Recovery"

The changes I make in my life should come from a mindset of acceptance or surrender and not resistance. The energy which resistance creates is much different than the energy of surrender, and the solutions to my problems will be much different as well. When turmoil comes into my life, I first try to accept where I am, or surrender to the idea I can't effectively change things with this state of mind. When acceptance creeps in, it's time to listen to my inner voice. *"Be still and know I am God."* The true answers to my condition will be revealed if only I get quiet and listen. If nothing comes, it's time to pray.

SPIRITUALITY

It's patience in the face of stupidity. It's feeling that you want to knock somebody's head off -- and walking away instead. It's when you're down past your last dime, and you know you still have something that money can't buy. It's wearing dungarees that feel like a tuxedo. . . It's a rocket ride that goes far beyond the world your eye can see. . . It's a young child. . . It's knowing that even the bad times are good. Don't look back -- you haven't seen anything yet. When people look at you and wonder what's with you, the look in your eyes will answer them: "Because I can cut it!"

c. 1973 AAWS, *Came To Believe . . .*,



Why do I have to stack the chairs?

When I came into the program, I was so consumed with worry for my future that I couldn't even talk about what I was doing in the present. "But what happens if I lose my house; how about my career? What if I go to jail?" These and other future events were my new obsession once I put the drugs and alcohol down.

When I tried to tell others in the program my concerns, they gave me suggestions that seemed ludicrous at the time. "Help stack the chairs after the meeting", they told me. "Collect the coffee cups and go into the kitchen and help the others clean up", they advised. "Aren't you listening?" I wanted to scream at them. Instead, I washed cups...

It has taken years for me to finally learn the lessons they were trying to teach me, but it's clear now. Today, I have everything I need to be happy, joyous and free. And if I take care of the things in front of me today, then one day at a time my life can and will improve. I now know that today is the tomorrow I worried about yesterday, so I now make the most out of living today.

The ability to laugh at ourselves is an intrinsic part of the healing process.

The Tenth Step can be a pressure relief valve. We work this step while the day's ups and downs are still fresh in our minds. We list what we have done and try not to rationalize our actions. This may be done in writing at the end of the day. The first thing we do is stop! Then we take the time to allow ourselves the privilege of thinking. We examine our actions, our reactions, and our motives. We often find that we've been "doing" better than we've been "feeling". This allows us to find out where we have gone wrong and admit fault before things get any worse. We need to avoid rationalizing. We promptly admit our faults, not explain them.

We work this step continuously. This is a prevention, and the more we do it, the less we will need the corrective part of this step. This is really a great tool. It gives us a way of avoiding grief before we bring it on ourselves. We monitor our feelings, our emotions, our fantasies, and our actions. By constantly looking at these things we may be able to avoid repeating the actions that make us feel bad.

- *Narcotics Anonymous Basic Text, Chapter 4/Step 10*

MEETINGS AT CLUB RECOVERY

- SUNDAY:** 9:00am—Keep It Simple Group—AA—Closed Discussion
 2:00pm—Nature Coast Unity Group—NA
 4:00pm—ACA—Adult Children of Alcoholics
 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—164 Group - Mad Dog Big Book Study —AA—BB
 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
 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

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 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



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:

Sober Nooners Group	
Jeanine	23
First Thought Wrong Group	
Eileen	8
Floral City Group	
Steve S	9
Heading Home Group	
Dan S	22
Deborah S	20
Jude F	19



- ✓ Daily reflections to support sobriety
- ✓ "What's Happening at the Club"
- ✓ Meeting Schedules

Club Recovery
 of Citrus County, Inc.

