



**Club  
Recovery**  
of Citrus County, Inc



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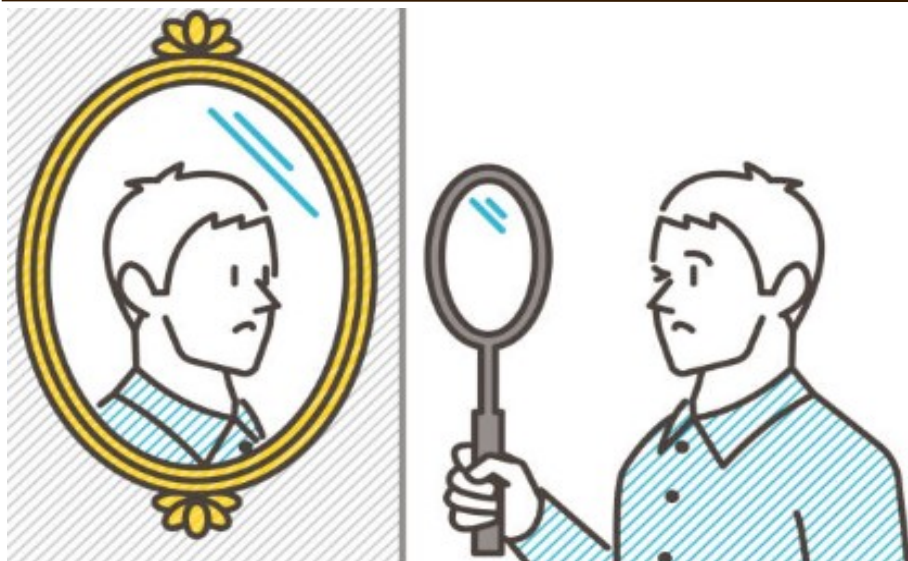
Club Recovery Website

**NEWS**



DAN@164fl.com

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## "Put the magnifying glass down and look in the mirror."

*Michael Z*

Oh, how I love focusing on you. If you would only stop doing this or that, or if you'd start doing this or that, then finally, maybe, I'd be happy. Relieved of the responsibility of self, it was so easy to be critical, resentful, and dependent on you. "If you only knew what you were doing to me. If you loved me, you wouldn't act this way. Don't you care about me?" These were my constant thoughts.

When I first entered the program, my sponsor told me something shocking—he told me that my happiness and well-being were my responsibility. He told me it was and always will be up to me to make my life enjoyable and safe. "But what happens when they do this, or they do that?" I protested. "Put down the magnifying glass and pick up the mirror," he told me.

It took me awhile to see the profound wisdom of this new way of thinking. Once I put the focus on me, I regained the power to influence and direct my life and happiness. If I spend my time focusing on trying to control others, then I will forever be a victim. But when I place the power and responsibility where I do have some control—over my own life—that's when I begin to recover and regain hope. It's about the mirror, not the magnifying glass, today.

## ANONYMITY POLICY

The Old Schoolhouse Community Center dba Club Recovery of Citrus County, Inc. is now open for recovery meetings and much more. Club Recovery is dedicated to making the community center a safe and inclusive space for gatherings. Anonymity is of great importance to those in recovery. Be aware that not all who come to the center are in recovery. They may not understand anonymity and therefore we in recovery need to be kind, loving, patient, and tolerant. Those who are not in recovery need to understand that recovery is a personal, spiritual experience.

## Board of Trustees



# HERE TO HELP

## CITIZEN IN NEED OUTREACH EVENT

TO ASSIST ALICE (ASSET LIMITED, INCOME CONSTRAINED, EMPLOYED) POPULATION,  
UN-HOUSED, VETERANS, AND ANYONE IN NEED

**MAY 22, 2025 10AM - 2PM**

**OLD SCHOOLHOUSE COMMUNITY CENTER**

2415 N FLORIDA AVE, HERNANDO, FL 34442

## SERVICES PROVIDED

- HYGIENE BAGS
- HOT MEALS
- FOOD SUPPLY
- FOOD STAMP ASSISTANCE
- HAIRCUTS
- CLOTHING/BLANKETS
- SUBSTANCE USE RESOURCES
- MENTAL HEALTH RESOURCES
- PEER SUPPORT
- WOUND CARE
- VETERAN SERVICES
- PET SERVICES AND SUPPLIES
- EMPLOYMENT AGENCIES
- VACCINATIONS
- HEALTH SCREENINGS
- HEARING ASSESSMENTS
- CITRUS COUNTY HOUSING SERVICE
- PREGNANCY ASSISTANCE
- BICYCLE REPAIR/SERVICES

VISIT CCSD'S 'HERE TO HELP'  
PAGE FOR MORE INFORMATION



FOR MORE INFORMATION, CONTACT:  
BARBARA GSELL (352) 433-2462  
KATIE ANN HOPINS (352) 263-4894



## TRUSTEE MEETING

The Board of Trustees meets on the 2nd Saturday of every month at 11:30. We welcome your input by placing your comments in the suggestion box located in the hallway, or see a Trustee. Everyone is welcome to attend the meeting, but only Trustees have a vote. If you are interested in becoming a Trustee, bring it up at the meeting. Remember: safety and inclusivity are the objectives here.

## Meetings on May 22 will be on the lake.

The pavilion will be reserved all day by AA. At the 8:00 AM, the First Things First meeting, coffee and breakfast sandwiches will be served, while they last.

Sober Noon will also be on the lake.

## OLD SCHOOL NOTICE:

1. OSCC is looking for desk volunteers. See Carol for coverage needs.
2. OSCC is in need of cleaning volunteers. See Stephenie for needs.
3. OSCC welcomes the Dulcimer Group and Ukulele Group, who will now practice at OSCC.

## AA Meetings on May 22

The Pavilion at the lake is reserved for the day. The 8AM, First Things First Group will be serving breakfast sandwiches and home fries from Burger King along with coffee.

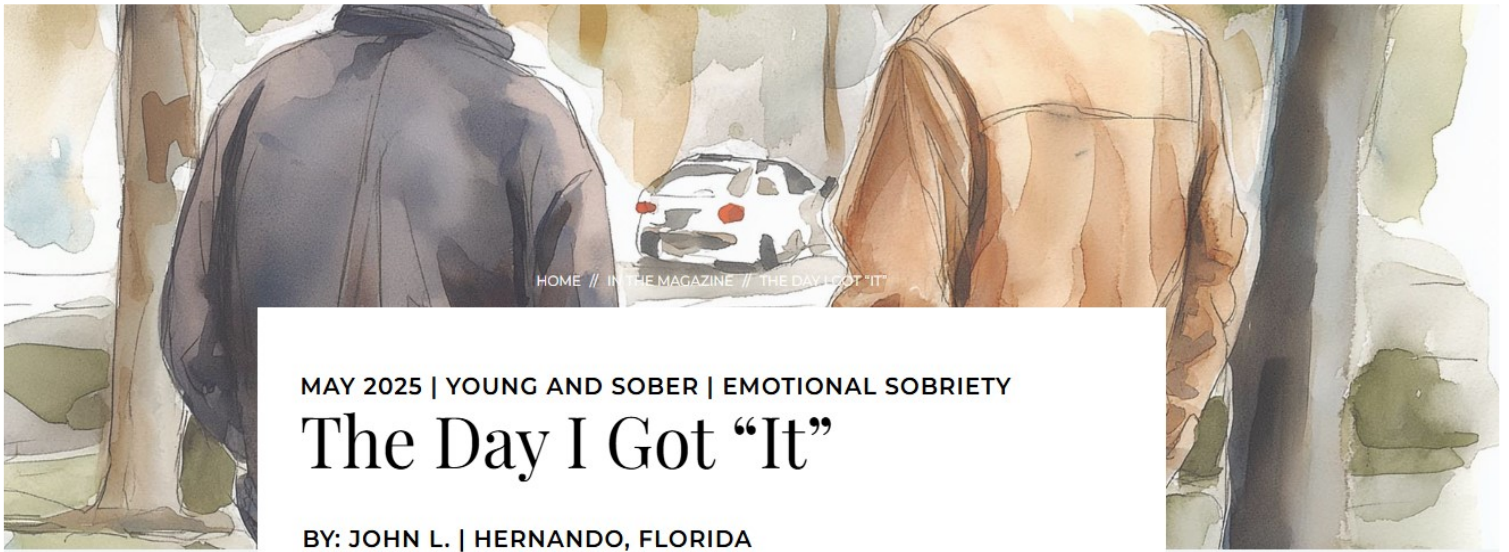
The Sober Nooners may be planning something special as well.

The event at the School ends at 2 P.M. so evening meetings will not be affected.

**Like Club Recovery on Facebook!!!**







MAY 2025 | YOUNG AND SOBER | EMOTIONAL SOBRIETY

## The Day I Got “It”

BY: JOHN L. | HERNANDO, FLORIDA

*Though trust was a huge issue, he finally went to “any length.”  
He picked up the phone and dialed.*

For years, AA members have shared catchy phrases that help us in recovery. For me, one of the toughest ones is from the chapter “How It Works” in our Big Book, and it’s read at every meeting: “If you want what we have and are willing to go to any length to get it ...”

In early sobriety I tried to understand this phrase. When I looked around the meeting room, I saw well-dressed members who drove fancy cars, and I wanted what they had. I’d see a biker with a pretty tattooed lady on his arm, and I wanted that too. But then there were the guys who just wandered into the meeting for cookies and a coffee. I didn’t want what they had.

My judgment on what the words “get it” meant was 180 degrees out of line with its true meaning. It took years, maybe 10 or so, before the light finally came on in my brain. The “it” they were referring to was not something material, but an inner peace or understanding that there is indeed a power greater than myself and that power loves me.

That “peaceful easy feeling,” to quote a phrase from an Eagles song, came at a price. It was a price I wasn’t willing to pay at first. Then one day I found a gun in my hand, and it was pointed at my head. A voice in my head said, “Either pull the trigger or start trusting in someone.” Until that point, trust was a huge issue for me. But that day I put down the gun and picked up the phone, which was, in its own way, equally as heavy.

Thank God there was a familiar voice on the other end when I made that call. It was

*Continue on next page*

my temporary sponsor. I had asked him to be my temporary a year earlier and this was the first time I called him. I'd figured just seeing him at meetings would be enough. I told him what I was contemplating and he said to meet him at the local sober clubhouse.

When I got there, he and I went and sat in the back while others played cards. I told him all about how I hated myself and how my program wasn't working. He agreed that "my program" might have some flaws in it, but said that the AA program had a sound track record of being helpful to guys like me. He told me how my fear of trusting people disappeared when I made the call to him.

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### **Is Vaping a Good Way to Quit Cigarettes? Is it Dangerous?**

Yes, e-cigarettes are dangerous and not a safe alternative to smoking. They contain nicotine, which is highly addictive, and the vapor they produce contains potentially harmful substances like chemicals, heavy metals, and volatile organic compounds. E-cigarette use has been linked to lung problems, heart problems, and other health issues.

Here's a more detailed breakdown of the dangers:

#### **Nicotine Addiction:**

Most e-cigarettes contain nicotine, which is highly addictive and can be particularly harmful to youth and pregnant women.

#### **Harmful Chemicals:**

E-cigarette vapor contains a variety of chemicals, including some known to be carcinogenic.

#### **Lung Problems:**

Vaping can worsen existing lung conditions like asthma, and it has been linked to serious lung injuries and diseases.

#### **Cardiovascular Health Risks:**

E-cigarettes can increase heart rate and blood pressure, and they may damage blood vessels, increasing the risk of cardiovascular disease.

#### **Unknown Long-Term Effects:**

While the short-term effects of vaping are becoming clearer, the long-term health consequences are still being studied.

#### **Gateway to Smoking:**

Youth who use e-cigarettes are more likely to start smoking traditional cigarettes later in life.

#### **Exposure to Hazardous Substances:**

E-cigarette aerosols can contain heavy metals like nickel, tin, and lead, as well as other harmful substance

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***"The AA program of recovery rests on a foundation of free choice...I come and go as I will."***

*Daily Reflections p.95*

*Written by Ted W—First Things First Group*

"Self will run riot", leads inevitably to admitting that my life was unmanageable and I was powerless to do anything about it. That powerlessness included my willpower. I did not choose to believe in a power greater than myself that would lead me to sanity. The AA

program informs me that I "came to believe."

While it may seem better to have choices, the recovered alcoholic can never conceive or act on the assumption that they can choose to drink like a gentleman. Drinking is never an option to the real alcoholic. Just like those suffering from "a hopeless state of mind and body" have no choice but to drink, those in recovery must always abstain from drinking. The freedom does not come with choices, but with the liberation from the compulsion or even the choice to drink.

"Not my will but Thine be done" is a concept central to the AA program, which encourages members to let go of their own will and desires in favor of God or a higher power's will. The fact that it is a direct quote from Christ in the New Testament, highlights that it refers to a perfect and complete surrender of one's will to God. To conclude, "I come and go as I will," makes me the God who decides what's right and wrong, which is no god.

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**"I am learning how to cope with life, people, and situations, not as I want them to be, but as they really are."**

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**Happiness is not something to be found, it's something to be created.**

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# Making Amends in Addiction Recovery

*Hazelden Betty Ford Foundation-Published Aug 04, 2020*

*When we make amends, we take another step into our freest, most authentic selves. Our accountability helps others heal, while our transparency helps us alleviate shame. We say to the universe, "These actions do not define me. My story is still unfolding, and in each and every moment, I am allowed to grow and change."*

Think of amends as actions taken that demonstrate your new way of life in recovery.

One of the telltale symptoms of alcohol or drug addiction is behaving in ways that go against your personal values and standards. That's why the Twelve Step recovery process includes the practice of recognizing how your behavior has harmed others and seeking to repair the mistakes and damage caused during your active addiction. Step Eight and Step Nine of AA (Alcoholics Anonymous) call this approach "making amends":

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

On the surface, making amends might sound as simple as offering a sincere apology for your treatment of others, but there's more to this cornerstone Twelve Step practice. Below, experts at Hazelden Betty Ford's Connection™ recovery coaching program answer frequently asked questions about this reconciliation process and why it's so vital to addiction recovery and spiritual health.

## What Is a Direct Amend?

In Twelve Step recovery from alcohol or other drug addiction, a direct amend refers to the act of personally addressing issues with people who have been harmed by our behavior or our treatment of them as a result of addiction. As outlined in Steps 8 and 9, the practice involves going back to those individuals to acknowledge the harm or hurt we have caused them and demonstrating our changed behaviors in order to provide them with the opportunity to heal. Whenever possible, a direct amend is made face-to-face rather than over the phone or by asking someone else to apologize on your behalf.

## What's the Difference between Making Amends and Offering an Apology?

Think of amends as actions taken that demonstrate your new way of life in recovery, whereas apologies are basically words. When you make amends, you acknowledge and align your values to your actions by admitting wrongdoing and then living by your principles.

In addiction, our actions and intentions aren't aligned. For example, we might intend to go to a friend's birthday party, but in actuality, we fail to show up for the event. While we might apologize later for missing the party, our apology consists of words rather than actions or changed behavior. And those words ring hollow when we repeatedly break our promises. So, to truly make amends, we have to offer more than words.

In recovery, our actions and intentions are aligned. An example would be telling someone

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how sorry you are that you stole from them and actually giving back what you took.

#### Are There Times When Direct Amends Are Not Advisable?

Yes. Step Nine states that we make amends "except when to do so would injure them or others." We don't want our actions to cause further damage, harm or stress. Also, we might owe amends to people we can't reach. In those cases, we can make amends in a broader sense by taking actions like donating money, volunteering our time or providing care.

We can also make amends by living very purposefully within the bounds of our principles. This is known as making living amends. For example, if we hurt people with our lying and we cannot make amends without further injuring them, we would make living amends by making a decision to behave and communicate with complete honesty.

It's also important to take great care when making amends to someone who is in active addiction because our primary responsibility is to safeguard our own health and recovery from substance abuse. If making an amends means exposing ourselves to triggering environments, we ought to reconsider and discuss healthy alternatives with a sponsor or addiction counselor.

#### Should I Try to Make Amends with Someone Who Doesn't Want to Hear from Me?

No matter how much we feel the need to make things right, forcing another to meet with us or hear from us is not part of the Steps. When those we've hurt are not able or willing to accept our amends, we can still move in a positive general direction by taking intentional steps to be of service to others or making living amends.

It's important to note that making amends is for the person we hurt. Yes, we partake in the process to "clean up our side of the street," but we do not make amends to clear our conscience or undo our feelings of guilt. If someone does not want to hear from us, we respect that and do our best to move forward with our recovery.

#### How Will Making Amends Help My Recovery?

Taking these actions helps us to separate ourselves from the disease of addiction. We come to understand that we are good people with a bad disease. Steps 8 and 9 help us to move out of the shame we have lived in, shame that feeds the cycle of substance use and addiction. We strengthen and reinforce healthy recovery whenever we do our part to repair relationships or reach out to others with support and understanding.

#### What If My Attempt to Make Things Right Goes Wrong and Things Get Worse?

It's important to have a plan in place before we reach out. We can't know for certain how another person will respond—or even how the interaction might affect us emotionally. So be sure to talk with your sponsor and/or support group about your plan in the event that you need support.

Remember, this is a Twelve Step process that can provide a platform for healing, but the person we are reaching out to may not be at the same place in healing as we are. We are only in control of our part—making and living the amends. As with alcohol and other drugs, we

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are also powerless over other people. We cannot control how others respond, whether they will forgive or whether they will hold on to negative feelings or resentments.

In the end, we are not seeking forgiveness. We are seeking accountability for our own actions and holding ourselves to the standards of our own values and our 12 Step program.

### Should I Work on Step Eight Alone?

Generally speaking, people work through the Steps of Alcohol Anonymous with an addiction treatment counselor and/or sponsor. You can also turn to AA's Big Book and Twelve Steps and Twelve Traditions (the 12 & 12) for guidance specific to Step 8.

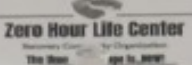
When first writing your list, don't worry about including everyone you have wronged. Start by listing the people closest to you. Over time, as you strengthen and deepen your recovery from addiction, you will undoubtedly revisit Steps 8 and 9 many times. Eventually you will find you are making amends day by day through the positive actions you routinely take in living by Twelve Step principles.

### What Is the Best Way to Make Amends?

There really isn't a "best way" for everyone. You need to find the approach that works best for you. Talk with your sponsor or others in your recovery community about what has worked for them. If your actions match your intentions and you reach out in person, you are doing the next right thing to right past wrongs. It's simple but not easy. And remember, if you are feeling ashamed about mistakes made and damage done during your using days, you are not your disease.

### How Soon Do I Start to Make Amends Once I Am Sober?

Once you enter into sobriety, there isn't a set timeline for working Steps 8 and 9, so you might want to ask your sponsor and recovery support network for their insights about whether you're ready. In Twelve Step recovery, your pace is your own to determine. No doubt you will experience challenges and setbacks along the way. But by prioritizing your recovery on a daily basis and doing whatever that next right thing might be for you, you will keep moving forward in living a life of good purpose.



*New Time*  
**NA GROUP**  
*Nature Coast Unity Group*  
 Friday Nights  
 6:00 pm – 7:00 pm

*New Monthly*  
**V.E.T.S. GROUP**  
*Veterans Engaging in Talk Support*  
**Beginning May 14**  
**6:30 pm – 7:30 pm**  
 2435 N Florida Avenue, Hernando  
*On the 2<sup>nd</sup> Wednesday of every month*



# *The Wisdom of the Rooms*

## *12 Months of Reflections for People in Recovery*

**"Once you change the way you look at things,  
the things you look at change."**

*By Machiel Z*

I've always heard that alcoholism is a disease of perception. For example, when I first got sober I kept hearing that it was a disease, but I never really saw it that way. Once I started to work my program and learned more about it, I began to look at it differently, and sure enough it changed! Now I see alcoholism as the disease it truly is.

As I continued to work the Steps and recovery, I began changing the way I looked at a lot of things, and they also began to change. For example, my past used to be a source of shame and remorse. But when I looked at it as a source of experience, strength, and hope that I could use to help another, my feelings about it changed as well. Through this new perspective, I gained a new appreciation for it, and my very past seemed to change along with it.

Today, I know that every situation in life is open to interpretation, depending on how I choose to look at it. To help me gain perspective, I sometimes pretend I'm part of a debating club and have been assigned the task of building a case for the opposite point of view. Forcing myself to look at something differently changes my opinion and, seemingly, the thing itself. It always comes back to how I look at things. Once I change that, everything else changes as well.

**"God is the answer, so now, what is the question?"**

*By Michael Z*

When I was a newcomer, I had a hard time with the God part of the program. "Higher Power" made it a little easier, but I still had trouble turning my drinking—and so the only way I knew how to live—over to something I didn't quite believe in yet. My sponsor suggested I make the group of drunks (G.O.D.) in the meetings my Higher Power because they could do something I couldn't: stop drinking. With that I was able to make a start.

While I began to see that the G.O.D. concept was working and that there might be something else helping to keep me sober, there was no way I was going to turn other areas of my life over. "God isn't going to give me money to pay my bills today, is He?" "It's up to me to make everything better in my life," was part of my early attitude. Only slowly did this change as I found that the more I did turn over, the better my life got.

Today, I understand the full meaning of the Third Step and prefer to turn as much of my will and life over to God as I can. Without exception, any answer or direction I receive from prayer or meditation with God turns out to be the best for me and all involved. Now, whenever I'm anxious or uncertain about something, I'm grateful to turn to God. And when I dwell with Him long enough, I usually forget what I was worried about to begin with. God truly is my answer today.

## A VISITORS VIEW OF AN AMAZING ACHIECEMENT

Thank You Club Recovery for the Winter 2024 and the Spring 2025

I am a 'Snow Bird' from the United Kingdoms. I spend the maximum time I can in the USA each year on my Visa which is six months. I first visited the Club Recovery AA rooms in October 2021 when I had just two months sobriety. I was welcomed into the Club Recovery AA programs and I have never looked back. Each fall since then, I have returned to the rooms of Club Recovery Citrus County and been made very welcome. For the last two years I have been an active member of the First Things First Group who meet at 8am on 6 mornings a week. I owe my continued sobriety (1355 days to now)

A quick recap of what has happened so far during my recent visit.

The existing club house had been home for many people in recovery for over 10 Years. It was a shock when it was made clear by the landlords of 2500 N Anvil Terrace that Club Recovery, would have to find a new home by Feb 2025. This news was a serious threat to the survival of the club and its recovery programs.

I will not name specific people as it was a team effort, with over 40 volunteers it total. You know who you are. Thank you so much.

The Club Recovery trustees quickly formed a team to focus on this mammoth task. They had to find a new home for Club Recovery and re-locate it with all of its 12 step program groups. As with all big changes and challenges, there were many discussions as to which direction the club should go. Also quite a lot of fall outs between members with different views. CR Survived and blossomed. A solution was found – The Historic School House building in N Florida Ave was proposed. The building had not been in use for many years and was neglected and dilapidated. It would require a great deal of work to make it fit for purpose.

Following extensive hard fought negotiations between CR trustees and Citrus County a deal was

reached. The Trustees worked hard on the detail and County approved the lease of the premises to Club Recovery. This was a significant achievement and there were many conditions to be met and renovations to be achieved.

The transformation took just 3 months and was remarkable it has to be seen to be believed.

The transition, from derelict building to working recovery and community center is nothing short of a miracle. The restoration work which had been estimated to take 3 years was completed in less than 3 months. Everyone stepped up and gave whatever service they could to make the dream happen. We are blessed to have a strong team and many skilled people within our recovery community and beyond, everyone took ownership of the project and pulled together.

Now Club Recovery has the bonus of more general non-profit community based programs as well as the recovery programs. The vision of a resource for supporting the local community has become a reality. This is what the County asked for and Club Recovery has delivered it.

Thank you all so much I look forward to visiting in Fall of this year .

This is an inspiration to me and many others in the recovery community in a much wider area. It shows what can be achieved when we all work our program together and support and serve each other. I am confident that with this new home - Club Recovery with the Community Groups will grow and prosper.

Grateful acknowledgement and thanks also goes to Citrus County officials for having the required confidence in Club Recovery, and its members and especially to our hard working dedicated Trustees and project manager.

I remain a grateful member of Club Recovery and thank each one of you, for supporting my sobriety journey with me so generously with Wisdom, Experience, Strength and Hope.

Turbo Tim UK

## How to Break Free from Codependent and Enabling Behaviors

When someone we love is suffering from addiction, we often become so attached to their health and happiness that we try to live their lives for them. Which makes all the sense in the world.

**But** the sooner we accept that there's no such thing as control—and our need for control is actually counterproductive to recovery—the sooner our loved one can stand on their own two feet and figure out what they need.

(Which, as it turns out, applies to us too.)

Healthy support encourages a person to address their addiction and all of its consequences. The concept of codependency and enabling sounds simple and straight forward—doing for a loved one what they can and should do for themselves—but it can be incredibly difficult to tell the difference between supporting and enabling a loved one.

So what's the difference? After all, enablers want to help their loved one, too, and codependency might feel like healthy support. But enabling allows the status quo—drinking or using drugs—to continue, whereas healthy support encourages a person to address their addiction and all of its consequences.

When we transition away from codependency and enabling, we can help our loved one realize the severity of their addiction, and guide them toward treatment and hopefully into recovery.

## The Most Common Codependent and Enabling Behaviors

Do you enable your partner or loved one? Here are five of the most common patterns found in codependent relationships where partners enable their loved one—and a few suggestions to change the dynamic.

### 1. Protecting a Loved One from the Consequences of Addiction

Rather than allowing a person to face the natural consequences of addiction, a person in a codependent relationship will try to shield their loved one from consequences—and enable them in the process.

This can take many forms, including paying a person's rent or debt, lying to people about a loved one's substance use, fixing their tickets or bailing them out of jail.

To stop codependency and enabling, you have to allow them to confront and manage the consequences of their addiction, even though it may feel unnatural, unloving or mean.

### 2. Keeping Secrets about Your Loved One's Addiction

When your loved one realizes their alcohol or drug use is considered problematic, they may ask or expect you to keep it secret so that their addiction can remain undisturbed. Or you might feel tempted to keep secrets in order to keep the peace.

This includes talking (or not talking) about their behavior while under the influence, like getting a ticket for drunk driving, or acting erratically or violently.

But your silence may keep their addiction going. Talk to family members or loved ones about your concerns, and consider attending Al-Anon or another support group where everyone shares similar experiences and everything is kept confidential.

### 3. Refusing to Follow Through with Boundaries and Expectations

One sign of codependency or enabling is the failure to follow through on boundaries and expectations.

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If you clearly outline your expectations and your loved one disrespects them, you have to follow through with your predetermined consequence, regardless of how painful it may be.

When you're unable or refuse to maintain boundaries, it says to your loved one, "There are no consequences to your behavior, and addiction is welcome here."

#### **4. Making Excuses for Your Loved One's Behavior**

In a codependent relationship, you can enable a loved one by explaining away all of their choices and behaviors.

You might think recent hardships legitimately explain a loved one's misbehavior, making excuses like "his new boss has been working him to the bone" or "she's had a hard time since she got the college rejection letter."

Although life circumstances can indeed cause undue stress, some things—like excessive alcohol or drug use—can't be explained away by stress. Addiction is addiction, regardless of external circumstance.

#### **5. Avoiding the Topic or Your Loved One Altogether**

The topic of addiction will understandably create some conflict. Your loved one may show signs of denial, where they refuse they have a problem with alcohol or other drugs. Or they may have decided that their drinking or drug use "is what it is" and are unwilling to change.

This is an obvious red flag that their alcohol or drug use is affecting you enough to cause pain, and they are unwilling to change their substance use.

You should clearly outline to them your expectations about alcohol or drug use, express your hope that they will attend treatment, then follow through on your predetermined consequences and attend support meetings in the meantime.

#### *Other Signs of Codependency and Enabling*

There are many additional signs that may suggest the presence of codependency or enabling, including:

- Giving money that is undeserved or unearned
- Blaming others for the loved one's behavior
- Viewing addiction and related behaviors as a result of something else
- Attempting to control things outside of your control
- Caretaking of the person who is addicted

With all that being said, there are a few shortcomings to the concept of enabling.

#### *The Concept Blames an Enabler for the Presence of Addiction*

When we point out enabling, it can feel like we're blaming a loved one for the presence of addiction. As in, "You enable him, so it's partly your fault." But no one is to blame for addiction, and it's okay to respond imperfectly to the disease—in fact, it's to be expected. We're all learning how to respond to addiction and move toward recovery, and that's what matters.

#### *The Concept of Enabling Ignores the Role of Physical or Emotional Abuse*

Sometimes an enabler will have no choice because their loved one reacts poorly if they feel unsupported or attacked, responding with physical or emotional violence. This is extremely complicated, and although someone may be "passively endorsing" a loved one's addiction through silence or other trademarks of codependency and enabling, we must always look after our own health.

Victims of emotional or physical abuse should contact authorities whenever possible, and reach out for help from support groups or meetings.

## The Teachings of Al-Anon: How to Detach with Love

Al-Anon, a mutual-help group for people with alcoholic friends or family members, pioneered the idea of detachment with love—and recovery for the loved ones of alcoholics.

A core principle of Al-Anon is that alcoholics cannot learn from their mistakes if they are overprotected. Detachment with love means caring enough about others to allow them to learn from their mistakes. It also means being responsible for our own recovery and making decisions without ulterior motives or the desire to control others.

Ultimately, we are powerless to control others anyway, and we cannot force them into recovery. Most family members have been trying to change their loved one for a long time, and it hasn't worked. We are involved with other people, but we do not control them. We realistically cannot stop people from drinking alcohol or using drugs.

Understood this way, detachment with love plants the seeds of recovery. When we refuse to take responsibility for other people's alcohol or drug use, we allow them to face the natural consequences of their behavior.

Our hope is merely to capture the spirit of the fellowships, and to approach people with the language they commonly use to describe the disease of addiction.

*"When fear knocks on the door, and faith answers, no one is home."*

When I was new in the program, I was afraid most of the time—afraid I wouldn't stay sober, afraid I wouldn't get a job, afraid "she" would leave me, and so on. It was a revelation to me when my sponsor told me that I couldn't be in fear and faith at the same time. He taught me that, in recovery, I had the choice to either dwell in my fear or to nourish and live in faith. I didn't know how to do that, but he showed me that the way to faith and freedom was through the Twelve Steps.

In the Big Book, there is a simple yet powerful line: "God is everything, or He is nothing." When I read that sentence, I realized I had one of the most important decisions in my life to make. I could either decide to keep living and practicing my self-will, and so continue cultivating fear, or I could turn my will and my life over to the care of God. The choice I make leads to a path of either fear or faith.

By working the Third Step on the unmanageability of my thoughts and life today—"I can't, He can, let Him"—I make a conscious decision to choose faith. Then, when life turns challenging and fear once again comes knocking, as it always does, my faith answers the door and fear is not invited in. Living in faith gives me the freedom and courage to live life on life's terms. And as a result, I'm much more comfortable in my own skin today.

## 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.

# MEETINGS AT CLUB RECOVERY

- SUNDAY:** 9:00am—Keep It Simple Group—AA—Closed Discussion  
2:00pm—Nature Coast Unity Group—NA  
3:45pm—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 Our Primary Purpose—AA—OSD  
6:00pm—Heading Home Group—AA  
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  
6:00pm—Heading Home Group—AA—Beginners  
6:30pm—VETS Group—Talk Support—**Held on 2nd Wednesday of month**  
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  
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  
6:00pm—Nature Coast Unity Group—NA  
7:30pm—Old Schoolhouse Men's Meeting—AA
- SATURDAY:** 8:00am—First Things First—AA—OD  
10:00am—Sober Nooner's Easy Does It—AA  
6:00pm—Heading Home Group—Speaker, AA

## Open Hours:

**Mon-Sat**  
7:30AM—9:30PM

**Sunday**  
8:30 AM-7:30PM

**Send Mail To:**  
2435 N. Florida Ave  
Hernando, FL  
34442

## Officers & Trustees

### Officers

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

### Trustees

Shawn P  
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John C  
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Stephen A  
Denise L  
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David K  
Bruce L

### Alternant Trustee

OPEN  
OPEN

## Committee's

Activities  
Barbara F

### New Facility Committee

OSCAR H  
BILL A  
MIKE G  
Stephanie L

### Facilities Management

Mike D

Offices Manager  
Stephanie L

### Volunteer Coordinator

Carol

### Website

CLUBRECOVERY.ORG  
DAN  
DAN@164fl.com

### Newsletter

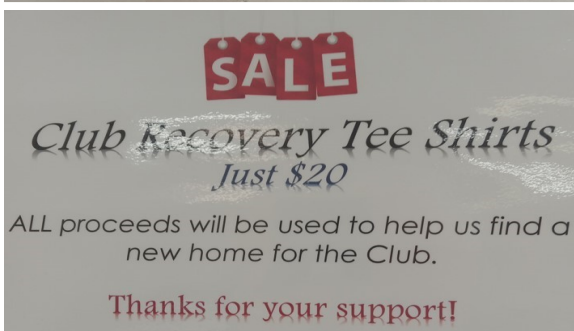
JOHN L  
SEND NEWS TO  
levasseurjohn@hotmail.com

### Meeting Coordinator

STEVE A

### Membership List

Stephanie L  
Meeting List  
Stephanie L  
Store Manager  
Carol



## 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*

## ANNIVERSARIES:

**MAY 2025**

### **Floral City Group**

Van .....42  
Mary .....35  
Tony .....29

### **First Thought Wrong Group**

George R..... 9  
Cheryl J.....39

### **Heading Home Group**

Rick C..... 37

### **First Things First Group**

Jim Mc..... 22

*This too shall pass*