

MAY 2017

DRAC Insider

**Pig/pork roast August 5th
advance tickets on sale \$10.00
tickets will be \$15.00 the day of the
event.**

**We are in need of speakers for a
monthly pot luck dinner.
The membership drawing is going
strong! Get involved !!!!**

**Chairman's Corner
The Alano
Alliance, is a
GROUP effort.
Please show some
support & interest
it is beneficial to
all clubs.**

Monday & Wednesday
Pay 1 month dues, get a free Special

Tuesday & Thursday nights
8pm-11pm large coffee \$1.00
MEMBERS ONLY

Friday night cooks choice
6pm til ?

Saturday
Burgers & hot dogs on the grill

Sunday
Ice Cream Sundaes

**Activities
Our annual pig roast is August 5th,
tickets are \$10.00 in advance &
\$15.00 the day of event.
have an idea? Submit it to us on
our webpage
downriveralano.com**

New This August

Tee'Licious Dessert Creations

T'Andra Stewart

tee'liciousdesserts.com

313-465-4506

Gourmet Chocolate Desserts and Treats
(ask for card at counter)

Summertime Fun

bbq every Saturday, come in and see Robin, she will cook you a burger or hot dog. Get chips or fries with that, non members add .50
we need volunteers for the pig/pork roast. See counter person !

Birthday & Milestone Celebrations

Belly Button Birthdays

Sober / Clean Birthdays

Don't forget to stop in the club
for your free birthday coffee or soda!

If you have a birthday or sober date to celebrate and aren't listed, please let us know so we can contact you.

These dates come from your membership card information.

If you aren't listed here, you can still be listed on the bulletin board in club so we can all join the celebration!

Monthly Raffle Basket

August Basket will be posted
on our web site !

12 Step News

Ever wonder how to Start a meeting?

Starting a meeting is easier than you may think. It will take time, patience and commitment, but if you know of a need in the community, it is worth it to carry forth the 12th step.

Here's the basic rundown to get started here at the Alano Club.

1. **Fill a need.** Is there a time slot, or meeting type that is lacking in our area? You want to ensure any meeting you start, does no conflict with other meetings of the type in the immediate area.
2. **Have people willing to help.** You will want to ensure that you have people willing to commit their time and effort to this as well. Meetings are not run by 1 person, they are Group meetings.
3. **Meet with the Chairperson.** This will enable you to find what days and times are available. If you are a brand new meeting, (not one that's been established on a day and time for years) the Alano Club is very willing to give you time to grow and get established.
4. **Gather your supplies and get your house in order.** Order literature you may need; hold a group conscience to decide on name, and type of meeting; report the meeting to your area and nation representatives; get the word out about your new meeting.

These are the basic steps to creating a new 12 step meeting. Though the order may vary, these are the very basic steps needed to get started. If you have any questions, please feel free to ask!

12 Step Coordinator Needed

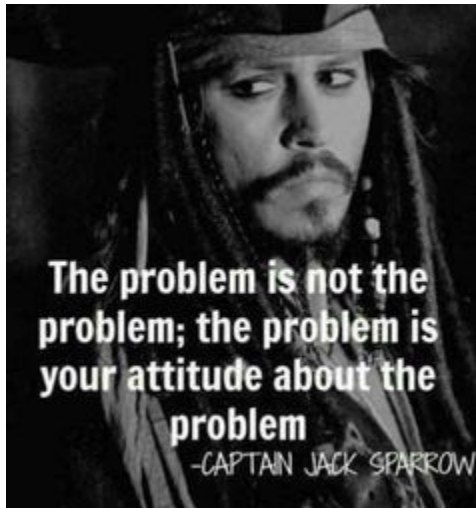
The newsletter needs a coordinator for both AA and NA to ensure that events planned will not conflict with upcoming AA or NA events. If you would be interested in helping, please let us know!

| Day | Time | | Day | Time | |
|------------------|----------|----|---|----------|----|
| Sunday | 10:30 am | AA | Thursday | 10:30 am | AA |
| | 12:30 pm | NA | | 1:00 pm | AA |
| | 6:00 pm | AA | | 6:00 pm | AA |
| | 7:30 pm | NA | | 8:00 pm | NA |
| | 10:00 pm | AA | | 10:30 pm | AA |
| | 12:00 am | AA | | 12:00 am | AA |
| Monday | 10:30 am | AA | Friday | 10:30 am | AA |
| | 1:00 pm | AA | | 1:00 pm | AA |
| | 7:30 pm | AA | | 7:00 pm | AA |
| | 10:00 pm | AA | | 9:00 pm | NA |
| | 12:00 am | AA | | 12:00 pm | AA |
| Tuesday | 10:30 am | AA | Saturday | 10:30 am | AA |
| | 1:00 pm | AA | | 1:00 pm | AA |
| | 7:30 pm | AA | | 6:30 pm | AA |
| | 10:00 pm | AA | | 9:00 pm | NA |
| | 12:00 am | AA | | 12:00 pm | AA |
| Wednesday | 10:30 am | AA | <p>Would you like to start a new meeting? Talk to a member of the board to find out how!</p> | | |
| | 1:00 pm | AA | | | |
| | 7:00 pm | NA | | | |
| | 10:00 pm | AA | | | |
| | 12:00 am | AA | | | |

Know of an area event happening with a 12 step program?
Please let us know so we can help spread the message!

If you have ideas for our Newsletter or website, please let us know.
Downriveralano.com
or like us on FaceBook
we are now on twitter

Humor & Tidbits



Dawn O'Hara
734-306-4445
 dohara22@marykay.com
 www.marykay.com/dohara22

MARY KAY

NEW WEBSITE
 If you didn't know, the club has a new website. You can find meeting times, Current Events, Upcoming Events, and more. You can even pay dues (through PayPal's secure site using your paypal or credit card) or sign up for events online. www.downrivalano.com



Hope Family Services

STEP Parenting Classes Plus & Anger Management

To register call 734-775-2476 or check www.hopefamilyservicemi.com for dates, times, locations and fees

Register online and save 10%

Must attend all classes and complete required homework. Certificate awarded upon completion.



Assurant Care LLC
 Caring for Your Loved Ones Like Family

Jeanie Fraser 313-563-0226
 2222 Beech Daly Ste 1
 Dearborn Hts. MI 48127 313-530-3739

"Whether we're new to recovery or long-time abstinent, having a sense of humor can prove immensely helpful. Not only do we benefit from a good laugh, it also helps relieve tension, eradicate stress and make our problems seem less formidable - if only for a time."

"Let me help you find your dream home!"

Free home market analysis!
 Call today!



Vanessa LaPalm
 Century 21 Premier
 (734) 286-7505



For the full article, you can go to addiction.com and search "sense of humor." There are also many other articles you may find useful.

Volunteer Opportunities

Activities Committee

One of the easiest ways to help the Club is to become involved in the Activities Committee. Joining this committee does not obligate you to do every part of every event, but it helps expand our pool of volunteers and bring new ideas about.

Throughout the year, we work on many things. From small things like football squares, to larger events, such as our yearly pig roast.

We brainstorm ideas, maintain a calendar of events, and plan a budget. Sometimes we cook, clean, decorate, host events and coordinate with other Alano clubs.

If you feel you can do any of these things, we would love to have you join us. You can do this simply by leaving your name with the counter-help, or attend one of our meetings. There is no minimum clean time required to get involved, and no money needed to help.



Lets try something different, instead of spreading negativity, step up & volunteer ! Be the change, spread positivity, get involved !

Volunteer Newsletter Staff

As you can see, we are working on updating and making changes to our newsletter. We would also like to be able to make more copies each month, to increase circulation.

Currently, we need volunteers to:

- Check with people who run home based or standard businesses to place ads
- Coordinate with meetings about 12 step news or meeting announcements
- Seek out original poetry, essays or artistry on any aspect of recovery
- Distribute newsletter to other area clubs
- Interview board members for current news or comments

Anyone interested in helping put together future newsletters, find people interested in advertising, or conducting interviews on a variety of topics, please contact me so we can add some variety and spice to our news.

Volunteers need to be willing to commit to at least a three month term, but there's really not a ton of work that has to be done. This generally amounts to a couple hours a month.

- Becca