

August 2018

DRAC Insider

We have been doing work to the building, a huge THANK YOU to those who donated their time ! We still have a lot to do & our volunteers are very much appreciated.

**Chairman's Corner
the lawnmower has broke twice, we are in process of fixing it, had to wait for the parts. Also, still working on the air/heat. These things take money & support from those who use the building is appreciated.**

Activities

Pig Roast Saturday August 4th fliers in the club. Tickets on sale in club \$12.00 each. This year we have a live band, 2 speakers, & the pig will be cooked & delivered. Also a bounce house for the kids.

**have an idea? Submit it to us on our webpage
downrivalano.com**

Our middle room is a great place to have a party, or baby shower. Come in for details.

Make sure you check out our website & Facebook page for events & information
downrivalano.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)

Please help us with the newsletter.
Events, meetings, ideas, etc...
submit ideas and things to the counter
help & we will get it posted.

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

we will have raffles at the Pig Roast.

Hope to see you their

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!

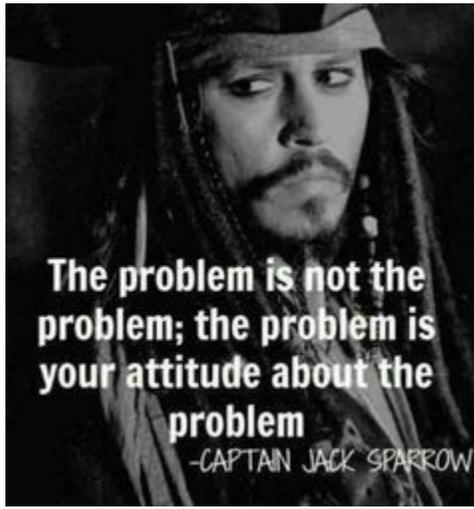
Day	Time		Day	Time	
Sunday	10:30 am	AA	Thursday	10:30 am	AA
	6:00 pm	AA		1:00 pm	AA
	7:30 pm	NA		6:00 pm	AA
	10:00 pm	AA		8:00 pm	NA
	12:00 am	AA		10:30 pm	AA
			12:00 am	AA	
Monday	10:30 am	AA	Friday	10:30 am	AA
	1:00 pm	AA		1:00 pm	AA
	7:30 pm	AA		7:00 pm	AA
	10:00 pm	AA		9:00 pm	NA
	12:00 am	AA		12:00 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.



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"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!"

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Vanessa LaPalm
 Century 21 Premier
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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.



**GET INVOLVED !!!!!
THIS IS YOUR CLUB TOO.**

Volunteer Newsletter Staff

The Newsletter gets updated every month. If There is something you would like posted, please submit it to out counter staff, in writing. If you are free to volunteer your time for our events please let us know.

Have ideas for our Newsletter? We would love to hear them ! AA/NA news?
Poetry ? Recipes ? Humor ? Would you like to Help ? We can't do it alone,
this is your voice, keep it simple, & positive, that is all we ask.

If you are in AA or NA & want events posted let us know!