

Keep Coming Back

Volume 2, Issue 5

May 2019

Business Meetings & Announcements

- Club 12 Board of Directors May 16, 2019 at 6:45pm.
- Volunteer opportunities available Check with Club 12 office



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Tyler Daigneau, Member at Large

I have had the distance privilege of serving on the Club 12 Board of Directors in several capacities over the years, and serving has enhance my sobriety immensely. I'm not going to talk about my sobriety though. Fortunately, I have been sober for 28 years by the Grace of God and the program of recovery as laid out in A.A.

I was fortunate in being one of the original founding members that started Club 12 thus giving me a chance to pass along the things I have learned over the years from my association with other clubs, spiritual retreats and old timers. I feel really good about being able to give back "what I was freely given."

One reason Club 12 was started was when the Columbine Massacre occurred many churches had schools in their facilities took extra steps for security reasons and affected the ability for A.A meetings to continue at those locations.

In addition, two incidents at the noon meeting at the Boone Methodist Church occurred. The first happened when an angry wet drunk crashed the day care and scared the children and teacher to death. Second, a tossed A lit Cigarette butte was tossed into a flower bed and caught wood chips on fire. Neither incident

was endearing us to the church.

These incidents enticed a small group of like minded members of the noon "One Day at a Time" group to decide that we needed different and central location for our members where we could control our own destiny. Thus, after a couple of months of searching for space. Negotiations with the Hunger and Health Coalition created that space and thus the birth of Club 12.

Club 12 has fulfilled my vision for a clubhouse I hope will continue to be a lasting legacy in Boone. I encourage anyone who wants to enhance and broaden their sobriety to get involved.

-Tyler Daigneau

Club 12 Survey Results

Last month Club 12 asked members and meeting attendees to answer a short survey about Club 12. We received just over 40 replies and the feedback reminds us why Club 12 is such a benefit for the recovery community in the Boone area.

There were many comments about having a safe, clean and central location for 12-step meetings. Social events also provided positive comments and appreciation. Participants of the survey live in

several counties including Watauga, Ashe, Avery and Caldwell.

Thank you to everyone who participated. We also welcome any comments or suggestions that arise in the suggestion box between the office doors.

Step Work: Step 5

The Fifth Step can be a daunting one. It's certainly an extension of Step 4 and the hard work done within that process, but it is more. Put simply: it is a form of confession. The principle associated with Step 5 is Integrity and clearly it takes effort and dedication to go through this process. Fear and shame are always ghosts skirting around step 5. Will my sponsor (or person who lends their aid) judge me or treat me differently afterwards? Why should I tell another about these things to begin with? Some find that using clergy or others in their life to talk with in this step is more comfortable than talking with close friends within A.A. Others

can't imagine telling anyone other than another alcoholic about these things within their past.

The process of admitting to God and oneself certain things, and not trying to justify or rationalize our behavior is a difficult one, but it gives a certain perspective of what we are; and many find provides a certain freedom. It can be seen as a starting place where we move towards what we hope and want to be. Admitting that we have certain traits also gives us a chance to think of how to change them. Some sponsors encourage people to focus on positive and negative traits in Step 4 and part of Step 5 can be about

**Admitted to God,
to ourselves and
to another person
the exact nature
of our**

reinforcing your strengths in order to change patterns that lead to behavior we don't want to repeat. Lastly, people often find that another person's perspective on what they have done, as well as new ideas on how to change can be useful. So many of the things we have done have powerful ties to them. However, for a third party, it can often be easier to stay in the solution. Ultimately it is about progress and not perfection. We move forward.

Tradition of the Month: Tradition 5

"Our unity is possible because our message is clear."

--Guiding Principles: The Spirit of Our Traditions p. 81

Service is a part of every group through the individuals helping other individuals. Group representatives participating in inter-group, district, area and regional service have important roles contributing to the fellowship as a

whole. Each member with experience of abstinence and the time to participate has something to offer. This is how unity is applied beyond working with one person. Area and regional service opportunities do not have obvious influence at the group level, but ask any member who found abstinence in prison, treatment or in remote places the importance.

**Each group has
but one primary
purpose... to carry
its message to the
alcoholic who still
suffers.**

Amazon Smile for Club 12



It is easy to support Club 12 when hopping on Amazon.com by using Smile. It can be used when purchasing any item on Amazon.

It is simple to use. When you are ready to shop or buy. Choose Smile and it will prompt you to find the organization. You will find us using Club 12 Inc and it will give the location, Boone, NC.

Smile can be used with or without Amazon Prime as well.

This method of income for Club 12 will not conflict with the spirit of the 11th tradition because it is just another way to receive donations from individuals rather than from a grant or other resources from the larger community.

Donate \$5 or more
& get a Club 12
T-shirt or
Coffee mug



Club 12 Board of Director

Meeting:

May 16, 2019 6:45 pm

(after the Happy Hour mtg)

Classifieds

Club 12

**Needs Your
Membership
\$50 individual
\$75 family
\$1000 lifetime**

Fun in Recovery

COMING IN MAY:

MUSIC, DANCING,
FELLOWSHIP

FRI, MAY 24

8:30 - 11 PM

Memorial Day May 27



Area & District Events

72nd NC State Convention

July 11-14, 2019

Raleigh, NC

Spring Committee
Meeting

& Area Assembly

Raleigh NC

CLUB 12

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Club 12

Recovery Meets Here

WWW.Club12BooneNC.com

A self-supporting, private nonprofit corporation

Comprised of dues-paying members

Operated by a volunteer non-paid Board of Directors

Purpose: to assist each individual in 12-step recovery by providing:

A meeting place for 12-step recovery groups

Social activities such as dances, special events and other gatherings

Private discussion rooms

Bookstore for recovery community

Service information for the recovery community

Support spiritual, mental, & physical welfare of recovery community

Wish List

Donations of snacks/drinks

Gift cards: snacks/coffee, office supplies

Carpet cleaning service or steam cleaner

Secure dishwasher to frame

Social Media/web site assistance