

Carvel Club Newsletter

Member Spotlight

Vicki V.

Sobriety Date: September 15, 1990

Home Group: Saturday Morning Breakfast Dialogue Meeting

What is your favorite memory from the Carvel Club?

Anxiously SLITHERING up the front steps of the Club to attend my first AA meeting. I picked the Saturday night candlelight meeting so I could hide. The topic was gratitude and I particularly remember the women sharing what it was like and what it was like now. They seemed to float with joy. And the fact that they found this life...this new way of living serenely WITHOUT alcohol made me experience the feeling of hope. It was the most powerful day in my life. Gratitude was the perfect topic for me that night

What is your favorite thing to order at The Club?

COFFEE and Bill's banana nut bread

How do you carry the message?

I hope.. one day at a time.. that I carry the message by living the Steps and Spiritual Principles, putting gratitude in action by being of service to others and "treating everyone as though they have a broken heart".

What is something you always share with a newcomer?

Don't drink one day at a time. I took that slogan to heart and held tight. And sometimes it was hard.

I try to assure people they are not alone and it will get better ONE DAY AT A TIME.

Listening is important too.

What is a funny or unique fact about yourself?

I finally get it that I'm NOT too unique nor the center of the universe (wow that's a huge burden on my shoulders!) and, I love having a good time. Gut belly laughter is great for my spirit so I'm always on the lookout for it.



Primary Purpose Day went off without a hitch!

A special thank you to District 24 for planning and executing a wonderful event!

November is Gratitude Month at The Club!

New members can join for half price!

To embrace the spirit of gratitude in recovery, the Carvel Club holds a membership drive each November, offering half price membership for new members. That means new members may join the Carvel Club for just \$65!

Did you know, only 30% of the Carvel Club budget is covered by meeting rents. A small part of the remainder of our budget is covered by food and token sales. **The MAJORITY of our budget is derived from MEMBERSHIP DUES AND CONTRIBUTIONS!**

There are so many ways you can support this year's membership effort:

- Join today as a new member.
- If you are already a member, encourage others to join. At the \$65.00 half-price membership, NOW is the perfect time!
- If you are a sponsor, give your sponsee an early HOLIDAY GIFT - a Carvel Club membership! You can help support the Club and your sponsee's recovery in a single gesture!

Memberships can be purchased at the Club counter or online at

www.thecarvelclub.org/signup

We have a great facility and great people here at the Carvel Club. But we need your support to keep the Club in good shape, for now and for the future. Thank you for demonstrating that "Gratitude Is An Action"!

The Club Celebrates Thanksgiving. Here's How YOU Can!

All regularly scheduled meetings will be observed on Thanksgiving Day. In addition, the traditional GRATITUDE MEETING will be offered in the upstairs meeting room at 8 a.m. If attendance at that meeting exceeds seating capacity, an overflow meeting will be opened up.

The Club will again provide a free Thanksgiving Dinner, catered by Sahms, at 1p.m. If you or someone you know has no family or friends with whom to celebrate the holiday or if you just love the warmth and fellowship that comes from being part of the Carvel Club's Thanksgiving gathering, please plan to join us - and spread the word. Donations to help defray the cost will be accepted up to the day of the dinner.

Hope to see you there!