

# New Valentine Alano Club

## ~ NewsLetter ~

### Admitted alcohol

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 ides hold honest human ideas improve incapable inventory lives meditation nature  
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NewsLetter  
 Volume 1 #2  
 Date- 06/01/2023

### What's New at the Club

#### What is NOT New(s) at The New Valentine?

**COLOR ! ! ! !** The New Valentine is hosting a **PAINTING PARTY!**

**Saturday June 24 11:30 AM to 5:00 PM and Sunday June 25 11:30 AM to 5:00 PM**

We Need You to make it a **PARTAY!**

**\*\*See Page 2**

#### **HASHTAG #thenewvalentine !**

**Helping and hardly even trying!** Would you like to help The New Valentine? Would you like to do it as simply as writing a Facebook Post.

**\*\*See Page 7**

#### *The Fun Does Not Stop*

**Live Music! Food! Games for Kids!**  
A sober Family Outing.

#### **Gentlemen's Pig and Lamb Roast**

All of that Benefitting The New Valentine AND Sister Ignatia House for Women!

**\*\*See Page 2 & All Announcements Page 5**

#### *And "Members Musings"-*

**Thoughts on Sobriety.** A great Contribution sent in by a grateful member. Inner Peace and sometimes NOT.

**\*\* See Page 3**

#### *Not To Mention- Concrete Help*

Improvements to the Building are ongoing . . .

**\*\*See Page 4**

#### **Table of Contents:**

Food, Fun, Fellowship	Pg. 2
A Member's Musing	Pg. 3
Volunteers	Pg. 4
For The Good of AA (Announcements)	Pg.5
Meeting Schedule	Pg. 6
Gratitude List	Pg. 6
Why, How Hashtag	Pg. 7
Financial Report	Pg. 8

## Food, Fun, Fellowship

**COLOR!!!** On Saturday June 24 11:30 AM to 5:00 PM and Sunday June 25 11:30 AM to 5:00 PM The New Valentine is hosting a

### **PAINTING PARTY!**

We just need YOU to make it a **party!**

We're planning on two shifts on Saturday and Two shifts on Sunday. See the Announcement on the web page at <https://www.newvalentinealanoclub.com>

We are hoping to get a lot of people for all shifts. We'll have food, fun, and fellowship AND **PAINT!**

**HELP US BRIGHTEN UP AN ALREADY BRIGHT PLACE IN OUR LIVES!**

#### Volunteer "Shifts"

##### **We Have Four Volunteer Shifts**

##### Saturday

11: 15 AM to 1:30 PM

&

1:30 PM to 5:00 PM

##### Sunday

11: 15 AM to 1:30 PM

&

1:30 PM to 5:00 PM

#### How To Volunteer!

~ email [nvacmembers@yahoo.com](mailto:nvacmembers@yahoo.com) with "Paint" in the subject line, your name, email, and the volunteer shift(s) that is best for you.

**OR**

~ Go to Our Website, go to Contact Us, write *Paint Volunteer* in the message, include your name, email, and the volunteer shift(s) that is best for you.

**OR**

~ Sign up at New Valentine Alano Club on the sign up sheet. Write your name, email, and the volunteer shift(s) that is best for you.

~ The Fun Does Not Stop ~

Live Music! Food! Games for Kids!

*Gentlemen's Pig and Lamb Roast*

A Sober Family Outing.

**Saturday July 22**

ALL ARE WELCOME. 11:00 AM to ?? PM

~ Kids games all day . . .

~ Food starts at 2:00 PM . . .

~ **LIVE** Music starts at 5:00 PM . . .

**ALL Donations Benefitting The New Valentine**

AND

**Sister Ignatia House for Women**

Location- Stockyards Garage 505 W Root St 60609

This really will be an amazing day.



## Member's Musings

### Thoughts from fellow AA Members

This month:

**Curtis C. -**

**Lincoln Park Alano Club**

As I grow in this program of Life . . . I am learning so much about inner Peace and Emotional Sobriety . . . Learning and becoming aware of the other things that can get me drunk . . . This disease comes in more than just a bottle or a little plastic bag . . .

I must pray as I go out the door every morning because it's waiting on me in many forms out there, too— sometimes in my own home . . .

Looking to take my peace . . . And get me drunk . . .

Maybe not with drugs or alcohol . . . But a shot of resentment . . . Will do it . . . Or maybe a bowl of expectations . . . Even could be an eye full of lust . . . Sometimes its an earful of gossip , , , how about a glass full of self pity . . . Or a cup full of Ego . . .

All can get me drunk and rob me of my Peace . . . Just talking about me . . . God help me to stay Sober physically, Mentally, and Emotionally TODAY . . .

*Curtis- Thank you !*

.....  
**Email Address for**  
"Members Musings"



**nvacmembers@yahoo.com**  
.....

### *This Month's* **A Member's** **Musings:**

"Member's Musings" page.  
*This is your page.* We would like to see your thoughts about sobriety, your Experience, Strength, and/or Hope in AA. Just a short piece on AA related thoughts of 400 words or less. Please send to our email address and include your first name and first letter of your last name to [nvacmembers@yahoo.com](mailto:nvacmembers@yahoo.com)

#### **For this month:**

I met Curtis at LPAC and he was kind enough to include me on his daily thoughts for the day. When asked if I could use his Friday May 19 message, he did not hesitate to say of course.

Anyone who receives The New Valentine NewsLetter is able to contribute.

**Please send us your**  
**"MUSINGS."**

**nvacmembers@yahoo.com**

*New Valentine Alano Club*

## *New Valentine loves*

### Volunteering = Service

*You've got to give it away to keep it!* New Valentine Volunteers give their time and energy just to be of service. Anyone can volunteer at New Valentine.

#### **What is there to do?**

- Volunteering can be chairing a meeting.
- Volunteering at our **weekly Breakfast Meeting** (show up 8:15 AM)
- Volunteering for our two 5:30 PM Food Meetings by arriving early for set-up or stay for clean up.
- Our monthly Saturday Spaghetti Dinners from October to April.

*OR* just come early for meetings at the club to greet fellow AA members. Be at the club at times between meetings for our residents and for fellowship. Be of service to newcomers. We are open daily 8:00 am to 10:00 PM, 7 days a week for all Club members.

We always want VOLUNTEERS

At the **PAINTING PARTY**

*We Want you at the Breakfast!*

*We Want You to Chair a Meeting!*

*So Come On By*

Contact us for more info: <https://www.newvalentinealanoclub.com/>

### Not To Mention- Concrete Help

We are very excited that Accurate Exterior & Masonry will be starting work tuck pointing and replacing damaged brick along the South wall by the alleyway off Lock St. Scheduled to start 06/07/2023. This work will go a long way to insulating The New Valentine as well as bolstering the structure overall.

Heritage Contractors will be back to replace a window on the front stairway landing, as well. The frame around the window is rotted and the window itself has been cracked for along time. The window is on order and we should see repairs completed soon!

**And**, as announced last month, we are working with Alderperson Nicole Lee on getting our sidewalks replaced by the city. She has graciously agreed to review the situation and reviewing what is needed. **Thanks to Patrick C.'s contact with Ald. Lee**

This is all to make the New Valentine building a structurally safe space. This, along with it already being a spiritually safe place,.

**For the Good of AA**

**Food, Fun, Fellowship  
And  
Paint**

Wanna help brighten up the Meeting Room?  
have some food and refreshments?  
& make it a "Party?"



Here's How you can help.

**Volunteer Shifts**

We have TWO shifts for Saturday June 24:  
**11:15 AM to 1:30 PM & 1:30 PM to 5:00 PM**  
and TWO Shifts for Sunday June 25:  
**11:15 AM to 1:30 PM & 1:30 PM to 5:00 PM**

**How To Volunteer**

- Go to Our Website, YOUR ALREADY HERE, go to Contact Us, ABOVE, and write *Paint Volunteer and the Shift(s) you are available* in the message Box **OR**
- Send an email with "Paint" in the subject line and Your Name in the email and *the Shift(s) you are available* in the email. , and send to: [nvacmembers@yahoo.com](mailto:nvacmembers@yahoo.com) **OR**
- Sign up at New Valentine Alano Club at the front desk, Name, email and *the Shift(s) you are available*

*We would love to see you!!*

**Women's Meet-Alano-Run-Golf-Race**



**Summer —Food—Fun—Fellowship**

**MIDWAY FELLOWSHIP CLUB**  
56 73 11 63 / 1 ST  
Chicago

**WOMEN'S MEETING**  
**FRIDAY 7:30 PM**

**C.P.R. GROUP**  
**Chicago Printers Row LGBTQ+ Group**

every saturday morning  
10:00 AM

grace place  
657 s dearborn st  
second floor

**SAVE THE DATE**

**GUILDHAUS MILLION DOLLAR BREAK**  
Sunday, June 4th

**SWING FOR SOBRIETY**

SILVER LAKE COUNTRY CLUB  
14700 S BIRD AVE  
GOLF PARK, IL

\*T-shirt  
\*18-hole scramble  
\*Lunch @ turn  
\*\$150/Golfer

To register for  
million-dollar-break or to book on calendar  
TEXT "Golf2023" to 708-419-4757

Visit our website: [www.guildhaus.org](http://www.guildhaus.org)

NEW VALENTINE ALANO CLUB IS  
PLEASED TO ANNOUNCE...

**An Al Anon Meeting  
AT The New Valentine**  
Every Thursday @ 7:15 PM

**Starting Thursday  
April 27**

ALANON HAS BUT ONE PURPOSE:  
TO HELP FAMILIES OF ALCOHOLICS.

**Help us Spread the news!**  
Please share with anyone you know.

**GUILDHAUS ALUMNI ASSOCIATIONS**

**ANNUAL PIG ROAST**

Kennedy Park-113th & Western, Chicago

**SATURDAY  
AUGUST 26TH, 2023**  
1PM-5PM

**FOOD, FUN, FAMILY & FELLOWSHIP**

\*Tickets include: food, entertainment & raffle\*  
Food served at 2pm

<p>1st Place: \$200 2nd Place: \$200 3rd Place: \$100 4th Place: \$50 5th Place: \$50</p>	<p><b>Kid's Games</b> Face Painting &amp; PRIZES! -50/50 Raffles -Bingo</p>
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LIVE BAND  
Big tournament starts 3 pm  
\$5 per 2 person team. 1st & 2nd place prizes!

**SAVE THE DATE**

**Guildhaus**

**BLUE BRIDGES 5K**  
RUN/WALK  
SPONSORED BY GUILDHAUS

**SEPTEMBER 24TH, 2023**

FOLLOW OUR FACEBOOK PAGE OR  
WEBSITE FOR UPDATES!

GUILDHAUS - 2415 CANAL STREET,  
BLUE ISLAND, IL 60406

In-Person Meetings & Topics

Monday

10:00 AM — Big Book  
8:00 PM — 12 & 12

Tuesday

10:00 AM ?  
5:30 PM — Daily Reflection  
Hamburger meeting

Wednesday

10:00 AM — Steps 1-2-3 in 12&12  
8:00 PM — Big Book

Thursday

10:00 AM — Reading Topic  
5:30 PM ??  
Hot Dog! Meeting

7:15 PM — Al Anon

Friday

10:00 AM ?  
8:00 PM — As Bill Sees It

Saturday

9:00 to 9:45 AM — Breakfast!  
Then  
10:00 AM — Speaker Meeting

8:00 PM — Open Topic

Sunday

10:00 AM — Daily Reflection  
5:30 PM As Bill Sees It  
8:00 pm Big Book

With Gratitude!

- For replacing our Gutters- John P and his Heritage Contractors



(773) 887-0268 —  
www.heritagecontractors.net

For tuckpointing and brickwork.

2855 S Normal Ave  
Phone: [1-773-592-4535](tel:1-773-592-4535)



- For Food Warmers

A Generous Donation by Trese P.

We Could Use Your Help

Things NVAC needs.

- We are looking for new (to us) Meeting Room **Chairs**. Do you know any group or establishment who is getting rid of 30 to fifty chairs that are in decent to good shape?
- We are in need of clothes, small house décor, or small appliances for our **Yard Sale**. Date to be announced
- We are looking for a new **Soda Machine**. Any ideas about where we can get an *inexpensive* one?

	10 AM	5:30 PM	8PM
MON	JEREMY B. BIG BOOK	[Redacted]	ALEX'S Red Book
TUE	Fidel OPEN DIS	MICHAEL AS BILL SEES IT	[Redacted]
WED	MIKE R. STEP 1-2-3	[Redacted]	OPEN
TH	COREY GARDEN	Bill GRAB BAG	[Redacted]
FRI	ROY DISCUSSION	[Redacted]	Mary Chris AS Bill Sees IT
SAT	Breakfast	[Redacted]	DAVE B.
SUN	SKID DAILY REFLECTION	[Redacted]	Matt. Big Book

NEXT BOARD MTG 5/6

**HASHTAG #thenewvalentine !  
Helping simply and effectively.**

**WHY?**

Meeting attendance has been down since the pandemic, and as a way to bring people back to the rooms of AA for recovery we are introducing Hashtags, a proven cheap, **easy**, and effective, and a fun way to widen the reach of an organization. It will bolster meeting attendance and alert more AA's to support meetings and the newcomers. It is "the hand of AA" to those in need. In other words- AA (newcomers). It will also carry the news that The New Valentine, as a Sober Living Facility, is unique among other Alano Clubs .

We encourage everyone within the reach of this email to use the list of #'s relevant to sobriety-

**HOW?**

See the links below that will take you to our official FaceBook page. Start writing a post on our FaceBook page. Anything, such as, "At the Sunday meeting this morning. Lots of good insight on the Daily Reflection"

To effectively add a hashtag, you can add in the sentence and afterward.

"At the Sunday meeting #newvalentine this morning. Lots of good insight #grateful #recovery #powergreaterthanourselves #twelvesteps #twelvetraditions #alcoholism #drbob #billw #friendofbillw on the Daily Reflection"

#recoveryjourney #alcoholism #rehab #sobercommunity #love #nomatterwhatclub #cleanlife #addict #livingclean #recoveryisworthit

Adding any hashtag(s) in the middle of your post will enlarge the reach of your post. Any other sites that use the words of a hashtag may see you posting.

#thenewvalentine is certainly our main hashtag, as it will bring other posters back to our website and Facebook page. So, what The New Valentine does will be visible to a much larger audience. There is more visibility, a chance for more service work at the club, and we maintain our anonymity.

**Won't you please help us spread the word. It is as easy as PIE**

**See below for links to our Facebook and the most popular hashtags to other recovery links associated with AA. Use one, use all, and make sure we use #thenewvalentine**

Copy and paste The New Valentine FB link below

<https://rb.gy/6gymk>

#thenewvalentine

#recoveryjourney #alcoholism #rehab #recoverywarrior #drugfree  
#sobercommunity #love #sobermom #recoverycommunity  
#motivation #selflove #drugaddiction #hope #addictiontreatment  
#recoveroutloud #basictext #nomatterwhatclub #cleanlife #selfcare  
#addict #livingclean #recoveryisworthit #keepcomingback #healing  
#serenity #twelvesteps #sober #grateful #recovery  
#powergreaterthanourselves #twelvesteps #twelvetraditions  
#alcoholism #drbob #billw #friendofbillw



*Scan above  
for FB on  
your phone*

## Financial Statement

The New Valentine  
Alano Club:

### Mission Statement

The New Valentine Alano Club's mission is to support a Sober House that provides beds, food, lodging and a healthy atmosphere of recovery for men **who** are reaching out for help, expressing a desire to seek sobriety, and **who** are willing to try this AA way of life.

### In The Spirit Of...

While New Valentine Alano Club is a separate organization from Alcoholics Anonymous, NVAC is dedicated to creating an atmosphere of recovery in the spirit of AA's 12 Steps and 12 Traditions.

The New Valentine  
Alano Club

2997 S Archer Ave,  
Chicago, IL 60608  
(773) 843-0296

### NVAC Treasurer's Report 6.4.23

**1. Bank Account Balances**      **7-May**    **4-Jun**  
Lakeside Bank                      \$5,080    \$4,409

People's Bank                        \$2,300

### 2. Upcoming Expenditures

Insurance - June Payment                      \$964  
Window Repair                                      \$800  
Masonry Repair                                      \$1,650  

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\$3,414

### 3. Average Income and

Expense Income	Week up to Fri-		Total April	Total May
	Average day Per Week	6/2/202 3		
Meeting Income				
Hamburger Meeting	\$46	\$35	\$216	\$183
Hotdog Meeting	\$34	\$16	\$139	\$141
Saturday Breakfast	\$516	\$538	\$1,883	\$1,807
Other Meetings	\$181	\$160	\$805	\$678
<hr/> Total Meeting Income	\$778	\$749	\$3,043	\$2,809
Spaghetti Dinner	\$120	\$0	\$900	\$0
Membership	\$60	\$0	\$240	\$220
Donations	\$130	\$0	\$720	\$117
Rent	\$48	\$0	\$0	\$630
<hr/> Other (literature, soda,	\$23	\$26	\$95	\$56
<b>Total Income</b>	<b>\$1,159</b>	<b>\$775</b>	<b>\$4,999</b>	<b>\$3,832</b>
 <i>Total less Spaghetti Din-</i>	 <i>\$1,039</i>		 <i>\$4,099</i>	
<b>Expenses - weekly</b>				
House Management	\$377	\$398	\$1,520	\$1,540
Food - debit card pur-	\$396	\$363	\$1,476	\$1,732
Supplies - Costco	\$102	\$0	\$267	\$586
Other Debit Card Pur-	\$24	\$0	\$267	\$18
Utilities	\$184	\$0	\$970	\$691
Insurance	\$60	\$0	\$0	\$0
<hr/> Total Expense	<hr/> <b>\$1,143</b>	<hr/> <b>\$761</b>	<hr/> <b>\$4,501</b>	<hr/> <b>\$4,566</b>
<b>Net Income</b>	<b>\$16</b>	<b>\$14</b>	<b>\$498</b>	<b>-\$734</b>
 <i>Net Income less Spa-</i>	 <i>-\$104</i>		 <i>-\$402</i>	