

CASA News

How I Ended Up At CASA

By Janice H.

I am a real alcoholic as described in the Big Book. I began drinking when I was around 16 or 17 years old. Daytona Beach was a great place to live for a budding alcoholic. I believe alcoholism is a family disease, and most likely goes back hundreds of years in my family. My father was an alcoholic of the mean and nasty variety. He was a West Point graduate with a very promising future, but died alone in a VA hospital at the age of 48. The coroner reported cirrhosis of the liver, but not that it was caused by alcoholism.

I grew up mostly afraid, wanting to be invisible and feeling that I didn't belong anywhere, until I discovered alcohol - the solution for ALL that I thought was wrong with me! Drinking allowed me to feel like I belonged. I could be happy, joyous and free from fear – except for a barely noticeable deep inner knowing that something was missing in my life, something meaningful. My last three years of drinking (from 30 to 33 years old), after losing both my mother and boyfriend to cancer, were filled with blackout drinking and driving, missing an increasing amount of work because of severe hangovers, and planning my next drink. After verbally abusing my precious niece who was only 8 years old at the time during a blackout, I knew my drinking had to end. I walked into AA in 1989 and haven't had or craved a drink since, purely through God's grace.

However, I only remained in AA for one year, thinking "I got this now." Some years later I became addicted to a prescription drug for anxiety which landed me in detox resulting in a re-introduction to AA where I immediately felt at home. Not long after I was released from detox, I made CASA my homegroup – it was love at first sight of the doublewide trailer! Well, almost love at first sight, but I knew I was in the right place!

I have been sober and free from alcohol and prescription drug abuse for a little over five years. I discounted what I heard in the beginning, things like "it gets so much better" and "life is more beautiful than I could ever have imagined." This, and so much more, has all come true for me. I have made the most wonderful friends in the program. These friends carried me when I didn't think I would make it, including surviving breast cancer and my own daughter's struggle with alcoholism. Through it all, I have remained sober with endless gratitude that I may now share the solution to this deadly disease with others. And last, but NOT least, my ever-growing relationship with God has been, and continues to be, an indescribable gift...truly amazing grace.

The **CASA Board** meets on **Wednesday, April 11**, at 7:30 pm. As you can see, (look to your right) the Board consists of a very diverse group of characters.

Everyone is welcome to attend. We need your input!



CASA Breakfast

Join us for breakfast on Sunday, April 8, from 9:30 am—10:30 am. Feast on the best custom made omelets prepared by **Mark H.**

Please bring a side dish like hash browns, sausage, bacon, fruit, etc. Mark could also use some help with setting up & cleaning up. So, get there early & stay late.

It's the best deal in town! \$3.00 for CASA members & \$5.00 for all others.



Mark H. is thinking about the secret ingredient in his omelets.



Mark, quit goofing on Elvis (Hey baby!) and start making some omelets!

To receive this newsletter by email, please contact **Carla H (aka Tooty Flooty)** at: casa12news@gmail.com. Tooty will put you on the anonymous distribution list.

Notes from the Editor

If you would like to submit an article to *CASA News*, or just make some silly comment, send it to: april_nuts@yahoo.com



**OUR
BUILDING FUND
COULD USE A
BIT OF A BOOST...**



See pledge form on page 3.

Happy Hour Speakers



April 4.....**Trey Mc.**
April 11.....**Mike M.**
April 18.....**Carla H.**
April 25.....**Opal K.**

**Every Wednesday Night
at 6:15 at CASA**

Birthday Night at CASA takes place the last Friday of the month. Covered dish 6:00–6:30 pm, then birthday celebrants share their shenanigans 6:30–7:30 pm.



We are not a glum lot! If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life. We try not to indulge in cynicism over the state of the nations, nor do we carry the world's troubles on our shoulders.

March Birthdays

Shanna6 years
Debbie R.....12 years
Suzy P.....13 years
Jan S.....31 years



CASA Building Fund

Donor Information (please print or type)

Name	
Street address	
City	
State & Zip Code	
Telephone (cell)	
E-Mail	

Pledge Information

I (we) pledge a total of \$_____ to be paid: monthly quarterly yearly.

Signature(s)
Date

Payments can either be mailed to the below address or placed in an envelope in the clubhouse safe. Or go to www.casa12inc.org and make your building donations online.

CASA-12, Inc. Building Fund
P.O. Box 12391
Tallahassee, FL 32317-2391

Contributions are Tax Deductible and will go toward the purchase of a permanent building for CASA-12, Inc. Clubhouse. Thank you for your support!



Meetings at CASA-12, Inc.

All Meetings Are Open

2410 Monday Road
Tallahassee, Florida 32301

Mondays - 7:00 a.m. - Conscious Contact AA meeting - (Meditation, Casita)
12:30 p.m. - Living Sober AA meeting
4:30 p.m. - Al-Anon meeting
6:15 p.m. - Happy Hour AA meeting

Tuesdays - 7:00 a.m. - Conscious Contact AA meeting - (Meditation, Casita)
12:30 p.m. - Living Sober AA meeting
6:15 p.m. - Happy Hour AA meeting

Wednesdays - 7:00 a.m. - Conscious Contact AA meeting - (Meditation, Casita)
10:30 a.m. - *Drop the Rock* meeting
12:30 p.m. - Living Sober AA meeting
6:15 p.m. - Happy Hour AA **Speaker** meeting

Thursdays - 7:00 a.m. - Conscious Contact AA meeting - (Meditation, Casita)
10:30 a.m. - Tears & Laughter **Women's** AA meeting
12:30 p.m. - Living Sober AA meeting
6:15 p.m. - Happy Hour AA meeting

Fridays - 7:00 a.m. - Conscious Contact Open AA meeting - (Meditation, Casita)
12:30 p.m. – 1. Living Sober AA meeting
12:30 p.m. - 2. Al-Anon Meeting (Casita)
6:15 p.m. – Happy Hour AA meeting

****Last Friday of each month is our Sobriety Birthday Meeting**, for those who attend AA meetings at CASA. Covered dish starts at **6:00 p.m.**, followed by celebrants **6:30-7:30 p.m.**

Saturdays - 9:00 a.m. - Conscious Contact AA meeting – (Meditation, Casita)
11:00 a.m. - Living Sober AA meeting
6:15 p.m. - Happy Hour AA meeting (12 & 12 Book Study)

Sundays - 9:00 a.m. - Conscious Contact AA meeting - (Meditation)
(On the 2nd Sunday of the month, it meets at 8:00 a.m.)

****CASA Breakfast** from 9:30 to 10:30 a.m. on the **2nd Sunday** of each month.

11:00 a.m. - Living Sober AA meeting
6:15 p.m. - Happy Hour AA meeting (Half and Half Book Study)
8:00 p.m. - Miracle Group AA meeting