

FSC Today

Unity-Service-Recovery

July 2012

Purpose of Organization

Fitchburg Serenity Club is a non-profit corporation for recovering alcoholics, addicts, their families and friends, who follow a 12-step program of recovery. FSC provides space for meetings, the opportunity for fellowship, and endeavors to offer a safe, secure, positive environment for recovery.



President's Message - "This Old Clubhouse"

Over the years we take on some pretty big projects at the clubhouse which means we can only work on one or two a year. Members have a virtual truckload of questions for us on smaller projects and we're ready to answer these as they arise. Both past and present Board members continue to resolve the steady stream of improvement issues faced by both members and visitors.

For those of you not yet aware, we're facing significant property issues surrounding the roof and the structural integrity of the building. Over the last several months member-architect Greg E. has been busy preparing a detailed report intended to outline these issues and to define the requisite repairs needed. At our June Board meeting he provided preliminary statements to include a repair cost of "as much as \$250,000.00." If his final report confirms this projected expense then we'll be forced to make some serious decisions to include repairing the building or possibly relocating. The current Buildings & Grounds committee is already scheduled to review Greg's written report and only then can we come up with a tentative plan for resolution; until then, please be patient.

For those current members who would like to participate in the decision making process rest assured you will be included. However, the most obvious needs right now are cash contributions and/or concrete solutions about how to proceed.

Respectfully,
Harold Stafford

The Hospitality Committee would like to invite everyone to a Celebration of Freedom.

When: July 4th from noon to dusk. Food will be served at 1:00 pm

Where: FSC Clubhouse

What to Bring: Dish to pass, yard games, lawn chairs and instruments for an "open air jam".

FSC will provide brats, burgers, hot dogs, buns and bottled water.

★ ★ Please DO NOT bring fireworks as the grounds are too dry this summer.

This is also a great opportunity to promote Membership as in "if we want to have great get-together's like this we need to support the clubhouse."

We look forward to seeing you there.

FSC Hospitality Committee

FSC Address Change

FSC is no longer using the PO Box address. Mail is being delivered directly to the Clubhouse location. The Clubhouse address is:

**Fitchburg Serenity Club
6048 McKee Rd.
Madison, WI 53725**

Please make a note of it.

Thank You



Did you know that FSC has its own website?

www.fitchburgserenityclub.com

It contains schedules, contact information, map, latest news and more. You can even pay memberships dues securely with PayPal. As stated on the website, "We hope to build an online community to offer you up-to-date meeting and club information, as well as continued online support." Therefore, we welcome your comments and suggestions.

New Bicycle Rack

The FSC has a new bicycle rack located in a shady spot in the parking lot. We want to encourage our members to ride their bicycles to meetings at the FSC, especially on these nice summer days. We are very fortunate to be located by some extremely nice and convenient bike trails which make it easy to pedal to meetings. So dust off that old Schwinn and cruise on down to your favorite meeting!
Tony A.

Suggestion Box

Be on the lookout for a box with suggestion cards that will be installed by the safe in the lobby. The cards are for our members to write down their suggestions, comments or ideas for the FSC Board. The filled out cards can be dropped in the safe where they will be collected weekly and passed along to the Board. You can remain anonymous if you choose or you can provide contact information if you would like to receive a response to your submission.
Tony A.

JUNE 26

*But what is happiness except the simple harmony
between a man and the life he leads?
- Albert Camus*

Sometimes. We say we're getting our lives together. Together with what? With our selves. The Twelve Steps help us clean up the messes we've made. We're fixing our mistakes. We're looking at ourselves closely- at what we believe, what we feel, what we like to do, who we *are*. We're asking our Higher Power to help us to be our best.

No wonder our lives are coming together! No wonder we feel more peace, harmony, and happiness!

Prayer for the Day

Higher Power, help me remember the best harmony comes when I sing from Your songbook.

Action for the Day

Today, I'll make choices that are in line with who I am.

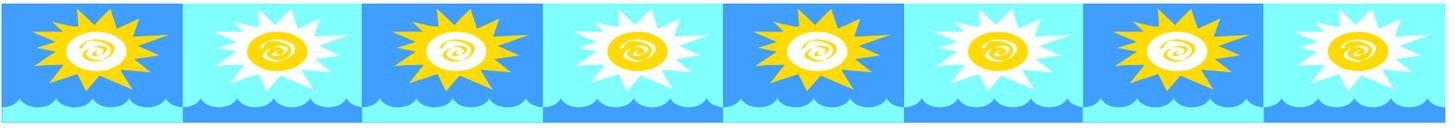
- Taken from KEEP IT SIMPLE – Daily Meditations for Twelve Step Beginnings and Renewal

FSC Today

FSC Today is the quarterly newsletter published by Fitchburg Serenity Club, Inc. It is intended to keep members informed about Clubhouse activities and developments. It also provides interesting and useful bits of recovery information. If you want to contribute an article or have comments, suggestions or questions contact:
Editing and design - Bridget W. <bmwelch3@frontier.com>

FSC Calendar of Coming Events

July 4, Celebration of Freedom at FSC, noon to dusk
July 10, 6:00 p.m.: Board of Director Meeting
August 14, 6:00 p.m.: Board of Director Meeting
September 11, 6:00 p.m.: Board of Director Meeting
September 29, Newsletter deadline for October edition
October 9, 6:00 p.m.: Board of Director Meeting
November 13, 6:00 p.m.: Board of Director Meeting



All I ever really needed to know I learned in kindergarten

By Robert Filghum

All I really need to know about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sand pile at school.

These are the things I learned:

- Share everything.
- Play fair.
- Don't hit people.
- Put things back where you found them.
- Clean up your own mess.
- Don't take things that aren't yours.
- Say you're sorry when you hurt somebody.
- Wash your hands before you eat.
- Flush.
- Warm cookies and cold milk are good for you.
- Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.
- Take a nap every afternoon.
- When you go out in the world, watch out for traffic, hold hands and stick together.
- Be aware of wonder. Remember the little seed in the Styrofoam cup: the roots go down and the plant goes up and nobody really knows how or why, but we are all like that.
- Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup - they all die. So do we.
- And then remember the Dick-and-Jane books and the first word you learned - the biggest word of all - LOOK.

Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and equality and sane living.

Think what a better world it would be if we all - the whole world - had cookies and milk at about 3 o'clock in the afternoon and then lay down with our blankets for a nap. Or if we had a basic policy in our nation and other nations to always put things back where we found them and to clean up our own messes.

And it is still true, no matter how old you are, when you go out in the world, it is best to hold hands and stick together.

FSC
6048 McKee Rd
Madison, WI 53725



*You never find
yourself until you
face the truth.*

Pearl Bailey