



**ACW** Alcoholism  
Center for  
Women

# ACW'S BOOK CLUB

**BLACK HISTORY MONTH**

**FEBRUARY 2024**

***I'm Black & I'm Sober:***

***A Minister's Daughter Tells Her Story About  
Fighting the Disease of Alcoholism – and Winning***

**3-DAY SCHEDULE**

**See the Schedule Below! We hope you can  
participate!**

# ABOUT ACW'S BOOK OF THE MONTH



## **I'm Black & I'm Sober:**

**A Minister's Daughter Tells Her Story  
About Fighting the Disease of  
Alcoholism – and Winning  
by CHANEY ALLEN**

**"The first edition was called "I'm Black And I'm Drunk" and was published in 1976 by the author. A second edition, called "I'm Black And I'm Sober" was published by Compcare Publishers in 1978. Chaney Allen has been sober since 1968, when she made a commitment to God and humanity to spend the rest of her life doing anything to help anybody suffering from alcoholism. She earned her Associate of Arts degree in social science from the City College of San Diego in 1977, besides taking courses in counseling at the University of Santa Cruz. Even more important to her than her prized A.A. is her "AA," the education she found in the fellowship of Alcoholics Anonymous. She is a founder of the California Black Commission on Alcoholism and a founder of the California Women's Commission on Alcoholism. As a young woman, Chaney Allen left her native Alabama, her strict upbringing in a CME minister's family, and the unhappiness of a teenage marriage to move to Cincinnati, where she began the destructive pattern of weekend partying and drinking."**

WHERE CAN I READ IT?

**CLICK HERE**



<https://archive.org/details/imblackkimsobermi0000alle/mode/2up>

**Archive.org is a non-profit digital library that provides free access to collections of digitized materials including websites, software, music and print material.**

## **HOW TO ACCESS BOOK:**

- 1. Create a free Account**
- 2. Click on the link above or go to:**  
**tinyurl.com/24urejsx - to open the book**
- 3. CLICK ON BORROW BOOK FOR 1 HOUR to be able to read through the book**

## NOTE\*\*\*

(YOU WON'T HAVE TO READ THE  
WHOLE BOOK TO PARTICIPATE -  
JUST SMALL SECTIONS)

THE BOOK IS DIVIDED INTO:  
5 PARTS

EACH PART HAS SUBSECTIONS DIVIDED BY  
SUBTITLES THAT ARE ONLY A FEW PAGES LONG.  
YOU WILL HAVE TO FLIP THROUGH THE BOOK  
TO FIND THE SUBSECTIONS

PART 1 STARTS - PAGE 16

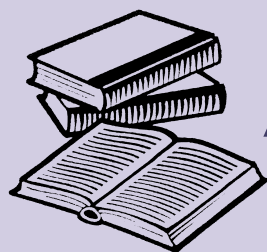
PART 2 STARTS - PAGE 54

PART 3 STARTS - PAGE 88

PART 4 STARTS - PAGE 176

PART 5 STARTS - PAGE 216

ANSWERS MAY BE SHARED IN NEWSLETTER WITH YOUR  
CONSENT



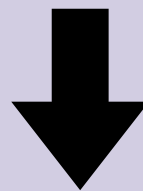
# ACW'S BOOK CLUB ACTIVITY SCHEDULE

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## DAY 1 - PARTS 1 & 2

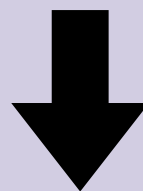
READ ONE SECTION FROM  
EACH PART AND SHARE  
YOUR FAVORITE QUOTE  
FROM EACH HERE AND  
SHARE WHY YOU CHOSE  
THAT QUOTE:



[CLICK HERE TO  
SUBMIT YOUR  
ANSWERS](#)

## DAY 2 - PART 3

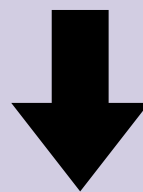
CHOOSE AND READ ONE  
SECTION FROM THIS PART  
AND REFLECT AND WRITE  
THREE QUESTIONS YOU  
WOULD ASK THE AUTHOR  
BASED ON WHAT YOU READ.



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ANSWERS](#)

## DAY 3 - PARTS 4 & 5

CHOOSE AND READ ONE  
SECTION FROM EACH PART  
AND WRITE A LETTER TO THE  
AUTHOR TELLIN HER  
EXPRESSING WHAT EACH  
SECTION MADE YOU FEEL AND  
WHAT YOU LEARNED AND  
HOPE TO SHARE WITH OTHERS.



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SUBMIT YOUR  
ANSWERS](#)



# ACW CELEBRATES BLACK HISTORY MONTH

CHANEY ALLEN  
WAS THE FIRST BLACK  
WOMAN TO PUBLISH  
AN AUTOBIOGRAPHY  
ABOUT HER SOBRIETY  
JOURNEY

