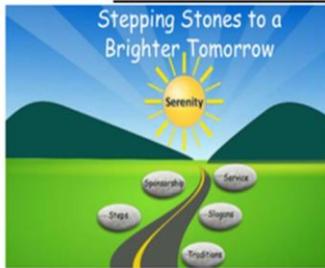


Recovery Review

District 11 – Northern Kentucky

May/June 2020



FIRST VIRTUAL KY AREA CONVENTION

September 18 – 20, 2020

Due to public health initiatives related to Covid-19, the 2020 KY Area Convention will be held electronically. The virtual format is currently under construction. Registration has been temporarily suspended.

Please look for updates on the Ky Area Website:

<https://kyal-anon.org/>



May 1 – Kori D – 13 years
May 19 – Ronda B – 10 years
June 13 – Stephanie – 1 year

Do you have or know of someone who has an anniversary? Is your group celebrating one?

Send an email to:

11districtnewsletter@gmail.com

Are you looking for some E-Meetings or Al-Anon Resources?

<http://www.nkylanon.com/home.html>

there is a list of District E-Meetings

<https://kyal-anon.org/> - Ky Area

<https://al-anon.org/al-anon-meetings/electronic-meetings/> - E-meetings all over the world

Report from the DR:

Hi, faithful members!

It's been nice seeing a lot of you recently at E-meetings. Of course, we are all looking forward to resuming our in-person meetings! Question is, when can that happen? We have received no instructions from the World Service Office or the Kentucky Area Assembly as to when we may resume face-to-face meetings. Ultimately, it is the decision of each individual group as to how and when they will meet. However, I don't believe that any meetings should violate the regulations set forth by the Governor of Kentucky.

Once group meetings are allowed by the commonwealth, each group should decide when they will resume their face-to-face meetings. It's my personal opinion that we should proceed slowly, because many of our meetings take place in "high-human-traffic" locations (churches) and many of our members are in the high-risk age groups (older - not "old" ☺). Meanwhile, keep attending those Zoom meetings - it's nice to see you there!

Steve P.

Al-Anon Declaration

Let It Begin with Me

When anyone, anywhere, reaches out for help,
let the hand of Al-Anon and Alateen
always be there, and — *Let It Begin with Me.*



Al-Anon Family Groups ®
hope for families & friends of alcoholics

Please Share Your Experience, Strength and Hope

With us being "Healthy at Home", this is a great time for reflection. I asked members what is helping them get through this. Here are the responses:

Ronda B - Reworking the Paths to Recovery Workbook has gotten me through this "stay at home" time.

Rose S - I know that God is in control of this situation.

Steve P. - Electronic meetings and electronic lunches with my AI-Anon friends.

Jen G - What has helped me through this time is helping others.

Cheri O - What has helped me through this time is attending online meetings. It's such a joy to see my AI-Anon friends and hear their experience, strength & hope. Knowing you are not alone, and they have the same feelings about this unprecedented time in our country and the world. Also getting on meetings I don't normally attend has been a real treat to meet other AI-Anoners or reconnect with them. My faith also has been a big comfort.



Editorial Musings.....

Goodness, so much is happening, yet not much is happening. There is so much uncertainty right now and with it a myriad of emotions. When I find that I cannot listen to or read one more news story/conference/social media post/ etc., etc., etc., I cannot tell you how comforting it is to know that I have program. I have a HP who I trust will see me through. I have E-meetings so I can see others and hear their experience, strength and hope. I have CAL literature to read and the time to read it. I have a phone list, so I chat with friends and my sponsor. I am so very grateful.

Don't you just wish the whole world would get to a meeting???

Workshop Recap

"Looking Deeper into the Traditions — Applying Them in All Aspects of Your Life"

Thanks to the ingenuity of the dynamic duo, Patty M and Pauline W., the Traditions Workshop held on April 18, via a Zoom format was a resounding success! 12 speakers gave a mini chat about how one of the 12 Traditions apply to their lives from both a personal as well as a Service perspective. After every 3 Traditions, the floor was open for comments and sharings from all who attended.

Attendance was great –

1st session – 46

2nd session – 47

3rd session – 43

4th session – 46

Fantastic Recovery, all from the comfort of your couch and in your jammies if you felt like it!!

Thanks Pauline and Patty – Cannot wait to see what you come up with next!

E-Meeting Etiquette – Things to consider while on an E-Meeting:

- ❖ Please put yourself on mute when not sharing.
- ❖ Remember to use only Conference Approved Literature.
- ❖ If there are others in your home, you may wish to use earphones to protect the anonymity of those on the meeting.
- ❖ Be respectful of time, so everyone has a chance to share.

These are only suggestions – your group may wish to have a group conscience to discuss these matters as well as how to