

# Recovery Review

District 11 -Northern Kentucky

September/October 2019



## 54<sup>th</sup> Annual KY Area Al-Anon Convention September 13-15<sup>th</sup>, 2019 Louisville, Kentucky

**Ramada Plaza & Conference Center**  
1776 Plantside Dr. Louisville, KY 40229

Hotel room reservations;  
502 491-4830 (Ramada by Wyndham)

**Speakers – Al-Anon, Alateen & AA**  
Workshops/Activities/Entertainment

Online Registration - <https://kyafg2019convention.eventsmart.com/>

For additional information and list of Speakers, go to the Area website:  
<http://kval-anon.org/wp-content/uploads/2019/04/Flyer->

### Don't Forget!

There is now a meeting on  
Saturdays afternoons!

Time: 4:30 to 5:30

1607 Eastern Avenue,  
Covington, KY 41014

This meeting can use your  
experience, strength and hope.

*Save  
the  
Date*

Al-Anon Retreat  
March 27-29, 2020

Problem Solving through  
the 12 Steps

## Fellowship and Fun!!

### LET'S CELEBRATE 32 YEARS

With Sunday night Latonia Al-Anon Group  
Bring a dish and share our fellowship

September 22, 2019

6:30 gather, 7:00 lead  
Latonia Baptist Church  
3800 Church Street  
Covington, KY 41015

sereniTEA



District 11 cordially invites you to attend a sereniTEA.  
Fellowship! Food! Al-Anon & AA Speaker!

Please bring a food item to share. Last names ending:  
A thru R – Bring an Appetizer  
S thru Z – Bring a Dessert

Saturday, November 2, 2019 from 12 - 2pm  
(Doors open at 1130a/Lower level)  
St Johns United Church of Christ  
415 Park Ave., Newport KY 41071



BYOM: Feel free to "Bring Your Own Mug"

Coffee, Tea Bags and Water will be provided

**Tuesday  
Highland  
Heights  
AFG  
(Asbury)  
Meeting**

No Meeting  
on  
October 8,  
2019

Newcomers, "UP" your program. There are several important "UPs" that you can do to help you make progress in Al-Anon.

- ✚ First, **SHOW UP**. Attending meetings is an essential part of our program. The more, the better! We have meetings every day of the week. Meetings are where you get knowledge, support and community from members who have been through what you're experiencing.
- ✚ Second, **READ UP**. Al-Anon has great literature available that covers every aspect of the program. Topics sometimes make more sense when you get to read about them in your own time.
- ✚ Third, **SPEAK UP**. Sharing your story at a meeting in a safe and loving environment with members who understand what you're going through will help break your isolation and form the bonds with other members that are so important to our recovery. Also, what you say in a meeting may be exactly what another member needs to hear!
- ✚ Finally, **STEP UP**. Find some service in Al-Anon, in your own meetings and elsewhere. Al-Anon runs on volunteers. Every one of us who helps gets more out of it than we put in. Plus, it's a great way to meet other members. Check the newsletter for volunteer opportunities. Helping with recovery meetings is a great way to UP your program. You think you don't have much to give to someone attending their first-ever Al-Anon meeting? Not true! Your early progress might be just what they need to hear to get them interested!

Steve P.



**In the Spotlight**  
**Sweet Serenity, AFG**  
Thursday 7pm  
Florence Christian Church  
300 Main Street, Florence

When asked what keeps the members of this group coming back, here are their responses.

- I came back to share what was freely given to me in hope that others' lives will change like mine has. Bob S.
- Fellowship and to work on my program. Also, to maintain a meeting for newcomers. Steve P.
- To feel better. The fellowship and friendships and to remind me of the steps and to use them. Stacey S.
- The receiving of knowledge from the shares of experience, strength and hope has given me a wealth of new options in the choices I make. Jay D.
- I love to hear other members stories. It helps me to realize I'm not alone. I'm learning how to work the steps. Holly
- I come back for the fellowship. It's almost healing to know there are people who understand the madness that has been my life. Danielle M.
- I keep coming back to help me deal with dysfunction in family and opportunity to help others. Anonymous
- I come back for the friendships and to share the love and serenity I found with newcomers. Jo M.
- My serenity! Knowing I'm not the "only one"! Glenda L.
- Al-Anon is the gift that keeps on giving and the fellowship has been life changing for me. Jen G.

# Alateen

**Alateen** – The district is in dire need of Alateen sponsors. Because of the lack of teens on Monday night, the Latonia Baptist AFG on Sunday nights is willing to take over this group in the hope that Sundays will be better for teen participation. The District desperately need Alateen sponsors who are willing to help on Sundays. If you are interested in becoming an Alateen Sponsor, please reach out to your GR or you can email [11districtnewsletter@gmail.com](mailto:11districtnewsletter@gmail.com). Without Sponsors and Teens, the District will lose the Alateen group.

## AMIAS SPONSORSHIP GET TOGETHER

**SATURDAY OCTOBER 12 FROM 10 A.M. TO 3 P.M.**

**FIRST CHRISTIAN CHURCH  
175 E. ROWAN BLVD  
BARDSTOWN, KY 40004**

**AMIAS? AL-ANON MEMBER INVOLVED IN ALATEEN  
SERVICE**

**KY AREA ALATEEN** WILL BE HOSTING AN **AMIAS SPONSORSHIP  
GET TOGETHER** FOR ALL CURRENT ALATEEN GROUP SPONSORS,  
CURRENTLY CERTIFIED AMIAS AND POTENTIAL AMIAS (THAT MEET OUR AREA  
REQUIREMENTS). THIS IS AN OPPORTUNITY FOR ALL OUR AREA AMIAS TO  
GATHER AND TALK ABOUT GROUP ISSUES, GROUP SPONSORSHIP, AND HOW WE  
CAN BETTER SUPPORT EACH OTHER AND OUR AREA ALATEEN GROUPS AND  
GROW ALATEEN.

WE WILL HAVE WORKSHOPS AND MEETINGS AND I WILL BE DOING AN AMIAS  
TRAINING. THERE WILL BE DOOR PRIZES AND WE WILL EVEN FEED YOU LUNCH!  
PLEASE JOIN US FOR A DAY OF FUN, FELLOWSHIP AND SMILES!

IF YOU HAVE QUESTIONS OR WOULD LIKE TO RSVP, PLEASE CALL OR EMAIL  
ME.

MIKE M.  
KY AREA ALATEEN COORDINATOR  
502-245-5506  
[mike.miller@chiltongroup.com](mailto:mike.miller@chiltongroup.com)

**TOGETHER WE CAN MAKE IT!**



Would you like to receive the newsletter via email?  
Have something to contribute? Please email  
[11districtnewsletter@gmail.com](mailto:11districtnewsletter@gmail.com)

## DID YOU KNOW THAT OCTOBER IS ALATEEN AWARENESS MONTH??

Editorial Musings.

It has been a while since I scribbled something for the Newsletter. I was a bit surprised that this one is as lengthy as it is. Thank you to all who contributed. Just like everything else in Al-Anon, I can't do this alone. With my Higher Power and you all, I manage once again to get it together.

Since I am on the Alateen page, I felt the need to add a few thoughts. I have been an Alateen Sponsor for over 8 years. When my Sponsor approached me with the idea of becoming an Alateen Sponsor, I prayed about it and said "Yes". (I have heard it said that you should not say "No" to your sponsor). I consider it a privilege – after all, there were Sponsors when my girls were in Alateen and I feel the need to give back.

It has been frustrating that the teens are not participating like they used to. Their lives are so busy. So, I am hoping the change to Sunday nights will be a better fit for the young people in our district and I am praying for more Sponsors.

As I wrap this edition up, I am reminded of the 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.**  
Ask yourself – Am I letting it begin with Me?

Gina C.

## Recovery Centers Are in Need of Members to Chair Meeting

Please consider sharing your experience, strength & hope to ladies in our local recovery center, the Mary Gandy Travis Residential Treatment Center, to the ladies who are residing at the Dayton Healthy Newborn House and also our newest request for Al-Anon meetings at the Falmouth Transitions Recovery Center for the families & loved ones who are residing at that facility. Meeting info is below, and any other questions please contact Tara S at 859-393-4034.

Sunday Afternoon meeting  
Mary Gandy Travis RTC  
313 Madison Pike  
Erlanger, KY 41018  
Sun 1 pm  
Women only

Wednesday Evening meeting  
Dayton Healthy Newborn  
House  
925 5th Avenue  
Dayton, KY 41074  
Wed 6 pm  
Women only

Falmouth Saturday Afternoon  
meeting  
Transitions Falmouth  
512 South Maple Avenue  
Falmouth, KY 41040  
1 pm

This topic came up at a meeting and I was asked to add this to the Newsletter:

### MEMORANDUM

TO: Conference Members FROM: Executive Director DATE: May 1, 2009 RE: "Al-Anon Promises"

The WSO was asked at the 2006 WSC to send a copy of questions it receives from Conference members and our responses to all Conference members so that they can share leadership by responding to recurring questions in their Areas. The WSO believes that the following question and our response might be one of those topics.

Question: At a recent Al-Anon convention I attended, one of the Al-Anon speakers quoted the "Al-Anon Promises." I am not familiar with a list of promises (similar to the ones used by A.A. members) for Al-Anon. Does Al-Anon really have "promises"?

Answer: Al-Anon does not list anything in our literature as "promises," because the World Service Conference, Al-Anon's largest group conscience, has not designated anything as such. Among our wide and varied fellowship, members find hope and "promise" from many different sources. Some members cite certain pages from One Day at a Time in Al-Anon (B-6) or From Survival to Recovery (B-21). Others refer to our Suggested Welcome and Closing, Hope for Today (B-27), and other places in our literature.

In recent years, some individual members have titled and labeled one such passage without permission as "The Promises of Al-Anon." This is a violation of the copyright and page 96 of the 2006-2009 Al-Anon/Alateen Service Manual, "Requests to Reprint." Distribution of such pieces is not Conference approved and they should not be used at Al-Anon meetings, events, or conventions.

This action on the part of a few has given some members the mistaken impression that our fellowship as a whole has elevated this excerpt to the level of importance accorded our Steps, Traditions, and Concepts of Service. In fact, it has no more or less value than any other passage from Conference Approved Literature. Separated from the context in which it was originally intended, the excerpt began gaining a life of its own.

A request was submitted a few years ago for the Policy Committee to consider this sharing as the Al-Anon promises. After much thought and thorough discussion, it was the consensus of the Policy Committee that that Al-Anon has no "promises." They determined that the passage in question was not any more or less valid than any other sources of hope in our literature, and that it should not be promoted as "promises" or "gifts."

In Al-Anon we offer each other our experience, strength, and hope. We don't make promises because each individual's needs and situations are different.