

# Recovery Review

District 11 – Northern Kentucky

November/December 2021

## Convention Wrap up

Thanks to all who helped with the 56<sup>th</sup> Annual Kentucky Al-Anon convention! It was a huge success.

3 Days

225 registrations

153 – Al-Anon

20 A.A

From over 10 States

4 Fantastic Al-Anon Speakers

1 Amazing AA Speaker

166 Books/Pamphlets sold

Many Raffle Baskets from all over the State

Sum it all up to equal a Wonderful Time of Fun, Fellowship, and Building Bridges!! The Experience, Strength and Hope was Priceless!!



District 11 cordially invites you to attend a Serenitea. Fellowship! Food! Al-Anon/AA Speakers!

Please bring a food item to share with last names ending:  
A thru T – Appetizer  
U thru Z – Dessert

Saturday, November 6, 2021 from 12-2pm  
St Johns United Church of Christ  
415 Park Ave  
Newport KY 41071  
(Lower level)



BYOM: Please bring your own mug, and perhaps other(s) to share or exchange  
Coffee, Tea Bags and Water will also be available



HAPPY ANNIVERSARY!

November:

Julia M. -28 years (11/5)

Joanne M. – 33 years (11/17)

December:

Linda H. – 12 years (12/27)

The District needs an Alternate District Representative! This person will need to have been a Group Representative. Please see your GR for more information if you are interested. Great Service Work for Recovery!!



## Al-Anon Retreat

Problem Solving Through the Steps

Registration limited to 46

Jesuit Spiritual Center at Milford, Loyola Building

5361 South Milford Rd. Milford, Oh 45150

January 28, 2022 5pm to January 30, 2022 2pm

\$175.00 for the weekend (two nights, Four meals)

Partial Scholarships available (limited number)

Call (859)803-6537 or (859)802-7257 for more information

Before pulling the Newsletter together, there is a question or two sent out in an email. This editor welcomes any sharing sent in by members, regardless of what the questions are. Please consider emailing a line or two – you never know who you can help.

The following Sharings were sent by members from District Members:

**Did you attend the convention? What was your biggest takeaway?**

Yes, I attended the Convention, and I remember when I was so nervous to attend big Al-Anon events. It felt weird, and strange, and full of so many emotions. And now I look forward to the fellowship and time together and feel more and more comfortable with every event attended. I am so impressed with the terrific job the Committee did! The speakers were fantastic, the fellowship terrific, and the fundraising baskets phenomenal. I hosted one of the speakers, and this was a first for me, and getting to know another Al-anon member and their story, and get to share my story, just the wonderful fellowship, is my biggest take-away from the Convention. How much we get when we give.  
~Linda H.

My biggest takeaway from the convention is that listening to all the speakers who had such different experiences and stories helped me to know that I have integrated Al-Anon principles into my life more than I knew. I'll still be slogging my way through the steps slowly, but I'm going to stop saying I need the Special Ed version of Al-Anon. Thank you HP, thank you Al-Anon, thank you Al-Anon friends!  
~Diane D.

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Taking a personal approach to the Traditions, specifically Tradition 7 - Every Group ought to be fully self-supporting, declining outside contributions. From Reaching for Personal Freedom

**How does loving detachment help me find a better balance between giving support to someone else and taking care of myself?**

-Sometimes I can be pressured by lifelong friends, who know how to push my buttons, to say yes to things that sometimes push me beyond my limits. Thankfully to the program I have learned how to say no, and put boundaries in place, in order to say yes to my mental, physical, and spiritual health. I used to look at these times as conflicts and have learned how to look at them as opportunities to work on my communication skills. I'm learning to say what I mean, mean what I say, but not say it meanly. Sometimes a little negotiating is required. This has opened up so many new opportunities for me, which otherwise, I might have shut myself off and isolated.

~Linda H.

Loving detachment helps me tune in to my listening skills ..... as I feel I never really know what's going on with someone else -though my mind may conjure up scenarios - I really don't know until I speak with them. Sharing my feelings, and then listening, carefully, and I've learned through Al- Anon, not to react or take others' opinions, ideas, thoughts, feelings, etc... personally... so....it's really respecting the other person and allowing them to express themselves without judging them ... so by listening carefully and later considering the conversation, that helps me see it from a detached perspective. I don't take life as seriously as I did when I began in Al Anon.

~Susan M.

## Detachment

There is a line in the "Detachment" chapter in How Al-anon Works that reads, "Simply put, detachment means to separate ourselves emotionally and spiritually from other people." That line caused me great confusion. I understood why I would want to separate myself emotionally from the chaos, pain, and confusion of my situation, but why would I want to separate myself spiritually from my loved one, or anyone else? Without my spiritual connection with my loved one and others, my life would lack meaning.

My mind reacted very negatively to the idea of spiritual separation, and I could not use that definition of detachment. Because I didn't want spiritual detachment, I practiced "Take what you like and leave the rest." This allowed me think about what detachment would involve for me. I knew that our program teaches detachment as one of the cornerstones of the program, a way of being serene, or even happy when faced with actions and situations that might cause me pain and suffering.

I believe that I have an ego-side of myself, the side that has been programmed by the world. My ego-side judges, argues, and competes. My ego-side says "should" a lot. That ego-side of me is stimulated and inflamed and activated by actions and situations that it judges to be unacceptable. I also have a spiritual-side (or Love-side, or God-side) of myself, programmed by my Higher Power, the side that loves without judgment and looks beyond "should." The spiritual side of me can be peaceful and remain spiritually attached to my loved one despite external events. Having learned this through the program, I practice detachment from unpleasant actions and situations by detaching myself, not detaching myself spiritually from my loved one, but detaching myself emotionally from my worldly ego-side. When I am able to detach myself from my ego-side, I will find myself living outside of the chaos, existing peacefully in my spiritual side.

How do I make the transition from ego-side to spiritual-side? Practice, practice, practice! Meetings are the key for me. They are a safe and loving place where I am

surrounded by spirituality and where I set my intentions to spend more time in my spiritual side. I leave meetings knowing that I will fail a lot, but I leave with my intentions and my "homework" to practice until the next meeting, always keeping in mind the slogan, "Progress not Perfection."

~Namaste, Steve P.

From Linda H.

-December 27th will be my 12-year anniversary - I am humbled and grateful for the journey of recovery and just how far I have come, and how much I have learned. I love all my Al-anon friends!

**Important Websites:**

Northern Kentucky- District 11

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

Kentucky Al-Anon

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

Al-Anon/Alateen WSO

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

Need some ESH beyond meetings, phone calls and literature? Here are some links to other Al-Anon resources:

Podcasts - <https://al-anon.org/?s=podcasts&lang=en>

Sharings from the Al-Anon World Service Organization: <https://al-anon.org/for-members/wso/news-from-the-wso/>

Editorial Musings:

It always seems to me that this time of year, the topic of Gratitude comes up often at meetings. And so, with that, I want to express my gratitude for all who contribute to the Newsletter, those who send in their email to receive it and to those who let me know that they enjoy reading it. I am also most grateful for the loving program of Al-anon. Even though I no longer have an active alcoholic in my life, I still am given ample opportunities to use the principles on a daily basis. This is a lifelong program for me, and I am still learning every day new ways to apply what I know and what others have shared, to the problems that pop up. Thank you all!

~Gina C.

