

Recovery Review

District 11 – Northern Kentucky January/February 2021

Save the Date!

2021 Kentucky State Al-Anon



), 2021

Stacy S – 2 years

Todd B – 8 years

ALATEEN UPDATE!

Consider purchasing a tote bag for fundraising. Click on the following link for more details and how to order.

Lakeside AFG – 38 years!

February:

Esmeralda – 26 years

Belated –

<https://kyaal-anon.org/fundraising/>

Linda H – 12/27 – 12 years

January:

Phyllis W – 37 years Debby D -

33 years

Mary B – 8 years

Hello & Happy New Year! This is Mary Ann R., your new Area Coordinator for Alateen. As we patiently wait for civilization to return, seems resolutions may be a bit tricky this year. Why not add Al-Anon service work to your goals? You know the old saying “When I got busy, I got better”. Here’s an opportunity to provide Love and Support to our Youth. We need additional AMIAS (Al-anon Member Involved in Alateen Service) individuals for our team. This will involve a training session which we can accomplish via zoom. Your application is then submitted to our WSO for certification. The requirements for AMIAS are:

- 21 Years of age
- Currently attending Al-Anon meetings
- Al-Anon Member for 2 years

When we are able to return, the meetings will be held at:

Latonia Baptist Church
Sundays
6:30 p.m.

I will be glad to provide additional details for your consideration. My contact information: Mobile (859) 777-2085 Email: NKYALATEEN@GMAIL.COM

Please share this with your fellow Al-Anon friends and groups. I look forward to making our local Alateen program a success with your help!

Best Regards,
Mary Ann R.

HERE'S TO A HAPPY NEW YEAR EVERYONE!

Thank you to those who stepped up to fill some of the open positions at the District level!

Thank you to:

Gwen S. - our new Literature Coordinator
and
Ronda B. - our new Website Coordinator

A big thank you to Sonya M. who had been the Coordinator of both of those positions and is moving to a new role as Public Outreach Coordinator.

Thank you everyone!! We are still looking to fill the Alternate (DR) District Rep position, and possibly some other positions.

OUR NEXT DISTRICT MEETING WILL BE: SATURDAY, FEBRUARY 20TH AT 9:30 AM

Currently I'm planning the meeting to be via Zoom. You will receive an email invite with the meeting information and zoom link.

If you would like to join the District team or just attend the meeting, please let me know! My email address is Lmheuman@gmail.com

Linda H. - DR
216-978-3864

From Ronda B. –

As I am stepping into the role of website person (surely not webmaster, ha-ha) this coming year, I would like to thank Sonya for all the hard work she has done on maintaining this priceless little gem we have. I had no idea the work she did just setting it up. Hopefully, she has did all the hard work for me and I will just have to maintain it. If anyone has something they would like to see on the website, just let me know and I will get Sonya to help me get it on there! My email address is rondabreedden@gmail.com

Happy New Year to all!

PS. The site gets about 1000 views a month, so it is surely a great tool for us! Try out the New

As you read this newsletter, please consider the following:

If you have an anniversary,

If you have an insight you would like to share, If you have a District or Convention announcement, Please send to 11districtnewsletter@gmail.com



Members:

Al-Anon App! [https://al-anon.org/members/members-resources/mobile app/](https://al-anon.org/members/members-resources/mobile-app/)

From Steve D. (Turkeyfoot Group)

Thoughts on Higher Power

For some reason I have always viewed God of a Higher Power In human terms not really spiritual.

I know I've been taught God knows all, everything, and is everywhere. But I've put human characteristics on an almighty being / spiritual force, for some reason. Likewise, I always felt my problems weren't nearly as bad as someone else, so spend your time helping them, not me. As I was in between sleeps the other night, 1st and 2nd, thinking, it occurred to me that my Higher Power isn't constrained by time, or limited in amount of love. I can be attended to, if necessary, when my need arises, and it won't have any impact on God's ability to also help others. That love is limitless, not restricted by a schedule, not a limited commodity. It's not as if should God deal with me, others are left without. I've never looked at it like that. I never wanted to be a bother to my Higher Power. There were better, more important, more critical needs to attend to than mine.

From Glenda J., KY – 11-02-2020 (Turkeyfoot Group)

I just want to take a minute to say how grateful I am. Today is my anniversary of two years in Al Anon. I walked into my first "non-institutional" meeting on 11-02-2018. I had been going to meetings with my ex-husband for months at his re-hab; there I learned that Al-Anon was where I belong.

In the last two years I've learned more about myself and what I can actually do, than I have my whole life. I've ended the negative thoughts in my head (for the most part...lol), and I learned to take it all one day at a time. I've learned to stop taking on the problems of others in my life – addict, alcoholic or not. I've learned to forgive, no matter the reasons not to forgive. That was the harder one for me, especially when it came to forgiving myself.

I moved to NKY from another part of the state, for my ex, I thought. What I found was my Higher Power, my serenity, along with all the amazing people that go along with it. I've learned that even my "mistakes" in life were not really that. They led me here – to a place where I am happy for the first time ever – and not for anyone else but for ME.



Important Websites:

Al-Anon main site:

<https://al-anon.org>

Kentucky Al-Anon:

<http://kyal-anon.org>

Northern Kentucky Al-Anon

District 11:

<http://www.nkyalanon.com>

All District Zoom meetings can be found here.