

Recovery Review

District 11 – Northern Kentucky

September/October 2022



Happy,
Joyous
and Free

57th Annual KY Area Al-Anon Convention September 23 – 25, 2022

Holiday Inn University Plaza & Sloan Convention Center
1021 Wilkerson Trace
Bowling Green, KY 42103
1-800-HOLIDAY

Discounted room rate: \$118
Call with Discount Code: ALA
Or Reserve Online: www.kyal-anon.org/hotel

Al-Anon Family Group Speakers AA Speaker Entertainment
Al-Anon and AA Meetings George & Freddie's Tapes
Hospitality Room Serving Snacks Throughout The Weekend

Registration \$30

Reserve online - <http://www.kyal-anon.org/convention> or
mail registration to South Central KY Host Committee,
PO Box 246, Smiths Grove, KY 42171

Convention T-Shirts as well as other items are available –
see the above link for information and pricing.

Here is the solution to last month's puzzle.
Recovery through the Steps
Unity through the Traditions
Service through the Concepts



September

Kelly J. – 8 yrs.
Jane Z. – 3 yrs.
Jennie N. – 3 yrs. (9/8)
Monica – 3 yrs. (9/8)
Joe N. – 5 yrs. (9/12)
Anne L. – 8 yrs. (9/15)
Beth T. – 6 yrs. (9/28)

October

Sherry T. – 20 yrs. (10/1)
Steve P. – 10 yrs. (10/4)
Ralph - 14 yrs. (10/6)
Becky S. - 3 yrs. (10/13)
Patty M. - 28 yrs. (10/26)
Sharon H.



The Sunday Night Latonia AFG
is celebrating 35 years on
September 18th. There will be a
lead and some light snacks.
Doors open at 6pm.

Latonia Baptist Church,
3800 Church St. Covington
41015



We now have a district sponsored online (Zoom) Al-Anon meeting! On days when you can't get to a meeting and/or want to see some familiar faces, come join the 10AM Wednesday morning online meeting. The local meeting schedule (available at nkyalanon.com) contains both a link and the Zoom id and login information.

Thanks to members Ronda B., Pauline W., Steve P., and Susan E. who volunteered to be the Zoom hosts for this meeting. If you'd like to be a Zoom host for this meeting, please contact Pauline W. at mpwofle@yahoo.com.

Great News About Alateen!!

Warm greetings from your World Service Office (WSO)!

It is with great pleasure that we write today to inform you that Area 21 Kentucky is found to be in substantial compliance with the 2003 Alateen Motion from the Board of Trustees and the policy for Alateen as outlined in the *2018-2021 Al-Anon/Alateen Service Manual* (P-24/27) version two (2). The Area is now certified to use the Alateen name in conjunction with Alateen groups, Al-Anon Members Involved in Alateen Service (AMIAS) and events with Alateen participation. You may now begin the process to certify AMIAS and to reactivate Alateen groups!

Once the Kentucky Area Assembly has accepted the WSO approved Alateen Safety and Behavior Requirements and supporting process documents, please forward a final copy for our records.

We want to congratulate you on creating an ASBR and process that is clear in its focus to keep Alateens, AMIAS, Alateen groups and events with Alateen participation safe. Thank you for your dedication and patience in this process.

Please don't hesitate to contact us if you have any questions.

Yours in grateful service,

Sue Pérez | Associate Director – Group Services
Al-Anon Family Group Headquarters, Inc

Sharings from Sharon

(I received an email from one of our Al-Anon members who shared some tidbits that she gleaned over the years from meetings, and I am going to pass along these little pieces over the next few newsletters).

- ◆ We can't expect others to see eye to eye with us if we don't look down on them
- ◆ If you don't get everything you want, think of the things you don't get that you don't want
- ◆ If you always do what you always did, you'll always get what you always got
- ◆ It is a terrible one-ness: he stumbled, and I fell
- ◆ 2 awful eternities: Yesterday and Tomorrow
- ◆ 10 tips for a Happy Holiday Season: 1. Detach 2. Detach again 3. Detach once more 4. Detach this time 5. Detach this once 6. Detach with LOVE 7. Detach from it 8. Detach from them 9. Detach for once 10. Detach again
- ◆ Blessed is the person who can laugh at himself; he will always be amused!



Hello District Al-Anon Members!

Our district is in the process of looking into starting a beginner's meeting on Thursday evenings at 7pm at the Life Learning Center (LLC) in Covington.

This is a community center dedicated to helping people get back on their feet after dealing with difficult life situations.

Currently there is an AA meeting there on Thursday's at 7pm, and we were approached about having an Al-Anon meeting at the same time.

Honoring our 11th Tradition of Attraction rather than Promotion, I am reaching out to find out if any current members are interested in attending this new meeting or helping with chairing and attending as support.

I would greatly appreciate hearing from you!

Please email me at:
LMHeuman@gmail.com of your interest.

Members' Sharings:

For this issue, the following questions were asked: In the spirit of Halloween and scary things, please ponder this

Step 4 - *Made a searching and fearless moral inventory of ourselves.*

If I have not yet worked Step 4, what fears are holding me back? If I have worked Step 4, was it as scary as I thought it would be?

Here are the responses that were sent in by members of District 11.

I worked my Step 4 because I was desperate to know what was wrong with me. This unknown force was wrecking my mental and physical health and I needed change. What I learned in my 4th step inventory was that there are people in my life who just drive me crazy. OK, so what am I going to do about them? Nothing! 'Change what you can' and I can't change anyone but ME! From here, the doors began to open and the habits which do not serve us well become obvious. We now have the opportunity to 'be right or be happy'. So, as we choose 'happy', we discover that, while we have picked up some habits which are weighing us down, we have choices! We can choose to not fuel a fire, choose to take care of ourselves, choose to not take personal something that was said or done since the world does not revolve around any one single person. The list goes on. Bottom line... we have choices. These people who just drive me crazy may very well continue their same behaviors, but now, I have Al-Anon tools and an Al-Anon family who are there for me as I am for them! I am forever a grateful member of Al-Anon!!
~Joanne A.

Step Four – what the heck is that? I'm not the one with the problems so why am I wasting time like this?

My Al-Anon journey started when my new wife and I were on our honeymoon and happened upon Bill Wilson's house. My wife, at that point ten years sober, wanted to visit so we went in, and all these people were suddenly greeting her and hugging her and chattering away about AA "stuff." Wow! I thought maybe there was something here I ought to get to know more about.

When we returned to Northern Kentucky, I looked up an Al-Anon beginner's meeting. But on the way there I copped a big resentment. Why was I wasting my time with this? It's not my problem! Just because my somewhat distant Mother always had a jug of Almaden close at hand and just because my friend Stuart had drowned himself in a half gallon of vodka ... well sad, but what's that to do with me. Those were their problems. And my wife had obviously solved hers. (Continued)

But as I pulled into the parking lot I thought – well Twelve Steps, twelve weeks – just like a semester in college and then I'll done with it! So, I walked in.

It was some time before I started doing the work. After all whose problem was it? And I actually got a Sponsor before I worked any of the Steps because I had been doing a lot of listening but had a few. It was he who asked how I was doing with my steps. Then I repeated the "It's not my problem ..." nonsense. He smiled. But by then I had noticed that the program was less about other's actions and much more about my reactions and I finally began to "peel the onion!" That was twenty one years ago, and I keep coming back because "It works if you work it!"
~Tom B.

I don't remember Step 4 as scary to me, probably because I still saw my husband's inventory as way bigger than mine. When I first read the steps, I didn't see "I" I saw "He" as in YES, he is powerless! Car wrecks, bar fights, crazy behavior all seemed so much more egregious compared to my little old defects. Gradually, though, as I practiced those first three steps, I began to see the truth about myself.

I remembered, for instance, a car wreck that I totally blamed him for. I could give you more details but let me just say I blamed him because he wasn't there. I blamed him for the foul mouth I developed, but the truth is that I began to use curse words because it made him flinch. Guess who was likely more unkind and unfair to our two little kids at the time? Here's another little old defect I have struggled with:

I have at times judged others' unacceptable behavior as if some things I do are not as "bad" as things you do. It's like saying I'm not as much at fault as you are, so I can let me off the hook! Today I am glad my Higher Power doesn't see us that way. Instead of judging each other we have the opportunity to just accept, love and enjoy each other.

~Linda V

From the Sunday Night Latonia AFG:

We had a meeting on Step 4 tonight Here are some thoughts the group had. We opened with the reading from C2C June 29 page 181 which also talks about listing positive things as well as the negative.

- ◆ Step 4 has some pretty intimidating words in it "searching", "moral", "fearless".
- ◆ The fourth step is not a "one and done".
- ◆ There may be fear at taking a look at yourself. However, if you don't take a good honest look at yourself, you won't be making progress in the program.
- ◆ Some mentioned that the old step 4 inventory book felt overwhelming. Newer CAL is more gentle, less overwhelming.
- ◆ Step 3 mentions turning one's will and life over to God, then you have to do the next step.
- ◆ One member mentioned that she didn't get better till she did step 4. She learned to balance things out, some character defects are actually assets carried to the extreme!

- ◆ Sometimes the problem is lack of boundaries. Sometimes the fear is when one is forced to look at oneself, the veneer of perfectionism is removed. Also, there is the fear of taking your control away.
- ◆ Have to realize that we don't have control over anyone but ourselves.
- ◆ Sometimes we fear finding out who we truly are and that we are not perfect.
- ◆ Another person shared that if you are scared of doing the fourth step, it is very helpful to do it with a sponsor or with other members.



**FALL Y'ALL Dinner, Dessert Auction
&
Al-Anon and AA leads**

**St. John's United Church of Christ
415 Park Ave. Newport, KY**

Saturday, October 1, 2022
5PM-8PM (Doors open at 430PM!)
Tickets = \$10.00 Donation

Bring along your favorite dessert for the auction!!!

Dinner = Lasagna (meat and veggie), salad, garlic bread,
tea/coffee

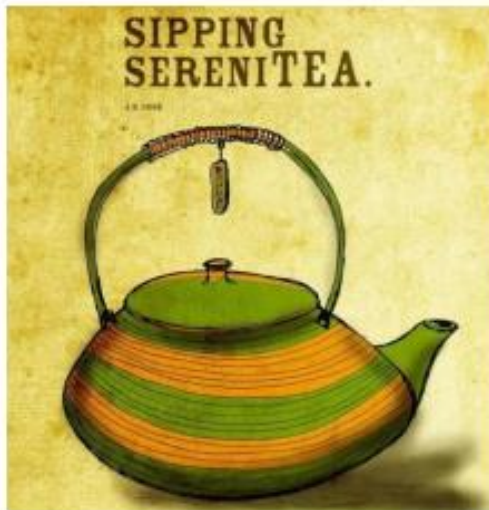
For tickets call Ronda – 513-503-5254

Proceeds to be used for upcoming KY Area conventions held in our district!



Lottery Hats!

Split the Pots!



**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 19, 2022 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**



What's in your Toolbox?

Grab your pen or pencil: I hope you enjoy this word search. Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.

Concepts
Higher Power
Meetings
Service work
Steps

Faith
Journaling
Phone List
Slogans
Traditions

Fellowship
Literature
Prayer
Sponsorship

M S O Z C Z H Q W L W P S G Q A O W S F
 Z E O N K V K X I C I F N N F G Y I S H
 Z B E L S P E T S H B I V W Y J N R Z V
 T V N T I H E C S R L A H Q Z S G U M R
 D N S C I R M R M A Q Z L W B T C S R V
 C D S L A N O C N Y X G I R E P R N C J
 C I F T P S G R I I S S Q E I E R X O W
 G O U E N A U S W T Q N B O Q C K P I D
 E R N O E O N E Q E R A A E M N C I F V
 E F P E J S L V E B P F D G W O E H D T
 E S R E W O P R E H G I H U O C L S L F
 E H N Q K L P R G E B V M P M L C W H G
 A A K W V R M E E B C S G H G I S O Y J
 L V W R A S E R V I C E W O R K E L B H
 G V H Y S A Y E R S P Y M N D C Z L T K
 J O E T V F R M S E H O Q E Z G J E B L
 T R A D I T I O N S N N W L I H W F Y L
 K Z O F X A V D B V O H T I E B Z K B P
 L P Z X S D F Q D X I K L S X R L H K N
 T Q E V F B N S X U Y Q R T M R J D Z X