

Recovery Review

District 11 – Northern Kentucky

March/April 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



New Hope AFG:
Wednesday Night –
21 years on 4/17/2001

March

Rosie M - 34 years (3/4)
Jo M – 11 years (3/7)
Diane J – 7 years (3/10)
Rita H – 36 years – (3/20)
Dianne F – 3 year (3/26)

April

Maureen C. 18yrs (4/29)

Do you want your
anniversary or your
group's anniversary in the
newsletter? – email
11districtnewsletter
@gmail.com

WORKSHOP - SHOWERS OF RECOVERY

How the Slogans, Steps and Sponsorship help your recovery grow!

Saturday, April 2nd, 2022
10a – 12pm



Florence Christian Church
300 Main St
Florence, KY 41042

Water and Snacks will be provided

Important Al-Anon Websites:

Al-Anon Main site (WSO)
<https://al-anon.org>
Kentucky Area Al-Anon:
<http://kyal-anon.org>
Northern Kentucky Al-Anon
District 11:
<http://www.nkyalanon.com>

Members Sharings:

How has humor been a part of my recovery? (This question is from Many Voices, One Journey)

When I first came to Al-Anon, I didn't understand the program at all. What I did understand was that I observed many members who had undergone terrible trauma in their lives, but these people could laugh and joke and be friendly. Seeing the good humor that they showed to each other, and to me, is what kept me coming back for the first few months until I could get some understanding of the program. Humor is still very important to me and my program. I try to show it in meetings - it may help some other member like it helped me as a newcomer. People learn by observation as well as by explanation.

~Steve P.

This contribution got left out of the Jan/Feb newsletter.

The question was **What slogan or tool has helped you get thru the Holidays, either current or in the past?**

My mother, my Al-Anon partner, has been ill for 4 months. There was a fast decline and now a slow recovery. It started before Labor Day and continues through the New Year. So I missed Labor Day, Thanksgiving, Christmas and New Year's with her at home to celebrate.

Like with alcoholism, the helpless feeling of watching a loved one slip away can be exhausting.

I visit her often in the nursing home where she is in short-term rehab hoping to return home. I look back at her grave condition a couple months ago and see the progress she's made through a lot of hard work. There were moments when I thought the end is coming then I remind myself, One Day at a Time. If I stayed in the mindset of hopelessness and despair, it would have been a waste of time and worry because she is getting better and she will be coming home. Praise the Lord!

Love & Gratitude,

Mary Ann R.

Need more meetings?? More leads?? More ESH??

Here are some links that may be helpful:

Al-Anon Speakers:

<https://al-anon.org/newcomers/first-steps-al-anon-recovery/>

<https://www.youtube.com/channel/UCn1EcexXu03FRxOdkHcCtcw/featured>

<https://www.batonrougealanon.org/recovery-workshops.html>

Spotify – Search for Al-Anon Podcasts for speakers

Electronic Meetings:

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