

# Recovery Review

District 11 Newsletter

May/June 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://kyal-anon.org/wp-content/uploads/2019/04/Flyer-final\\_FORMv2.pdf](http://kyal-anon.org/wp-content/uploads/2019/04/Flyer-final_FORMv2.pdf) (This is also the mail in registration form.)

## Gift Baskets for KY Area Al-Anon Convention 2019

We'll be having a Gift Basket Raffle at our 2019 KY Area Al-Anon Convention and ask that all KY Area districts and/or groups contribute.

Basket Theme – "Happiness is an Inside Job"

Please see your Group Rep for additional information and guidelines

## Meeting Time Change



The Latonia Sunday Night  
group is now meeting at  
6:30pm.

## New Meeting!

There is a new meeting starting  
on Saturday, June 1<sup>st</sup>  
Time 4:30 to 5:30

1607 Eastern Avenue,  
Covington, KY 41014

Please help this meeting get  
off to a great start!!

## Al-Anon Declaration

### Let it Begin With Me

When anyone, anywhere  
reaches out for help, let the  
hand of Al-Anon, Alateen  
always be there, and Let it  
Begin With Me.

## Dealing with Conflict Workshop - Report and Thank you

Dealing with Conflict workshop was held on April 6 at the Florence Christian Church from 1-3pm. There were 32 members in attendance. We enjoyed recovery, fellowship, learned additional tools to cope with conflict and communication skills. We shared our experience, strength and hope utilizing the Traditions and Concepts.

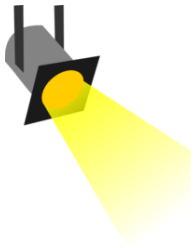
Thank you to the Erlanger Baptist Tuesday Noon group and other Members for bringing snacks. Florence Christian Church was very accommodating and the workshop was held in the same room as the Thursday 7pm meeting. We passed the 7<sup>th</sup> Tradition basket and collected \$54.00.

With gratitude in service,  
Pauline and Patty

### 5 Ways to not be used

- Believe patterns not apologies
- Don't fall in love with potential
- Believe red flags
- Know your worth
- Don't lower your standards

From Jo M.



## In the Spotlight

### Monday Night All-Are-Welcome

7:00 PM -- All Are Welcome AFG \*  
St. John's United Church of Christ  
415 Park Avenue, Newport 41071  
(Follow signs to church library), HA

The Monday Night All-Are -Welcome group which meets in Newport had a meeting on the topic of "What Keeps Us Coming Back". And these are the experiences, strength and hope that members shared:

-The Welcome:

- "getting it" with other Al-Anons

-The gift of Serenity, we need to honor that gift by coming to meetings for the Steps and Traditions that feed into the priceless gift of serenity.

-The gift of our Higher Power, who is present in the meetings. We can see the miracles in the other members' lives.

A Newcomer to Al-Anon and the group shared she can already see the benefit of the program within two months.

One member shared, she doesn't want to revert back to her old ways. It helps her find a balance in life. She now runs from drama rather than starting the drama. She learned who is safe to share with. The "Just for Today" is a staple and helps her to keep coming back. And she learned it's Okay NOT to do something too.

Another member shared how she learned to live with Alcoholism. To forgive the Alcoholic, and be more loving to the Alcoholic. How her Higher Power leads her through. She realizes if she misses meetings, her thinking becomes distorted. She craves the Fellowship. There are so many topics with solutions to help her not stay in the problem, and to put it in the right perspective.

One member shared they are not a very reflective person, and that Al-Anon helps them keep the focus on themselves. The Serenity Prayer and the moment of silence provide the opportunity to become centered. They like themselves better when attend Al-Anon meetings - although not exactly sure what that reason or outcome is, but keeps coming anyway.

And another member shared, they keep coming back for the helpful reminder to have an Attitude of Gratitude, and that we have the ability to change our attitude. Tries to be thankful for every day and to find joy in nature some way every day to help connect to Higher Power and to disconnect from the "World". And for the Slogans. To put first things first. And for hearing about having the right tools to help when the shoe falls. And the gentle reminder to live ODAT.

## 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

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