

Recovery Review

District 11 – Northern Kentucky

May/June 2021

56th Annual Kentucky Al-Anon Convention September 17-19, 2021

Where: Holiday Inn Cincinnati Airport
1717 Airport Exchange Blvd
Erlanger, KY 41018



Registration Link:

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

Hotel Registration Link:

<https://www.ihg.com/holidayinn/hotels/us/en/reservation>

Reservations Phone # - 888-294-5067

Discounted room rate-109\$

Cutoff date for registration – August 27, 2021

Meeting Updates

Lakeside Monday 7pm

In person - 25 max
Masks and Social distancing, indoors.
May meet outdoors, Weather permitting.

Wednesday Noon Brown Bag

In Person
New Location - The Garden of Park Hills- Arbor Room
1622 Dixie Hwy, Park Hills, Ky
Sign on the Door
Masks and Social Distancing
No food or Drink, except bottle water.

Thursday Night Sweet Serenity 7PM

In Person
20 people max
Masks and Social Distancing
Simultaneous Zoom Meetings will continue for a few more weeks

See the District 11 Site for all listings, electronic and in person –

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

Happy Anniversary

May

Kori D – 14 yrs. (5/1)
Ronda B – 11 yrs. (5/19)
Donna P – 15 yrs. (5/22)
Nancy L – 12 yrs. (5/23)

June

Allyson B – 14 yrs. (6/1)
Lisa P – 27 yrs. (6/2)
Kate D – 33 yrs. (6/12)
Mary Ann R -7 yrs. (6/13)
Stephanie A – 2 yrs. (6/13)
Martha C – 18 yrs. (6/16)
Nancy C -23 yrs. (last week in June)

Congrats to All!!

Convention Fundraising:

Tote Bags -

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

or

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

6\$: pick -up
10\$ delivered

Wouldn't this be great to carry your CAL in?



See page 2 for information about the Barbeque Showdown in June.

Also, Baskets are needed for Fundraising Raffle – See attached flyer!

Hi Fellow Al-Anons!!!!

I am Ronda, the fundraiser chair for the 2021 Kentucky Area Convention. As most of you know, we should have had most of our Convention funds raised by this time. Due to Covid, we have had to postpone our efforts and are still on the fence about their outcome. Our first fundraiser is being held on June 26th and we have only sold a few tickets (about 5). While this is really great for working my program, I must say, it is still a bit trying! District 11 is all in this together, so this is a burden I do not have to carry alone, thank goodness!

I am asking each one of you to take a moment and think of a way you might be able to help. At nkyalanon.com there are many options available if you would so choose to help. If you go to the events page, there are links that will direct you to each way you may help. If you are not used to ordering things on the internet, please feel free to call me at 513-503-5254 and we can discuss another way to purchase something.

Keeping with the Steps, Traditions and Concepts I know our Higher Power will get us through these trying times. The 2021 convention will come and go, and we will forever be reminded of the year we tried to collect enough money for our expenses (being fully self-supporting through our own contributions) during a world pandemic. If you could take some time out today to take your fingers over to nkyalanon.com and start pressing buttons, that would be great!

In friendship, love, and
service for our awesome program,
Ronda B

2021 Kentucky Area Al-Anon Convention
Fundraiser

Saturday, June 26, 2021

2:00 PM – 5:00 PM

Highland Hills Park

Mayfield Ave., Ft. Thomas, KY 41075



Greater Cincinnati
Intergroup Presents



Intimacy, Isolation &
Al-Anon

The Real Elephant in the Room

An Online Writing Workshop

May 8, 2021 at 1:00 - 2:30 pm

Zoom ID: 536-3100-4585

Password 851292

For more information call (513)
@235-9005

Sharings from your fellow Al-Anon members:

Responses to the following question - Do you have a favorite piece of Al-Anon literature? A page that really inspires you in one of the CAL books? A pamphlet that you never can find because you have either worn it out or given it away too many times? An article in the Forum? Please let me know and why it is your favorite.

Ronda B. - One of my favorite pieces of literature is the book marker "Just for Today". It seems so wordy when I cut and paste! When I was new, I would read this every day and just cling to the words. I still read it today, and yes, it is worn and tattered!

Becky S - I started to make a list of quotes that really speak to me. Each one reminds me of a different situation and time in my life where I was struggling. These 4 tops my list of impactful quotes that help me keep things in perspective.

- "A person who makes no mistakes usually does not make anything"
- "Coincidences are God's way of staying anonymous"
- "You can look back, but don't stare"
- "Courage is fear that has said its prayers"

Irene - As for literature, I like the Just for Today bookmark and particularly "Just for today, I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that as I give to the world, so the world will give to me." I have found the last part to be so true and so positive in my everyday interactions with all sorts of people. It continues to give me little moments of joy.

District 11 held a workshop titled "Get off the Merry-Go-Round" on April 10, 2021 via Zoom. The focus were the acronyms (3C's, 3A's and the 4M's), also known as, our tools in the toolbox. There were 95 participants at one time, from KY, OH, Ontario, Italy, Scotland, Ireland, and England.

Our hearts were overflowing with gratitude and recovery as we listened to the seven wonderful speakers.

Our District 11 speakers were:

- Beth and Dave speaking about the 3 C's (We did not Cause it, we cannot Control it or we cannot Cure the disease of alcoholism).
- Tom D, Tom B and Nancy sharing about the 3 A's (Awareness, Aceptance and Action)
- Martha and Gina providing insight to the 4 M's (Mothering, Management, Manipulation and Martyrdom).

Each one shared their experience, strength, and hope and how their tools helped them respond to the disease of alcoholism and what the acronyms taught them about themselves.

With much gratitude and love in service, we thank our speakers from the bottom of our hearts. Although the day was rainy, the sun was shining in the workshop.

We are truly blessed,
Pauline and Patty

More Member Sharings:

Linda V - I have so many favorite pieces! One that I still appreciate even though my husband has been dead many years is from ODAT. I believe it's July 3: "The man I married cannot be the source of my happiness or sorrow...". That whole page brings me peace, though with a tinge of tears.

One I memorized and used on my kids is from the book "From Survival to Recovery" where the mom says to adult children "some of your problems have my name on them, but all the solutions have your name on them."

Cha-ching! - I did the best I could with the skills I had!

Patty M - My favorite piece of literature is an article in the Forum, written in the 1990's, "Tuning in to the Traditions". A trusted servant introduced this article at a meeting at Lakeside Presbyterian on Monday nights. I remember because I was a newcomer with a little less than three years. The Traditions were a foreign language and this article related them to my family life. The written piece impacted my life greatly toward a positive direction, which is when I connected with the Al-Anon program. It is an article of soul-searching and reflection, such as Tradition Six question: Do I keep my attention focused on my spiritual well-being and relationship with God or am I easily diverted by routine problems of day to-day living? I lived the latter, pole-vaulted over mouse turds and focused on the alcoholic. That night was a spiritual awakening as I began to focus on myself. The 3 A's come to mind as awareness started setting in. I began changing my attitude to acceptance and action. If I work the program, it will work for me. I am forever grateful to our Al-Anon program and our Family Groups.

Recovery Centers:

Currently Recovery Center Meetings:

RTC Men's Meeting: Saturday 11a – Noon

RTC Women's Meeting: Sunday 2-3pm.

Anyone is interested in chairing or donating unwanted Al-Anon literature to please contact Tara S. -
tsharp1962@aol.com

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>

All District Zoom meetings can be found here.