

# Recovery Review

District 11 – Northern Kentucky

January/February 2019



## 6<sup>th</sup> Anniversary Celebration

Please join the Sunday Night Serenity AFG in celebrating our 6<sup>th</sup> anniversary.

Place: Immanuel Methodist Church, Burlington Pike

Time: Eat at 5:00 Lead at 6:00

Date: Sunday January 13<sup>th</sup>, 2019

Meat and drinks provided. Please bring a covered dish to share.



## Lakeside Monday Night AFG



Join us in celebrating 36 years of love, laughter, and recovery

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Lakeside Presbyterian Church (Carriage House)

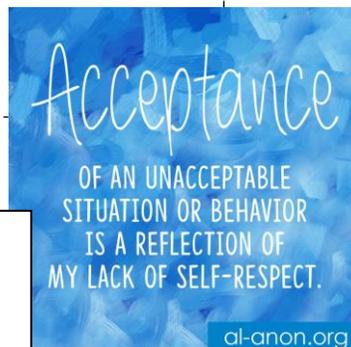
2690 Dixie Hwy, Lakeside Park, KY 41017

Monday January 28<sup>th</sup>

Doors open at 6pm

Lead at 7pm

Bring a snack to share



### Al-Anon Declaration

*Let It Begin with Me*

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



Al-Anon Family Groups®  
*hope for families & friends of alcoholics*

### In the Spotlight –

Looking for a meeting on Sunday nights at 6pm?

Celebrating their 6<sup>th</sup> Anniversary is

### **Sunday Night Serenity AFG**

This group meets at the Immanuel Methodist Church, 1440 Boone Aire Rd, Florence, KY 41042. The entrance is the main door.

Available parking in the lot. There is a sign on the door directing to the room.

### **Help Wanted –**

The following positions are open at the District and need to be filled:

District Secretary

Public Outreach Chairperson

Please see your Group Rep if interested. Remember: When we get busy, we get better!

Thank you to the trusted servants that helped with the workshop on relationships. It was very well attended, about 50 members. Thank you to Joann M for making the sandwiches and potato/pasta salads; to the groups - Tuesday night Grace Episcopal and Thursday night Sweet Serenity for the appetizers and desserts; to the eight members (George K, Steve P, Rosie M, Ronda A, Olivia J, Karen D, Beth, Tammy R) for chairing the sessions and to Anne L for selling raffle tickets at the workshop. A special thank you goes out to the members that sold the raffle tickets for the One Day at a Time book with all the special love notes. We have an Awesome District and we do play well with others.

Attitude with Gratitude,  
Pauline and Patty

*Thank  
You*

### Who Won the Book?

The 50<sup>th</sup> Anniversary ODAT Raffle was a big success. The book made it to every meeting in the District at least once! So, it was filled with a lot of love!

Thanks to all who signed the book with their names and inspirational messages. You made the book a one-of-a-kind treasure. A special thanks to group members who were willing to sell raffle tickets. Your service work is appreciated. Special thanks to Ann L, Donna P, Patty M, and Pauline W who took the book to meetings. It definitely made it a district experience. And thanks to members who bought raffle tickets. The \$278.00 you contributed will be donated to the District.

The winner of the 50<sup>th</sup> Anniversary ODAT Raffle was Patty M. However since she already owned a copy of the 50<sup>th</sup> Anniversary ODAT Raffle book, she has graciously offered to draw a new winner. So, a new winner will be drawn at the January 19<sup>th</sup> District Meeting.

Would you like to receive this newsletter electronically? Please send an email to [11districtnewsletter@gmail.com](mailto:11districtnewsletter@gmail.com)

## I Had To Be the One To Change

I came to Al-Anon several years ago. Someone suggested that I attend meetings because I was being affected by someone I loved. At the time, I thought, *when he gets better, I'll be okay*. I went to my first meeting very scared because I didn't know what to expect. The chairperson was extremely loving and supportive while I shared why I was there. She listened to me cry and gave me hope that, for the first time in years, change was possible. I felt that if I could keep the focus on myself, learn the tools of the program, and apply them to my life, things could get better.

Learning to share my feelings, be honest with myself and remain around like-minded people gave me the courage to implement new behaviors in my life. However, change took time. I had to adjust my attitudes and admit my powerlessness over my alcoholic loved one. I am happy to say that change has taken place for my children and me, and it has made all the difference in the world. I recognize now that it wasn't just the alcoholic who needed changing—I needed it as well.

*By Eileen F., New York*

*The Forum, December 2018*

**New Location for Wrap House:** WRAP of Transitions has now moved to its new, permanent location at 313 Madison Avenue, Erlanger, KY. The address is somewhat confusing since that area along Madison Avenue (also called 3L) does not seem to be Erlanger. The facility is across the street from the Grateful Life Center. Meetings are still on Sundays at 1pm.

Al-Anon



*How many Al-Anons does it take to screw a lightbulb?*

*None.... they just detach and let it screw itself.*