

# Recovery Review

District 11 – Northern Kentucky

September/October 2021

## Counting Down to the 2021 Kentucky Al-Anon Area Convention!

What can you expect September 17-19?

- Al-Anon Speakers with a combined 135 years in the program
- Learn how to rebuild bridges in your relationships
- Test your knowledge with trivia
- A performance from a cappella group the Cincy Notables

And, of course, Experience Strength, Hope and Fellowship all weekend long.

Join us September 17-19 at the Holiday Inn in Hebron. Register today at [NKYalanon.com](http://NKYalanon.com)

## Service Opportunities!!

District 11 needs an Alternate District Representative (DR). Linda H is doing a fantastic job as DR but could use help.

Convention Help needed for the Hospitality Room and Literature Room – no experience necessary, just a willingness to have a bit of fun! Email

Does your group have a Group Rep. (GR) or any other position that needs to be filled?

If any of these sound like a great way to be of Service and improve your program, see your Group Rep., or ask your Sponsor – they can point you in the right direction!

**Found** – Someone left a bowl at the Potluck. Please email [11districtnewsletter@gmail.com](mailto:11districtnewsletter@gmail.com) if this is yours.



### Belated August

Bob C. – 16 yrs.

### September

Kelly K. – 8 yrs.

Jane Z. – 2 yrs.

Jennie N. – 2 yrs. (9/8)

Monica – 2 yrs. (9/8)

Joe N. – 4yrs. (9/12)

Anne L. – 7 yrs. (9/15)

Beth T. – 5 yrs. (9/28)

### October

Sherry T.–19 yrs. (10/1)

Steve P – 9 yrs. (10/4)

Ralph - 13 yrs. (10/6)

Becky S.- 2 yrs. (10/13)

Patty M -27 yrs. (10/26)



The Sunday Night Latonia AFG is celebrating 34 years on September 26<sup>th</sup>, starting at 6pm.

Latonia Baptist Church,  
3800 Church St. Covington 41015

### Winner!! Winner!!

The 2 winners of the Newsletter Conference Registrations are:  
Misa I. and Danielle M.!

The solution: **Thanks to Al-Anon, I have learned to build bridges instead of walls.**

### **Thank You! Thank You! Thank You!**

What a great Covid success the Potluck fundraiser was! Thank you for the dozens of people that helped in this fundraiser! It really took a village to pull this off.

For the silent auction thank you for donating items, picking items up, dropping items at my home, organizing the items, cataloging the items, picking the items back up, hauling them to the church, making the bidding sheets, setting the items up, bidding on the items, cashing out the winners, and helping load their cars up, then putting the church back together.

For the food and main hall thank you for setting it up, tearing it down, making coffee, cutting 1 million desserts, picking up the water, chicken, and ice. Thank you for making sure everyone got their dishes back and the main room was just the way we left it.

For the Split the Pot and Blanket raffle, thank you to two of the most kick butt sellers on the planet!

For the money people thank you, what a chore this was. Keeping five things separate, cashing everyone out in a super-fast way and actually being balanced!

For the MC thank you. What a professional fun person! You kept us on track timewise and made it fun doing it!

Lastly, thank you to the speakers. We all loved hearing your leads but mostly, we loved how many items you bought in the auction!

Again, thank you to the committee, the volunteers, and to Al-Anon for letting me be part of such a great event!

Ronda B

Fundraising Chair

2021 Ky Area Al-Anon Convention

### **Updated Schedule**

With COVID-19 continuing to wreak havoc, some groups have not reinstated their in-person meeting, others are meeting both in-person and zoom simultaneously (a hybrid meeting), and others are now meeting only in-person.

To keep things simple and provide an updated schedule, the Northern Kentucky group schedule has been updated online at [nkyal-anon.com](http://nkyal-anon.com). It now contains the list of groups currently meeting in an in-person format and those with a hybrid format. GRs should check the schedule online and if something needs to be updated/added, etc., please email [mpwolfe@yahoo.com](mailto:mpwolfe@yahoo.com) with those updates.

In fun service,  
Pauline

### **Raffle Baskets**

Raffle Baskets are needed for the Al-Anon convention. Consider sending one from your group or creating one by yourself. This has proved to be a great way for fundraising to support the convention, plus a nice treat to yourself if you win one.

Contact Ronda B.  
([rondabreedden@gmail.com](mailto:rondabreedden@gmail.com)) for pick up or drop off.



## Some Experience Strength and Hope from your fellow Al-Anons:

### How can I use the Al-Anon Traditions in my personal life and/or is there a particular one that is my favorite?

Using the traditions: The Traditions are so handy: #1 - I remember once, years ago, in a meeting with school officials, I said "well, you know, our common welfare should come first, because personal progress depends on our unity." Shazam! Very educated people were stopped in the 😊racks.

Autonomy (4) for group and individuals is so important too! At Gratitude Attitude Al-Anon, our meeting is held in a treatment center for people with substance use disorders. They are accustomed to saying first name and identifying themselves as addict or alcoholic. In our introductory readings we say, "say what feels right to you." This was a decision the group made in autonomy.

The Traditions are also a wonderful tool for peaceful family life! ❤️

~Thanks for asking. Linda V, Turkeyfoot

My favorite Tradition ... Or should I say the Tradition that I understand the best, is #10 "The Al Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy"

I think it's important that Al Anon only "does" Al Anon and doesn't get caught up in, or take a position on any political, religious, or other local or national issues.

~ Becky S

At first glance, the Traditions seem to only be guides for the groups, but I have found them to be very useful in my personal life as well. Whether in an Al-Anon meeting, at work or in my family, the common good or welfare needs to come first in order to thrive. It may seem strange that there really is no one in charge at an Al-anon meeting – just our Higher Power. What a safe way to learn that I am not in control. I can carry this over into daily life by turning my will over to that HP every day. My favorite one is Tradition 10. This one reminds me that I need to mind my own business and that I shouldn't have an opinion on anything outside of my hula-hoop! This is sure to keep me out of trouble.

~Gina C.

#### Important Al-Anon Websites:

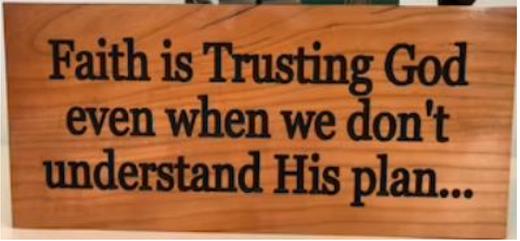
Al-Anon Main site (WSO) <https://al-anon.org>

Kentucky Area Al-Anon: <https://kyal-anon.org>

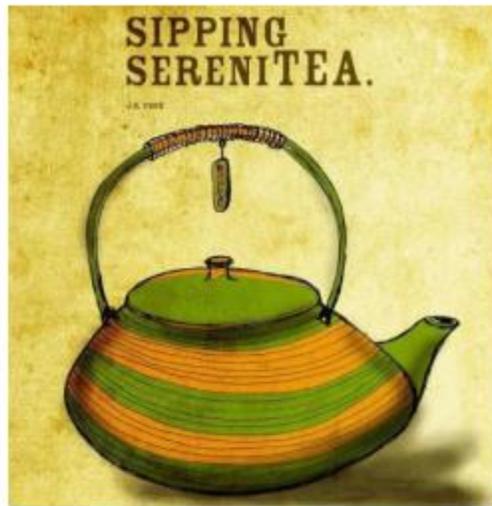
Northern Kentucky Al-Anon District11:

<http://www.nkyalanon.com>

Updated Meeting Information will be found here.



Faith is Trusting God  
even when we don't  
understand His plan...



**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 6, 2021 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**



# Celebrating 60 Years of Conference Approved Literature

In April 1961, at Al-Anon's first World Service Conference, our Cofounder Lois W. introduced the idea of Conference Approved Literature (CAL). As Lois explained, it would serve the same purpose as the formation of the Conference—to create unity among all groups. Prior to that, groups often wrote and distributed their own literature or used various outside sources. Some of these materials were inconsistent with Al-Anon's Traditions and spiritual principles. They often took a religious approach or focused on trying to "cure" the alcoholic, therefore causing confusion about Al-Anon's identity and purpose.

The Conference's unanimous decision and the process it developed over the following years assured that our literature would reflect the Al-Anon program in principle and practice, undiluted by differing points of view. Over the years, CAL has continued to expand to meet new needs and changing conditions.

Within the last year and a half, as our fellowship and the World Service Office (WSO) faced the effects of the COVID-19 pandemic, literature sales plummeted, and *The Forum* lost 2,300 subscribers. An increase in contributions has helped counter this drop in sales, thanks to the generosity of Al-Anon members everywhere. For the first time since 1954 (the year before our first book was published), member contributions exceeded literature sales. While I am comforted by the idea that the fellowship will continue to support its service arms, I remain concerned about what we are losing in recovery as reliance on one of our primary tools continues to diminish.

Our literature can't substitute for the healing that takes place at Al-Anon meetings and in one-on-one conversations with Sponsors and other members, but it greatly supplements this help with inspirational insights from thousands of members—not only from throughout the world, but from throughout the history of our program. Between meetings and when other members are not available, CAL offers me the comfort of knowing that my problems are not unique, and I am not alone. When I am reluctant to share because I am afraid that no one will understand, CAL reassures me that others have been there too. If I feel different at a meeting because of my age, gender, relation to the alcoholic, or any other reason, CAL reminds me that we are all equal.

Our Suggested Welcome states, "The loving interchange of help among members and daily reading of Al-Anon/Alateen literature thus make us ready to receive the priceless gift of serenity." So please, in celebration of CAL's 60<sup>th</sup> anniversary, when anyone reaches for help, let's make sure that not only the hand of Al-Anon, but also the gift of Conference Approved Literature is always there, and "Let It Begin with Me."

*By Tom C., Associate Director—Literature*

*The Forum, September 2021*

**Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.**