

Recovery Review

District 11 – Northern Kentucky

November/December 2019



Area Convention News!!

District 11 will be hosting the Area Convention here Northern Kentucky in Fall 2021. This is a big undertaking and there will be many opportunities for service.

Here is the latest from the Convention Chair, Danielle M. -

- *Alateen still needs a chair - anyone who is or is willing to become AMIAS certified is welcome to throw in for it.
- *There will be a contest for the Convention Theme – if you have an idea for a theme, please email dmason0604@gmail.com or marthacannon@gmail.com.
- *If you have speaker CD's that you would be willing to lend to our Speaker chair Olivia, please let Danielle know.

The next committee meeting will be held on January 11th, 2020 @10:30am at Lakeside Presbyterian Church on Dixie Highway- enter thru the side door – main building. All are welcome to attend and add their voice and ideas.

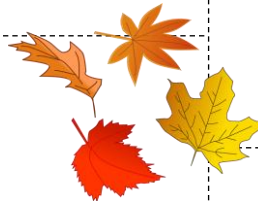


Celebrating their **43rd Anniversary** is the Wednesday **Turkeyfoot Group!!**

Wednesday
November 20th
10:00 AM

Taylor Mill United
Methodist Church
5160 Taylor Mill Rd.
Taylor Mill

Meeting with lead-
Pauline W.
Luncheon to follow
Bring a dish to share



Al-Anon Retreat

Problem Solving Through the Steps

Registration limited to 46

Jesuit Spiritual Center at Milford, Loyola Building

5361 South Milford Rd. Milford, Oh 45150

March 27,2020 7pm to March 29,2020 12pm

\$175.00 for the weekend (two nights, Four meals)

Partial Scholarships available (limited number)

Call (859)803-6537 or (859)802-7257 for more information

*Registration forms attached for those who receive newsletter electronically. *

See your GR for registration forms if you need one.

Save the Date:

55th Annual KY Area Al-Anon Convention

September 18 – 20, 2020

Clarion Hotel Conference
Center-North
1950 Newtown Pike
Lexington, KY 40511

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

Resentment and Forgiveness

It's been years since I forgave anyone for anything. It all started when I was preparing a meeting topic on resentment and forgiveness. I was carrying around a big resentment. I would forgive, but the resentment kept returning. I checked *How Al-Anon Works* and found the chapter on forgiveness. "Resentment will do nothing except tear us apart inside" began the chapter. I already knew that my resentment didn't make me feel good but try as I might to forgive and dispel my resentment, it kept coming back. I read on and found some life-changing words. **"We don't forgive the actions another person has chosen, because it was never our job to judge the person for those actions in the first place."** In the core of my being, I knew that this was Truth. If there is to be judgment, it is above my pay grade! I realized that **my resentments ALL came from my judgments of others.** I also realized that **if I don't judge, there's nothing to forgive.**

My previous paradigm had been to judge and then magnanimously grant "forgiveness" to that poor, misguided soul whom I had judged to be deficient! I now focus my efforts on living my life without judgment - an impossible task, since I am a human and my human mind is programmed to judge. But whenever a resentment pops up, and they routinely do, I can easily identify where it's coming from. It's coming from my judgment of someone or something, and I have a chance to backtrack, use my program and drop that judgment. The need to forgive then no longer exists and I can live a more peaceful, serene and loving life.

~Steve P.

Recovery Centers Are in Need

Please consider sharing your experience, strength & hope to folks 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.

Recovery Meetings:

- Sunday meeting – 1pm
Mary Gandy Travis RTC 313 Madison Pike
Erlanger, KY 41018 - Women clients only
- Wednesday meeting – 6pm
Dayton Healthy Newborn House 925 5th Ave
Dayton, KY 41074 - Women clients only
- Saturday NEW men's recovery meeting
Noon- 12:50 pm,
Mary Gandy Travis RTC 313 Madison Pike
Erlanger, KY 41018. Men clients only; women may attend to help with the meetings.
- Saturday meeting – 1pm
Transitions Falmouth 512 South Maple Ave,
Falmouth, KY 41040 - Co-ed Family Members only, no clients



Patti M: October 26 – 25 years
Joanne M: November 14 – 31 years

Do you have an anniversary coming up or know of anyone who has one in January or February? I would like to start adding this to the Newsletter. Send an email to 11districtnewsletter@gmail.com



Would you like to be one of the lucky folks that get this newsletter emailed to them? If so, please send an email to 11districtnewsletter@gmail.com