

# Recovery Review

District 11 Newsletter

March-April 2019



#### Speakers – Al-Anon, Alateen & AA

Kelly P. – AFG, Helena MT  
Vannoy S. – AFG, Justin TX  
Bud S. – AFG, Deering NH  
Magdalena E. – AFG, Seattle WA  
Keaton H. – Alateen, Frankton IN  
Michelle P. – AA, Louisville, KY

Plus  
Workshops / Activities / Entertainment

## 54<sup>th</sup> Annual KY Area Al-Anon Convention September 13–15, 2019 Louisville, Kentucky

Ramada Plaza & Conference Center  
1776 Plantside Drive, Louisville, KY 40299

**Hotel**  
Ramada Plaza by Wyndham  
9700 Bluegrass Parkway, Louisville KY 40299  
*Room rates are \$110 per night, plus taxes.  
Breakfast coupon provided for up to four registered  
guests per room.*

**Hotel room reservations**  
• by phone: 502 491-4830 (Ramada by Wyndham)  
• or online: [https://www.wyndhamhotels.com/ramada/louisville-kentucky/ramada-plaza-louisville/rooms-rates?checkin\\_date=9/13/2019&checkout\\_date=9/15/2019&group\\_code=KYALAN](https://www.wyndhamhotels.com/ramada/louisville-kentucky/ramada-plaza-louisville/rooms-rates?checkin_date=9/13/2019&checkout_date=9/15/2019&group_code=KYALAN)

## Celebrate AA and Al-ANON's 31<sup>th</sup> Anniversary at Asbury Methodist

2916 Alexandria Pike Highland Heights, KY



## We are having a "Meet and Eat"

Tuesday April 30<sup>th</sup>, 2019  
Doors Open at 5:30 PM  
Dinner at 6:00 PM  
Meeting at 7:00 PM

## Both AA and Al-Anon Speakers

WE WILL BE PROVIDING CHICKEN AND PIZZA,  
AS WELL AS COFFEE AND SOFT DRINKS.  
PLEASE BRING A COVERED DISH IF POSSIBLE.  
IT'S NOT REQUIRED BUT APPRECIATED!

BABY SITTING PROVIDED DURING MEETING

REV 2-7-19

Click this link for more info and registration forms  
<http://kyal-anon.org/upcoming-events/>

Just for  
today...  
I  
will not  
be in  
charge.



## Are you looking for some Fellowship and Fun?

One of the ways members can show their support is to make Kentucky Area Buttons (Love Tokens) for our Area Delegate, Sherry Hoke, to distribute to other Delegates at the April, 2019 World Service Conference.

Steve P. is hosting this button making party at this home at 2 pm on Saturday, March 16<sup>th</sup>. For location and more information please email Steve at [SPayne1951@aol.com](mailto:SPayne1951@aol.com).



## SAVE THE DATE WORKSHOP – DEALING WITH CONFLICT

SATURDAY, APRIL 6, 2019  
12-3p

### FLORENCE CHRISTIAN CHURCH

300 MAIN ST  
FLORENCE KY 41042  
"WELL" ROOM  
(SAME LOCATION AS THURSDAY NIGHT MEETINGS)



If you have anything to share in the newsletter or would like to receive it electronically, please email [11districtnewsletter@gmail.com](mailto:11districtnewsletter@gmail.com)



This month's Meeting Spotlight Features the **Courage to Change AFG** on Sunday Nights

### Our Favorite Slogans

At our meeting Sunday evening, the Courage to Change Al-Anon Family Group gathered at our new home at First Baptist Church in Fort Thomas (600 North Fort Thomas Avenue). After our usual openings, we decided to make "Our Favorite Slogans" our topic for the evening and, after the facilitator read those listed in the index of One Day at a Time in Al-Anon, we had a very lively discussion about which ones we use, how they guide us, and of the positive benefits we all get from remembering them.

"How important is it?" led the discussion with the most "votes" followed closely by "Listen and Learn", "Live and Let Live", and "One Day at a Time." "Keep it simple" also made its way into the conversation.

Our discussions concluded that many of us suffer from having kind of big egos and being a bit too opinionated about many things. That's why "How Important is It?" is good for us to remember so that we back away from trying to over-control matters and from over asserting what we feel is our "rightness." That these little character defects make it hard to "Live and Let Live" both for us and for our alcoholics when all we really want is a fair acceptance of each other.

We also came up with a few non-conference approved slogans that kept us laughing throughout. Such as using the phrase "You could be right!" to slow reactions, and another that really got us laughing..."Do I need to say that?"

Keep Coming Back! It works if you work it!

Your neighbors from

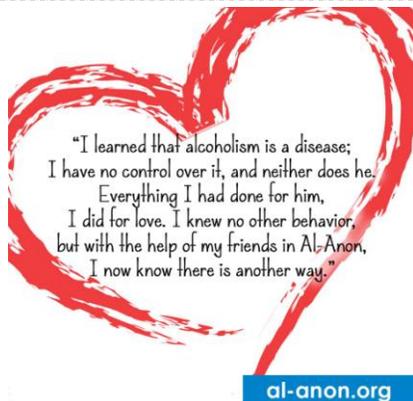
**Courage to Change AFG**

Sundays, 7-8 pm

First Baptist Church- Fort Thomas

600 N. Fort Thomas Ave.

Fort Thomas, KY 41075



"I learned that alcoholism is a disease;  
I have no control over it, and neither does he.  
Everything I had done for him,  
I did for love. I knew no other behavior,  
but with the help of my friends in Al-Anon,  
I now know there is another way."

al-anon.org

## 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.*

## How Al-Anon Members and Groups Can Support Alateen

Consider having a discussion in your Al-Anon meetings on the following topics:

- Reaching out to local Alateen Group Sponsors or Alateen members to inquire if they have sufficient Conference Approved Literature (CAL) to support their meeting.
- Welcoming teenagers into the Al-Anon meeting whether there is an Alateen meeting or not.
- Inviting an Alateen speaker to participate in your Al-Anon group anniversary or special celebrations.
- Having the Al-Anon group consider passing the basket on a regular basis to support Alateen.
- Consider the idea of suggesting an Alateen fundraiser at a District event, Area Assembly, or Area World Service Committee (AWSC) meeting.
- Suggest the Group Representative (GR) take the topics discussed to the District meeting.

It can sometimes be difficult for Alateen groups to become fully self-supporting. This is where Al-Anon members and groups can help. "Together We Can Make It!"

From WSO website.