

Recovery Review

District 11 – Northern Kentucky

January/February 2022



Happy,
Joyous
and Free

57th Annual KY Area Al-Anon Convention

September 23 – 25, 2022

Holiday Inn University Plaza & Sloan Convention Center
1021 Wilkerson Trace
Bowling Green, KY 42103
1-800-HOLIDAY

Discounted room rate: \$118
Call with Discount Code: ALA
Or Reserve Online: www.kyal-anon.org/hotel

Al-Anon Family Group Speakers AA Speaker Entertainment
Al-Anon and AA Meetings George & Freddie's Tapes
Hospitality Room Serving Snacks Throughout The Weekend

Registration \$30

Reserve online - <http://www.kyal-anon.org/convention> or
mail registration to South Central KY Host Committee,
PO Box 246, Smiths Grove, KY 42171



January:

Phyllis W – 38 years
Debby D - 34 years
Mary B – 9 years
Todd B – 9 years

February:

Esmerelda – 27

Monday Night Lakeside

is celebrating 39 years! There will
be a small celebration and a lead
on January 31st at 7pm.



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

January 28, 2022 5pm to January 30, 2022 2pm

\$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

Mail to: Martha Cannon, 246 Shaker Heights Ln, Crestview Hills, KY 41017

Or Debby Dutle, 411 E 4th Street, Newport, Ky 41071

Checks payable to Al-Anon District 11, put "Retreat" on the note line

Meeting Changes:

"New Beginnings" meeting on Friday
nights in Ft. Thomas, (hybrid) is now
starting at 7pm.

Tuesday Night Asbury Group is
offering babysitting/childcare

I MAY BE POWERLESS
OVER ALCOHOL
AND OTHER PEOPLE,
BUT I AM NOT POWERLESS
OVER MYSELF.

al-anon.org

Members Sharings

Before pulling this Newsletter together, there is a question or two sent out via email. This Editor welcomes any sharing sent in by members, whether they are answers to the questions or any other words of Experience, Strength and Hope. Please consider responding with a line or two. You never know who you are helping.

What slogan or tool has helped you get thru the Holidays, either current or in the past?

Gratitude. It's a spiritual quality and when I practice it, it helps me stay on my spiritual side. Happy holidays to everyone. ~Love, Steve P

The slogan that got me through the holidays is " how important is it" ~Debby D.

"Let go, let God." Letting go and not trying to control so much and allowing for HIS will is so much better than exhausting myself trying to inflict MY ways. Taking the time to Trust in God is essential to my recovery. ~Mary B.

With a couple of years of this wonderful fellowship in my toolbox, I am finding that 'mind my own business' to be a powerful tool for me. There are, however, other tools and slogans which have been instrumental in allowing me to experience how life feels when I focus on MY business! I do not enjoy drama but am now able to see that it has been a habit in my life. "How Important Is It?" is a slogan that has been powerful in helping me focus on my part in the mess and in the joy of my life. I am better able to focus on the present when I am not attentive to someone other than me. I find peace when I remind myself that I am not kind when I do for others what they are capable of doing for themselves. I am so glad to be free of the feeling that I 'need' or 'should' do certain things for them. I am grateful to see the beauty which comes from them using the talents and gifts that their Higher Power has given them! "How Important Is It?" helps me keep quiet and brings about a calm and peace for which I have searched at great length....and have now found!!!! Thank you, Higher Power!!! Thank you for the gift of Al-Anon!!!

~Joanne A

Need more meetings?? More leads?? More ESH??

Here are some links that may be helpful:

Al-Anon Speakers:

<https://al-anon.org/newcomers/first-steps-al-anon-recovery/>

<https://www.youtube.com/channel/UCn1EcexXu03FRxOdkthCtcw/featured>

<https://www.batonrougealanon.org/recovery-workshops.html>

Spotify – Search for Al-Anon Podcasts for speakersElectronic Meetings:

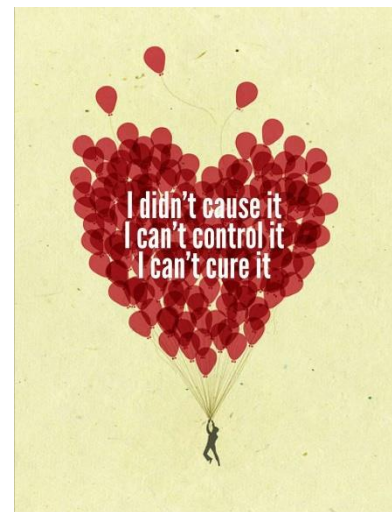
<https://al-anon.org/al-anon-meetings/electronic-meetings/>

Welcoming Newcomers in the New Year

Although the family disease of alcoholism never takes a vacation, the post-holiday season is a time when many individuals suffering from the family disease of alcoholism seek comfort in Al-Anon. Here are some things to think about as your group prepares to welcome newcomers for the new year, whether you are still meeting virtually or back to meeting in person.

- Is your meeting information on the local meeting list, Area listings, and at the WSO up to date? If your face-to-face meeting is temporarily being held on a virtual platform, contact your Area Trusted Servants to learn about listing procedures.
- Are signs placed in easy-to-spot places to direct people to the meeting room or specific location instructions included in your group record?
- Do you have a greeter to welcome anyone new to the meeting?

A [Welcoming Checklist](#) is also available as a free download to help you plan. Keep in mind that you can submit Al-Anon group changes any time throughout the year at al-anon.org.



Important Websites:
Northern Kentucky- District 11
<http://www.nkyalanon.com/home.html>
Kentucky Al-Anon
<https://kyal-anon.org/>
Al-Anon/Alateen WSO
<https://al-anon.org/>