

Recovery Review

District 11 – Northern Kentucky

July/August 2019



54th Annual KY Area Al-Anon Convention September 13-15th, 2019 Louisville, Kentucky

Ramada Plaza & Conference Center
1776 Plantside Dr. Louisville, KY 40229

Hotel room reservations;
502 491-4830 (Ramada by Wyndham)

Speakers – Al-Anon, Alateen & AA
Workshops/Activities/Entertainment

Online Registration - <https://kyafg2019convention.eventsmart.com/>

For additional information and list of Speakers, go to the Area website:
http://kyal-anon.org/wp-content/uploads/2019/04/Flyer-final_FORMv2.pdf (This is also the mail in registration form.)

Marlis N., the District Archives Chair is searching for the following items to fill in gaps. If you have any of the following, she would be grateful:

What she needs to fill in Archive gaps:

Return of 1 jump drive provided for treasurer when Donna was Treasurer.

Originally there were 2 drives, one for the secretary and one for the treasurer.

There was a small (~4x6) plastic trinket box that they were initially kept in, in our cabinet in the store. That little box is gone too. We have one of the drives and believe it to be the secretary one.

New Meeting!

There is a now a meeting on Saturdays afternoons!

Time: 4:30 to 5:30

1607 Eastern Avenue,
Covington, KY 41014

This is a new meeting just getting started and can use your help.

Forgiveness can be challenging although it is most often the healthiest path forward, allowing us to acknowledge the wound, maybe understand another perspective and process our emotions in non-harmful ways. For a different view, it is interesting to consider that the opposite of forgiveness is punishment, resentment, hardheartedness or ruthlessness. ~ Jo M.



2006: all minutes except Sept.
2007: all minutes other than Jun, Jul, Aug; (there was no Sept meeting because of the convention
2008: all minutes other than Mar, Apr

2009: Feb minutes
2010: Nov minutes
2011: Any Fliers of district events 2009-2011

2012: Any Fliers of district events, Convention; 2012-2014

2013: Nov minutes (or confirmation there was no meeting)

2014: Feb, Mar, Apr, Aug, Oct Minutes

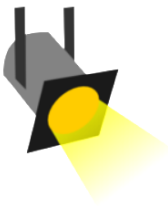
2015: Jan, Feb, May minutes

Help Wanted!!

The District is in dire need of someone who is willing to chair Public Outreach. This is an excellent way to be of service to those in need. Please speak to you Group Representative if you have any questions or are interested.

Recovery Centers Are in Need of Members to Chair Meetings – Please see your Group Rep or contact Tara S. at 859-393-4034 for more info.

If you're interested in receiving the newsletter via email, please send your email address to 11districtnewsletter@gmail.com



In the Spotlight

New Beginnings, AFG

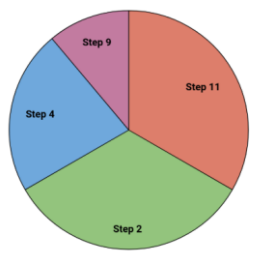
Fridays at 7:30 PM

First Christian Church, 1st Floor

1031 Alexandria Pike, Ft. Thomas 41075

Here are some of this group's favorite Steps, Traditions and Literature.

Steps we find most useful:



Step 11

- Combination of all the work so far
- Increased my faith
- Lead to peace and serenity - when I prayed for God's will and not my own
- Everyday prayer for me
- Meditation and prayer has helped so much
 - Calm and connected
- Praying only for God's will
 - game changer - Let go and let God

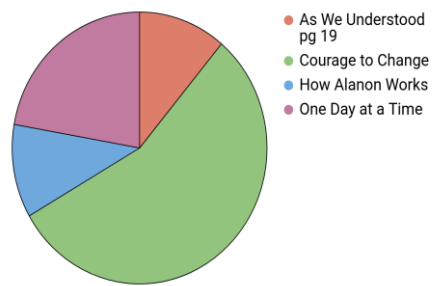
Step 2

- Before full of guilt - this lead to peace
- Higher Power is not defined in Al-Anon and this is important
- Right now maybe not forever that is the way it is - acceptance

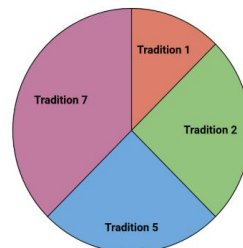
Step 4

- Keeps the focus on me
- Make amends and then can let it go
- When I am really upset there is probably something wrong with me and this makes me look at my attitudes and behaviors
- There is more than one path to getting things done

Literature we enjoy and find most useful:



Traditions we find most useful:



Tradition 1

- Let other people do their stuff
- Common welfare includes me

Tradition 2

- A Higher Power is always in the room and it is not me
- Trust people in power over me because it is service work
- They do not govern - thank goodness no one is in charge
- We are all trusted servants
- Realize other people have skills and talents
- I'm not the leader in everything now

Tradition 5

- Family disease helps me know I am not alone or nuts
- One purpose - practice 12 steps ourselves
- Helps me understand the alcoholic - learn to understand
- Find out information, go to open AA meetings

Tradition 7

- Not Depending on others for my happiness
- Supporting myself emotionally
- Learning to take care of myself first. Learning what I like and want was huge.

Al-Anon Declaration
Let it Begin With Me
 When anyone, anywhere reaches out for help, let the hand of Al-Anon, Alateen always be there, and Let it Begin With Me.

Recovery Centers Are in Need of Members to Chair Meeting

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

Sunday Afternoon meeting
Mary Gandy Travis RTC
313 Madison Pike
Erlanger, KY 41018
Sun 1 pm
Women only

Wednesday Evening meeting
Dayton Healthy Newborn House
925 5th Avenue
Dayton, KY 41074
Wed 6 pm
Women only

Falmouth Saturday Afternoon meeting
Transitions Falmouth
512 South Maple Avenue
Falmouth, KY 41040
1 pm