

# Recovery Review

District 11 – Northern Kentucky

November/December 2020

## Hello from the new District Rep!

As the incoming District Rep for the 2021-2023 term in District 12, I wanted to tell you all a bit about myself.

My husband Ken and I moved to the Cincy/NKY area in 2016 for me to work at Fifth Third Bank as a Stock Trader. I have been in trading and investments my entire career, and both my husband and I have lived in Cleveland the majority of our lives. So, moving here was a big adventure for us! Ken is retired from his career as a Roofing Contractor and is now on disability as a result of a near fatal motorcycle accident in 2010. Due to his accident and other health issues, he is now full time in a wheelchair. Dealing with his disabilities and healthcare issues has added to the challenge, and without my program and all of you, I'm not sure I would have survived it!

Al-Anon has 3 legacies, and the three-fold guide of Al-Anon point the way to a normal and useful life for us. They are also a framework within which the groups can carry on our affairs in harmony.

RECOVERY through the Steps,  
UNITY through the Traditions, and  
SERVICE through the Concepts.



It is important for me to work all 3 parts for a full recovery from growing up as a child of an Alcoholic, and also a way for me to give back to the program too. Step 12 calls us to carry this message to others and practice these principles in all our affairs. By taking on more service work since moving here, I'm aiding my recovery and also helping me in growing in the fellowship and giving me a feeling and sense of belonging. On page 304, the October 30th reading in *One Day At a Time in Al-Anon*, has an encouraging reading about fellowship, and how we get more than we give when we participate in service to others.

I invite anyone interested in joining the district team for the new term to please contact me at [lmheuman@gmail.com](mailto:lmheuman@gmail.com).

We are looking to fill the following positions:

**Literature Chairperson/Coordinator** - Do you like to shop? Do you like to read? We could use your help!

**Website Coordinator** - Are you online a lot and want to help out with keeping members updated on news?

**Alternate District Rep** - must have been a previous Group Rep to qualify. Backs me up and helps me with District responsibilities.

I would love to have you join me/us on this journey!

~Linda H.



If you're reading this newsletter and especially if you're reading something of this length, you obviously care about your program. To those faithful servants who have supported their program by doing more than just showing up for your meetings, thank you. Not that showing up for meetings isn't important - it's the single most vital part of the program! But Al-Anon is a vast, worldwide organization that requires a lot of infrastructure for it to be able to serve you, and us. Literature, conventions, workshops, Alateen, public outreach, newsletters, finances, websites, being able to access information on meetings - all that stuff requires members who are willing to do more than just show up to meetings.

Don't have time? We're all busy and we all have complicated lives. Don't like Zoom meetings? Suck it up, beloved friends. None of us like them as well as in-person meetings, but if we're not there to share our experience, strength and hope, who's going to help the newcomers? Who helped you when you were desperate? There are plenty of people out there who need us! COVID isn't going away soon, especially not in the next 6 months, but your own program might go away if you don't support it. **Service is an absolute requirement for your own healthy program!** It's not just a fringe benefit. If you don't give it away, you're not going to keep it for yourself. Who are the people who you think have the strongest programs? I bet they all do service of one kind or another.

Make a service commitment to your program and our program. We have a new district rep, Linda H., starting in January. She stepped up and it's going to help her program and help all of us continue to have a program. She needs lots of volunteers for our district committees, so that we can have a healthy, self-supporting district (tradition 7 - support is more than money.) E-mail her at [lmheuman@gmail.com](mailto:lmheuman@gmail.com)

It's been a good experience serving the district over the past three years. I'm sure that I'll continue to do service, because my program needs it and I need my program.

Namaste,  
Steve P., District Rep, District 11

### District 11 Meetings

There are many changes with meetings in the district. As some are moving to Face to Face and others are suspending meetings, please keep an eye on the website: <http://www.nkyalanon.com/home.html>

If you are the GR of a meeting who has changed its status please let send an email to [11districtnewsletter@gmail.com](mailto:11districtnewsletter@gmail.com) and to Sonya [-sdmoseley66@gmail.com](mailto:-sdmoseley66@gmail.com) (Our current website coordinator)



#### Belated Congrats!

Jane Z. 1 year (Sept.)  
Maria D. 1 year (Oct.)  
Steve P. 8 yrs. (10/3)

#### November

Julia - 27 yrs. (11/5)  
Joanne M. - 32 yrs.  
(11/17)

**Turkeyfoot AFG – 44 years!!**

#### Important Websites:

Al-Anon main site:  
<https://al-anon.org>  
Kentucky Al-Anon:  
<http://kyal-anon.org>  
Northern Kentucky Al-Anon  
District11:  
<http://www.nkyalanon.com>

Do you have an Anniversary?  
(personal or group) Please send  
an email to  
[11districtnewsletter@gmail.com](mailto:11districtnewsletter@gmail.com)

Did you know that Al-Anon has a Mobile App??

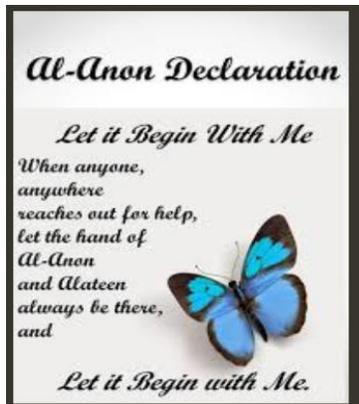
<https://al-anon.org/for-members/members-resources/mobile-app/>



**Al-Anon Family Groups**  
The Official Mobile App  
of the Al-Anon Family Groups

Al-Anon's First Official Mobile App Released!

The image shows a hand holding a smartphone displaying the Al-Anon mobile app interface. The app screen shows various features like 'Find a Meeting', 'Log In', and 'New! Share & Support Availability'. The background is a light blue gradient with a subtle pattern.



**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.*

The flyer features a blue butterfly with white markings on its wings, positioned to the right of the text. The background is a light, textured grey.

You are invited to the Virtual  
27<sup>th</sup> Annual District One Alathon  
Thursday, November 26 and Friday, November 27, 2020



*Pass the gratitude!*

Meetings will occur at 9AM, 10AM, 11AM and noon On Thursday and Friday.

See Flyer attached to Newsletter email or KY Al-Anon website

The illustration shows a golden-brown roasted turkey on a platter, garnished with green herbs and red berries. The turkey is the central focus of the flyer.



**Indiana Area Cordially Invites You  
First World Service Office Town Hall!!  
(Virtual)  
Saturday, November 14, 2020**

Town Hall  
1:00pm - 1:45pm EST  
WSO Presenters  
Vali F., Executive Director  
Lynette K., Chair of the Board  
Debbie G., Chair of Executive Committee

Topics Presented

- Personal Sharing by Presenters
- Finances & WSO
- Electronic/Hybrid Meetings & Mobile App
- Requirements for Serving on the Board

➤ There will be 15 minutes of questions and answer time following the presentations.

➤ Indiana Area members' questions will be first. Questions related to presented topics only.

➤ Please send questions by November 10th to: Miriam B. at [delegate@indiana-at-anon.org](mailto:delegate@indiana-at-anon.org)

Login begins at 12:30pm EST  
Please include your name and Area when logging in.

<https://us02web.zoom.us/j/89916453167>  
Meeting ID: 899 1645 3167  
No Passcode. There will be a waiting room.  
Max 500 attendees

One tap mobile  
+13126266799,,89916453167# US (Chicago)  
Dial by location  
+312 626 6799 US (Chicago)

The flyer has a blue and white geometric background with a large 'X' shape formed by diagonal lines.