

# Recovery Review

District 11 – Northern Kentucky Al-Anon

January/February 2023



For more information and the registration form click here :  
<https://kyal-anon.org/58th-annual-kentucky-area-convention/>



**January:**

Phyllis W – 39 years  
Debby D - 35 years  
Mary B – 10 years

**February:**

Esmeralda – 27 years  
Marlis – 22 years

## Anniversary Celebrations!

### Monday Night Lakeside AFG

is celebrating 40 years. There will be a small celebration with light snacks and a lead on January 29th at 7pm.

Doors will be open at 6:30pm.

Lakeside Presbyterian Church

2690 Dixie Highway,

Lakeside Park 41017

(meets in the Carriage House/back parking lot)

### The Tuesday Noon AFG

will celebrate its 24th anniversary on February 2<sup>nd</sup>!

(Began February 2, 1999.)

Lakeside Christian Church, 1

95 Buttermilk Pike,

Lakeside Park 41017

## ALATEEN PROGRAM START DATE 1/8/2023

Please get the word out to your groups, your school, your church, your neighborhood, your family, your friends, and people on the street that the Alateen Program is back in NKY.

Place & time:

Latonia Baptist Church

22 E. 38th Street (entrance)

Latonia, KY

Sunday 6:30 pm

Enter through glass doors under the steeple.

There is a concurrent Al-Anon meeting at the same time in a different room.

## Report for Serenitea Workshop

This is our third year for the Serenitea Workshop, which was held on November 19, 2022, at St. John's Church of Christ in Newport, KY from 12-2pm. It was a very delightful gratitude workshop. The topics were based from the Serenity Prayer. Hence at the first workshop, the AA/Al-Anon speakers spoke about Serenity; the second workshop, they spoke about Acceptance; and the third one, they spoke about Courage.

Twenty-eight members attended which is a little lower than previous years. Thank you to our AA speaker, Eileen and our Al-Anon speaker, Jeanne. Both did a fantastic job sharing their experience, strength, and hope, and encouraging us to be able to live with alcoholism. Their sharings gave us our own courage to live one day at a time.

Diane D won the Door prize, which was a beautiful fall floral arrangement. Thank you to those members that contributed tea bags, appetizers, desserts, an extra airport, worked at the function distributing door prize tickets, the food table, setting up coffee and hot water for the tea, cleaning up the facility and helping Pauline and Patty load up their vehicles.

We cannot do this without all of us contributing our service to help each other. We are forever grateful.

In Service,  
Pauline and Patty

### Sharings from Sharon:

(I received an email from one of our Al-Anon members who shared some tidbits that she gleaned over the years from meetings, and I am going to pass along these little pieces over the next few newsletters).

- ◆ If we're still well enough to know we need help that is a good sign
- ◆ You can't be hateful being Grateful!
- ◆ The 3 "C's" .....You didn't Cause it.....You can't Cure it.....You can't Control it  
(But you can cope)
- ◆ If you feel, you can heal!
- ◆ Al-anon helps us separate our problems from someone else's problems
- ◆ Our illness begins and grows from normal reactions to abnormal situations
- ◆ You are responsible for both your feelings and your reactions because both proceed from what you choose to think!
- ◆ Part of Detachment.... "Don't live in his/her disease"
- ◆ Serenity is not the absence of problems in your life
- ◆ It takes 21 days to break a habit; there are 17 of those in 1 year

Solution to the November/December Puzzle –

**"Piglet noticed that even though he had a very small heart, it could still hold a lot of gratitude." ~ A.A. Milne**

### **Members Sharings**

When asked the following question, members shared their Experience Strength and Hope.

#### **What was the best thing I heard in a meeting or from a fellow Al-Anon when I was new to the program?**

The best thing I heard when I was new was that it is ok to feel my feelings. I still use it to this day and it's probably one of things that has helped my recovery and my relationships the most. It's one of those things that just sticks in your head. It definitely wasn't easy in the beginning but now after 7 years, I do it most of the time without having to remind myself it's ok.  
~ Danielle M.

The most helpful information that I learned as a newcomer was the 3 C's. I had been told by my loved one, that I was the cause of the drinking. It was a soothing salve to learn that this opinion is due to disease. With this new information, I was able to learn how to give myself permission to allow the words soak in... I did not cause it, I cannot cure it, I cannot change/control it. Thank you to my Higher Power whom I call God!! and to Al-Anon!!!!  
~Joanne A.

### **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](http://al-anon.org).

## Puzzle Time!



Decode the message.

Each letter in the phrase has been replaced with a random letter or number.  
Try to decode the message.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
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“ W L L V  
 4 3 23 2 22 7 3 22 1 22 2 17 19 22 26 17 13 22 1 20 15 12  
 X  
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**Editorial Musings – Happy New Year!** It has been a while since I have put anything in the Newsletter, so I decided to start off the new year with a Thank You!

- ◆ To everyone who has sent me articles, insights, and answers to questions.
- ◆ To anyone who has offered me suggestions or ideas for something different.
- ◆ To those who have let me know that they have gotten something out of the Newsletter.
- ◆ To those who passed along email addresses and encouraged others to sign up.
- ◆ And to all of my AI-Anon family who share the priceless gifts of Support, Friendship, and Experience, Strength, and Hope!

