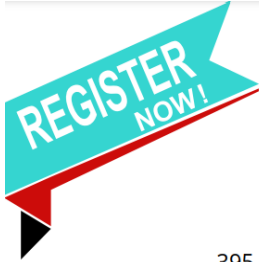


Recovery Review

District 11 – Northern Kentucky

March/April 2023



58th Annual KY Area Al-Anon Convention

September 29 - October 1, 2023
Shepherdsville, KY

Paroquet Springs Conference Center
395 Paroquet Springs Dr., Shepherdsville, KY 40165



*Banquet
Entertainment
Workshops*

Speakers

Bob K., San Francisco, CA – Al-Anon
Juanita U., Santa Fe, NM – Al-Anon
Nick R., Winter Garden, FL – Al-Anon
Sherrri S., Newport News, VA – Al-Anon
Yvonne de G., Pacheco, CA – Al-Anon
Keith B., Indianapolis, IN – AA
TBD - Alateen

Go to the KY Area website for convention updates:

<https://kyal-anon.org/58th-annual-kentucky-area-convention/>

<https://kyal-anon.org/58th-annual-kentucky-area-convention/>

HAPPY
Anniversary

New Hope AFG:
Wednesday Night –
22 years on 4/17/2001

March

Rosie M. - 35 yrs. (3/4)
Jo M. – 12 yrs. (3/7)
Diane J. – 8 yrs. (3/10)
Rita H.– 37 yrs. (3/20)
Dianne F.– 4 yrs. (3/26)

April

Maureen C.-19 yrs.
(4/29)

A Belated congrats to
Linda S. for 36 years in
February!

Do you want your
anniversary or your
group's anniversary in
the newsletter? – email
11districtnewsletter
@gmail.com

Art of Communication Workshop

“Learn How to Talk to Each Other
and Reason Things Out”

Saturday, April 29, 2023
10am-1:00pm

Gloria Dei Church
2718 Dixie Hwy
Crestview Hills, KY 41017

Lunch is provided
including Iced Tea, Lemonade and Water

Important Notice for Group Treasurers:

Please remember to put the
name of your Group as well as
the Group # on any check sent
to District, Area and WSO.
Thanks!

Hello, District 11! It has been a privilege to be the District Rep these past 2+ years, however, I am resigning at the Area's March 4th Assembly. I started a new job last summer allowing me to work remotely, and with our lease expiring in April and a substantial rent increase, my husband and I decided it is time to move back to Cleveland.

I will greatly miss NKY Al-anon, I have learned and grown so much in my 7 years living here. I have made many new friends and have felt the love and support of all of you.

I wish you all love and continued recovery in this wonder Al-Anon program and highly encourage you to throw yourself into service work, we really do get better when we get busy!!

Our target move date is the week of April 17th, so I will be around for any needed help or questions.

Wishing your all the best and hope to see many of you again in the future and at Al-anon conventions!

Be well,
Linda H.

Wishing Linda all the best!! But this leaves an important position to be filled in the District. We are now in need for a District Representative for the remainder of the term. If you have been a Group Rep. or are currently, please reach out to Linda to let her know if you are interested in taking over for her.



Alateen News

Alateen is BACK! It is being held on Sundays at 6:30PM at the Latonia Baptist Church. There is an Al-Anon meeting at the same time in a nearby room. This group can use all encouragement to have a successful beginning. Please talk it up at your meetings and consider taking up a collection to help cover the costs of literature and rent.

They are also looking for a few more AMIAS trained sponsors. If you have 2 consecutive years in the program, you are eligible. There will be a Zoom training session on April 1st at 1pm. See your group representative for the link to the Zoom meeting and additional information.

More Alateen News

The KOMIAC (KY, OH, MI, IN Alateen Convention) is tentatively scheduled for July 21- 23 2023 at Northern Kentucky University. More information to come!

There is now an Alateen section on the Northern Kentucky Al-Anon website!

35 and GRATEFULLY ALIVE 365 ODAT

So, what do I know 35 years later that I was under the impression that I "SHOULD HAVE KNOWN" on Day 1 of Al-Anon?

- ◆ That Recovery is a One Day At A Time (ODAT) Gift.
- ◆ That if I but take the 12 Steps, I can find happiness in each day.
- ◆ That there is a Higher Power (HP) that I find with "GOD" Good Orderly Direction...but I only reach out to God when I have the "GOD" gift of Desperation.
- ◆ That the first word of the 12 Steps is "WE" and this is the gift of NEVER being alone on this journey.
- ◆ That the Spiritual Awakening that I wanted was dependent on working all 12 Steps and didn't occur at Step 3!
- ◆ That FAITH is a GIFT that we have to nurture.
- ◆ That I have to DETATCH from ALL Control.
- ◆ That there is always a PERFECT PLAN if I but seek it out with my HP and members of Al-Anon and can trust the process IF I Do MY part.
- ◆ That when I do what I can, I can let go and let God do the rest.
- ◆ That I don't know why I thought I had the right answers to anything and why I try to be in control...whenever I unplug from the "Current "of my HP.
- ◆ That I can't wait to see how God works out the next gift of life as I plug into Him using the 12 Steps, do my part and let God do the things I can't do and concentrate on working this gift of recovery one more 24 hours with God in charge of everything...
- ◆ That I am so grateful to each and every one of you for working your program and keeping Al-Anon and Alateen alive so we can all thrive and not just survive.

Thank you, God, for this 12,775 ODAT!

I love and thank my God for each of you!

Love always,
Rosie M.

Members Sharing

How does Service Work aid in my recovery?

Service work keeps me busy, which in turn, keeps me out of everyone else's business. It's hard to control other people, places or things when you are busy with your own commitments.

I got into service work after being in the program for only three months. I didn't set out to do service work (heck, I hadn't even started working the steps), but my Higher Power did for me what I couldn't do for myself. I needed to stay busy to focus on me and my recovery, not that of my alcoholic's. I went from being on the 2021 Al-Anon Area Convention Committee to becoming a Group Representative for my Home Group, and I'm happy I did. This service work kept me busy and connected to this program and the fellowship.
~Stephanie

Service is what life is all about. "Great acts are made up of small deeds."
"Goodness is the only investment that never fails." "As we serve others, we are working on ourselves; every act, every word, every gesture of genuine compassion naturally nourishes our own hearts as well.

The above is a great quote I found (unknown author) that I think sums up what service work does for me.
~Kori D.



The 2023 International Convention will be held on

June 29 - July 2, 2023

at the Albuquerque Convention Center in Albuquerque, NM

Registration is now open. For more information go to:

<https://al-anon.org/wso-events/2023-al-anon-international-convention/>

Have you checked out the New and Improved northern Kentucky Al-Anon Website? Ronda B. has done a fantastic job of overhauling it. Take a peek!

What you will find:

The most Up-To-Date Meeting schedules (direct newcomers here!)

The latest in Events

Any Important Announcements or meeting cancellations.

Alateen information

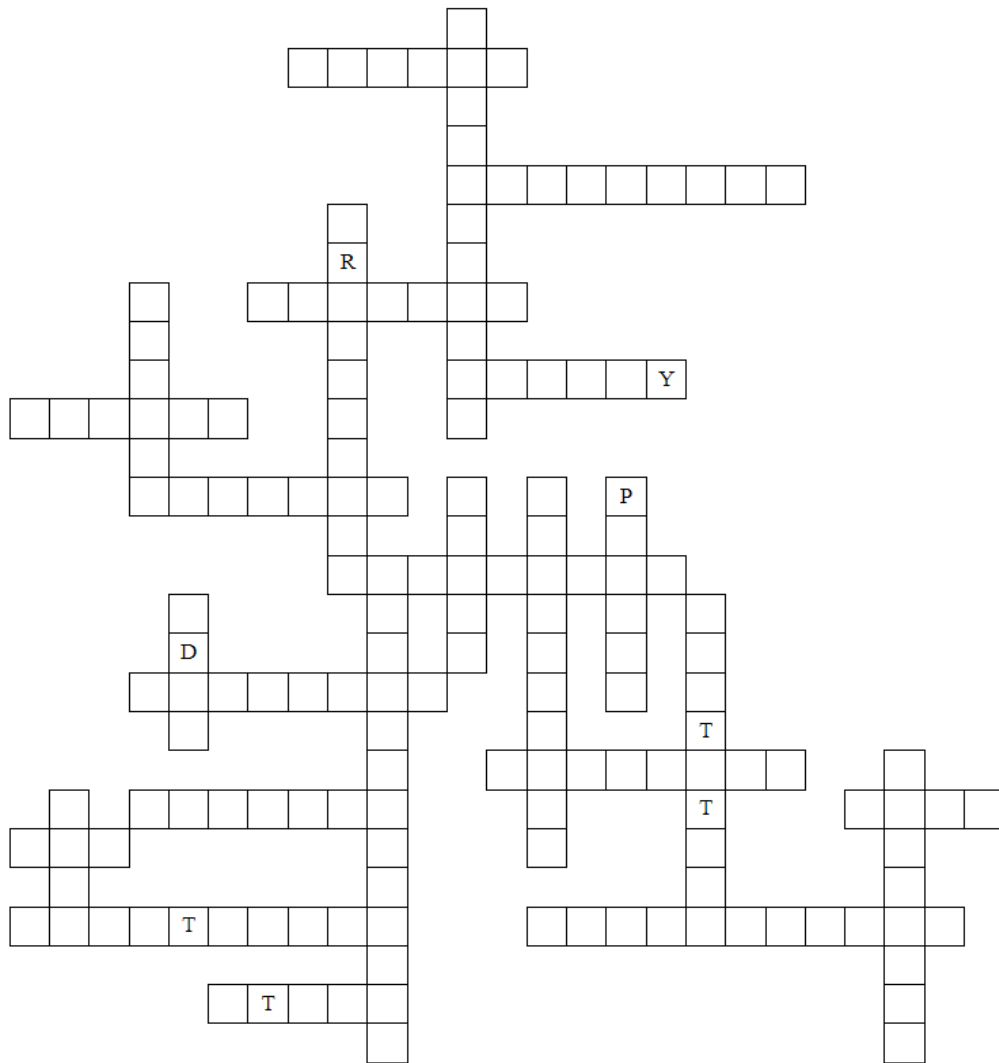
Literature Office Location and Hours

Great job, Ronda B.!

Solution to the puzzle in January/February Newsletter:

"While these loved ones may not meet our expectations, it is our expectations, not our loved ones, that have let us down." Al-Anon Family Groups

Here is a Fill in Crossword Puzzle for you. I have even given you a hint or two. Have fun!



- | | | | |
|-------|---------|-----------|---------------|
| Joy | Amends | Concepts | Detachment |
| Hope | Change | Laughter | Meditation |
| Love | Prayer | Serenity | Traditions |
| ODAT | Sanity | Gratitude | Forgiveness |
| Forum | Wisdom | Inventory | HigherPower |
| Steps | Courage | Spiritual | Powerlessness |
| | Healing | | |