

Recovery Review

District 11 – Northern Kentucky

July/August 2023

REGISTER NOW!

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

Juanita U., Santa Fe, NM – Al-Anon
Nick R., Winter Garden, FL – Al-Anon
Sherri S., Newport News, VA – Al-Anon
Yvonne D., Pacheco, CA – Al-Anon
Keith B., Carmel, IN – AA
Jaylen M., Georgetown, IN - Alateen



July:

Brenda B.- 8 years (7/1)
Meredith T. - 4 years (7/1)
Jay D. – 11 years (7/3)
Gloria P. (7/11)
Cheri O. – 37 years (7/15)
Robert I. –8 years (7/15)
Robin I. – 8 years (7/15)
Danielle M – 8 years (7/21)
Tom D. – 32 years (7/23)

August:

Bob C. – 18 years
Susan M. – 8 years – (8/1)
Jen G. – 7 years (8/2)
Gina C. – 22 years (8/6)
Joanne A – 4 years (8/14)
Kate E. – 10 years (8/27)
Christy H. - 35 years (8/27)

Go to Convention Website for more information and to register:
<https://kyal-anon.org/58th-annual-kentucky-area-convention/>

Please remember that many of our meeting locations are at churches, some of which have Vacation Bible School occurring during the summer. If you have a meeting cancellation or temporary relocation, please remember to pass this info on. You may also want to check out District website at <http://www.nkyalanon.com/home.html> for any meeting cancellations or announcements.

Important Al-Anon Websites:

District 11 – Northern Kentucky
<https://nkyalanon.com/>

Kentucky Area:
<http://kyal-anon.org/>

Al-Anon World Service:
<http://al-anon.org/>



Important Dates:

July 22 – District Meeting (anyone welcome)
July 22-Sept. 9th – Group Elections
August 17-27 – KY State Fair
Sept. 18th – 60th KY State Convention Meeting
Sept. 23rd -District Mtg. Incoming and Outgoing Group Reps. District Elections.

Important District Information

The Service Positions terms in the groups and district will be completed by year's end. Please consider putting your name forward for one of these positions. If you would like to see what the District meetings or positions are like, you are welcome to attend a District meeting – the next one is on Saturday June 22, 2023, at 9:30 am at the First Christian Church in Ft. Thomas.

District Positions:

District Representative
Alternative District Representative
District Secretary
District Treasurer

Other District Positions that need to be filled:

District Archivist
Newsletter Editor
Workshop Coordinator(s)

Group Positions: Please have these in place by 9/9/23

Group Representative
Alternative Group Representative
Treasurer
Plus, any other position specific to your group

What does a Group Rep. do?

- * Acts as a Liaison between the group and the District, and between the group and Area Assembly.
- * Becomes familiar with the current edition of *the Al-Anon/Alateen Service Manual* (p 24/27) and encourages its use among group members.
- * Works thru the District in helping initiate public outreach projects.
- * Encourages Alateen sponsorship in accordance with Area Alateen Safety and Behavior Requirements.
- * Serves as local representative of the appropriate Al-Anon/Alateen member magazine, *The Forum* by
 - Acquainting members with its usefulness.
 - Suggesting personal subscriptions
 - Submitting group subscriptions to the WSO.
 - Encouraging members to write articles.
- * Is elected for a 3 year term.
- * Encourages election of Alternate GR.

From Al-Anon Service Manual – page 59

District 11 has an amazing service opportunity coming up. The 2025 60th Kentucky Area Al-Anon Convention will be in Northern Kentucky and hosted by our District! This is a wonderful opportunity to put your program to work and to be of Service to others, not to mention having great Fun and Fellowship with other Al-Anon members.

If you are interested in helping or just want more information, mark your calendars for a Convention Committee Meeting on Monday, September 18th at 6pm. It will be held before the Monday night Al-Anon meeting at the Lakeside Presbyterian Church Carriage House – 2690 Dixie Hwy., Lakeside Park, KY 41017

Alateen

The Sunday NKY Alateen Group wishes to thank the following Al-Anon Groups for their donations:

Sunday Latonia AFG

Monday Lakeside Park AFG

Wednesday Turkeyfoot AFG (Higher Ground Church Taylor Mill)

Thursday Sweet Serenity Florence AFG

For details on how to donate, contact Mary Ann R. (859) 777-2085.

KOMIAC XLVIII STRONGER TOGETHER

July 21-23, 2023

Kentucky hosting at
Northern Kentucky University (NKU)
Nunn Drive
Highland Heights, KY 41099

[Letter, FAQs, Registration](#)

What do the letters KOMIAC stand for? Kentucky, Ohio, Michigan, Indiana Alateen Conference What is KOMIAC? KOMIAC is a weekend that Alateens gather together for regional healing, program growth & fellowship. The sponsors are there to guide and facilitate.

Members Sharings

Members shared their answer to the following: **What keeps you coming back?**

When I first started coming to Al-Anon a lady said, "Give us six weeks and if you don't like us, we will give you back your misery". When I got in my car, I thought, I can do anything for six weeks (once a week). I do remember when the six weeks were up, but I never thought about not coming back. In those six weeks I realized I had found my people. People that didn't even know me were supporting me and wanting to listen to what I had to say. I "Keep Coming Back" because it is now my way of life. I have friendships and support and purpose. ~Ronda B.

The serenity I get during that 1 hour & the sharings, also helping a newcomer, remembering how I felt my 1st several meetings & a very big part are the people & friends I have met who are so dear to me, best friends ever! ~Cheri O.



Al-Anon released its newest daily reader called "A Little Time for Myself – A Collection of Al-Anon Personal Experiences" at the recent 2023 International Convention.

Like our other daily readers, *Courage to Change, One Day at a Time in Al-Anon* and *Hope for Today*, this daily reader offers sharings from Al-Anon members on a variety of topics. New to this book, is a question at the end of each reading to provide you with an opportunity to reflect and go a little deeper on the daily subject.

A Little Time for Myself also provides an index in the back with topics not seen in our other daily readers. Here are some new topics found in the book:

Abundant Thinking	Divorce	"If only" Thinking
Being Human	Equality	Victim Mentality
Common Ground	Gentleness	Worthiness
And many more!!!!		

Our Literature Coordinator Gwen S. has ordered this book for our Literature Depot. Your GR will be alerted when the book is available. The book cost \$17.00 and will be available in the Literature Depot as soon as the shipment arrives!!!

The Literature Depot is located at First Christian Church, 1031 Alexandria Pike, 3rd floor, Ft. Thomas and is open Fridays 6:30PM -7:00PM and Saturdays 10:30AM – 11:00AM and 12:00PM – 12:30PM.

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.

- "My Higher Power, whom I call God, continues to be limitless."
- One of the greatest gifts I have received from Al-Anon is learning to speak the Truth.
- When I feel myself leaving the present, I will remember the future is not today's problem.
- The only person whose happiness is in my control is me!
- I am worthy of my own recovery.
- There are gems hidden in the literature, and I have to keep digging for them.

July/August Puzzle

f	r	o	t	y	i	s	r	m	,	m	i	d	s	t	o	m	.	S	e	r
f	r	m	t	b	u	t	o	r	t	h	t	p	e	a	c	e	n	i		
h	e	e	e	d	e	s	e	a	o	m	n	o	t							

Unscramble the tiles to reveal a message.

Each tile is used only once.

Use spacing, punctuation and common words to find adjacent tiles.

Some words may be split into two lines.

Solution to the May/June Puzzle :

You have two hands. One to help yourself and the second to help others.

~Audrey Hepburn

Your Experience, Strength, and Hope is needed!!!

We need Volunteers for the State Fair....

The State Fair runs between Thursday August 17th and Sunday August 27th!!

We have three shifts per day:



10AM to 1PM

1pm to 5PM

5pm to 9pm

For a four hour shift you get free admission and free parking!!

You will hand out our literature that is provided and share experience, strength, and hope.

Remember, your experience, strength, and hope is valuable whether you are a long timer or new to the program!!

If you are interested in volunteering, please contact Cheryl Lockhart via text at (502)744-3810 or email clock8973@gmail.com.

You are free to call me as well, but you may get a voicemail. If you get a voicemail, I will call you back as soon as I possibly can.