

Recovery Review

District 11 – Northern Kentucky

May/June 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

OPENING OUR HEARTS

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
Sherri 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/>



May

- Kori D. – 16 yrs. (5/1)
- Sherry K.- 34 yrs. (5/3)
- Bob S. – 25 yrs. (5/10)
- Ronda B. – 13 yrs. (5/13)
- Donna P. – 17 yrs. (5/22)
- Nancy L – 14 yrs. (5/23)

June

- Allyson B. – 16 yrs. (6/1)
- Lisa P. – 29 yrs. (6/2)
- Kate D. – 35 yrs. (6/12)
- Mary Ann. R -9 yrs. (6/13)
- Stephanie A. – 4 yrs. (6/13)
- Martha C. – 20 yrs. (6/16)
- Kristi K. -2 yr. (6/28)
- Tony K. – 2 yr. (6/28)
- Nancy C. -25 yrs. (6/30)

UPCOMING SERVICE OPPORTUNITY!

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

RECOVERY
THROUGH THE STEPS

UNITY
THROUGH THE TRADITIONS

SERVICE
THROUGH THE CONCEPTS

District 11 – Northern Kentucky

May/June 2023

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 24, 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:

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



Thank You to Ronda B. for stepping up to do the District Representative for the rest of the year!!



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/>

Alateen News

Please continue to announce that there is an Alateen Meeting on Sunday Nights At Latonia Baptist Church at 6:30pm. There is an Al-Anon meeting at the same time in a nearby room.

~*~

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!

Report for the Communication Workshop

The Communication Workshop was held on Saturday, April 29, 2023, at Gloria Dei Church in Crestview Hills, KY. This is a new location for the district and home of the Wednesday night New Hope group. We had a wonderful turnout of 43 members in attendance.

We broke the ice when a communications quiz was taken to determine the attributes of the person taking the test. It provided an overall picture of who we are and how we communicate to others that have different personality types. We broke out into two sessions – listening skills and how we say what we say. In addition, Al-Anon literature was used for open discussion to share our experience, and hope in building relationships through positive communication with our loved ones.

Thank you to Renee and Mike for working the kitchen, Ed and Mike B. for setting up, Sabrina for manning the registration table, the New Hope Wednesday Night group for bringing food and desserts, and for all those that stayed to clean up. It takes a village, and this is what we do in Al-Anon to bring about peace and love in our recovery.

This is the last year that Patty and Pauline will serve on the workshop committee. We have served for six years and loved every minute of it. However, it is time for us to pass it on so others have an opportunity to share and enhance their own recovery. Please pray about serving as workshop chair or co-chairs. It is a very rewarding position and I guarantee that you will have fun and laugh.

Love and Fun in Service,
Pauline and Patty



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/>

Members Sharings:

What is or was the biggest surprise or Aha moment you have had in the program?

There have been many moments of insight in the program. Some of them usually involve the understanding of quotes from the program literature. My understanding of the 3 A's, awareness, acceptance, and action helped me find my way. It gave me Good Orderly Direction.
~Kori D.

I had two Ah ha moments in A-Anon:

1. That the program was not designed to share strategies on how to make the alcoholic stop drinking.
2. That the philosophy of the program is applicable to all facets of your life. Over time, it becomes less about the alcoholic and more about the broader aspects of life.
~ Becky S.

My "aha" moment/fact in Al-anon

There is a difference between saying something and really internalizing it and believing it. When you acknowledge that alcoholism is a disease, you have to treat it like any other disease and those who suffer from it as individuals deserving of compassion. We don't punish people with cancer, or diabetes, or high blood pressure. When I stopped being ashamed of my loved one and started treating him like a human being with a problem and worthy of kindness, things changed between us. All the talk and lecturing and criticizing doesn't help; living my life in a kind way and treating others the way I would want to be did. This will be a lifelong struggle for most people, expecting perfection with no relapses can be unrealistic.
~Irene

What would you tell a newcomer about sponsorship and how to go about finding one?

I would tell a newcomer when choosing a sponsor, go with your instincts. Like any relationship it's a two way street.
~Kori D.

Sponsorship is a wonderful way of finding someone who can help you work your Program outside of meetings, as well as answer any questions that you have. Look for someone who works a good program and ask them to be your temporary Sponsor. Like trying on a pair of shoes, sometimes they fit and sometimes they don't. If they fit, you have a great source of support as well as a very good friend.
~Gina C.

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.)

- Anonymity is not just to protect our privacy. When we don't know each other's last names or "stations" in life we can feel free to be really ourselves.
- The 3 "G's" Get out of his/her way.....Get off his/her back.....Get going on yourself.
- If I'm always willing to take offense and be hurt, I'm selling my serenity very cheaply!
- If the stars appeared only once a year, we'd stay up all night watching them.
- If I don't learn from your mistakes, then there's no sense in making them.
- When you're feeling down: take 2 assets and call you sponsor in the morning!
- To quit blaming is essential.
- Don't look for your image in a cracked mirror.
- When we sweep our doorway then the whole world will be clean.
- Every moment of distress I've ever felt is because someone wasn't living up to MY expectations!
- I guess I can't blame it on the full moon anymore!
- Today my Best is Good Enough!!

The Theme for this month's puzzle is Service:

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
19							25																		
