

ALCOHOLICS ANONYMOUS AREA 26 NEWSLETTER



AREA
26

Kentuckiana News - Fall 2025

Area 26 is a service body of Alcoholics Anonymous. It covers all of Kentucky and a few counties in Southern Indiana, Southern Ohio, and Northern Tennessee.

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Like what you see? We're taking the newsletter to a new level, but **WE NEED YOUR HELP!** If you have a story, a joke, or any ideas for improvement, please email kentuckiana@area26.net

History in the Making

As I began to love myself,
my relationship with
everyone changed.

- Letter - My Life in Recovery
- Poem - Manifesto of Silence
- 75th General Service Conference Report
- A.A. Q & A - Sponsorship

What's New in Area 26



Our Primary Purpose

The official podcast from the General Service Office (GSO) of Alcoholics Anonymous for the U.S. and Canada. Listen to interviews with GSO staff and voices from A.A. history and the Fellowship today.

Area 26 Coming Events

AA conventions, assemblies, conferences, workshops, and other events are "posted" on the Area 26 website. Check out Latest, Popular, and Trending posts and filter them by event category.



Worth Repeating...

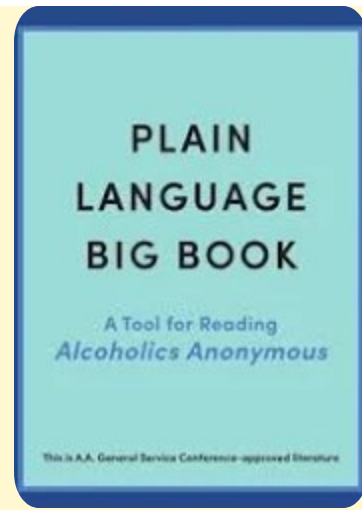


Grapevine Email Sign Up

The AA Grapevine is the international journal of Alcoholics Anonymous, and its mission is to carry the AA message to alcoholics. Sign up to receive group-specific info, daily quotes, and their monthly newsletter.

Plain Language Big Book

The Plain Language Big Book, available now, is written in simpler language to help readers understand the book *Alcoholics Anonymous*, which was first published in 1939. Click the article title above for details.



AA Literature Catalog PDF

The 2025 Catalog of conference-approved AA literature and other items is now available in PDF format, with copies of a print version to follow later this year. Click the image or title above to download the file.



Bridging the Gap

Bridging the Gap connects AA member volunteers with those recently released or discharged from treatment or other facilities to provide temporary help for a limited time. Click the article title above for details on how to be of service.



Sharing from Behind the Walls

A quarterly newsletter from the AA "Corrections Desk" that publishes excerpts of letters to the GSO by persons in custody (with permission). Experience, strength, and Hope worth sharing!



MAYBE THIS DAY IS NOT
ONE OF YOUR FAVORITES, BUT
NEVER FORGET THAT EVERY
DAY YOU WAKE UP IS AN
AMAZING GIFT AND ITS UP TO
YOU TO MAKE IT COUNT

Your smile is
your logo,
your
personality is
your business
card, and the
way you make
others feel is
your
trademark
- unknown

You grow the most when you
confront what you fear the most .

Appended KNL Articles

KNL Summer 2025 | A Little AA History

One thing I've noticed over the decades is that there always seem to be moments in AA history where the room divides into two extremist sides, with both sides arguing that their anger and resentment is justified because it's about saving lives.

The Back to Basics and muckers movements pushed the idea that original old school AA was always the strongest and that dilution of AA is why success rates are down. In reality, success rates haven't really changed much. How they were measured is different since then.

Other folks blamed court slips, treatment centers, liberal higher-power language, or dual-addiction discussions for diluting AA. There have been meetings and movements that argued they were saving AA by keeping the message pure, while others argued that approach chased people away.

The irony is that in almost 20% of the stories within the four editions of the Big Book, other drugs are mentioned. Heroin, marijuana, sedatives, etc. - it is in the stories.

Akron, New York, and Cleveland each had different early approaches. Cleveland became the dominant recovery style and most closely resembles today's AA approach.

An AA history person knows AA has never stayed the same. It is not a singular linear history. It has always changed.

Which one is real AA? All of them, or none of them. We have been here before, over and over, since the very beginning apparently.

David L. From Plain Language BB - Facebook Page/group

KNL Fall 2025 | My Life in Recovery

Before I found recovery and the rooms of Alcoholics Anonymous my life was a case study in an existence powered exclusively by my own will and selfish ambitions. I lived my life in constant pursuit of pleasure and what I thought I could get from people and the world at large. What started as the pursuit of what I thought I wanted and needed in life led me only to pain and ruin. The more I chased after these things the worse my life got. You see I had a hole in my soul and in my heart and no matter how hard I tried to fill it with alcohol, or possessions, or people, the bigger that hole became and in greater quantities of said things did I try to fill it. Thankfully, this eventually led me to being flat on my back. In a place of total desperation and despair. Without options. The easier softer ways were not working. I was at the jumping off point. The drowning man. That was me. This is a place I have come to be eternally

grateful for when I reflect and exercise my gratitude. What I thought I had was a drinking problem. What I turned out to have was a me problem. Thankfully the problem was internal and not external. This gave me a fighting chance.

When I first came into AA I had no idea what anyone was talking about. People were saying things that made no sense to me. People in the rooms had a serenity and a joy about them that puzzled me. How could these people who claimed to have the same disease as me seem so at peace and have their lives together? Without alcohol! When I seemed to not be able to live with or without it. I thought that I was the most messed up person on the planet. Singular and alone. This could not possibly work for me because I was beyond hope. A funny thing started to happen though. I started to listen and at the advice of my first sponsor I started to look for the similarities in my story and theirs. What I found was that I was not unique. I was not some form of morbidly special at all. I was simply one among many. A garden variety drunk as they say. Another fact I have become eternally grateful for. When I came to that realization what that meant for me was I had a chance. This thing might actually work for me. So I resolved to myself to really give it a chance. Adopt it in my heart. So that's what I did. I found a sponsor, I found a home group, I found a step study. The most important thing I found was willingness. When I found these things a funny thing started to happen. My life started to improve.

The advice I got very early on in sobriety was to jump in the middle of this thing and stay there. So that is what I decided to do. Initially the only thing I had to cling to was to just keep coming and in the beginning that was enough. As I started to work the steps with a sponsor the things that are talked about in the ninth step promises started to come true for me. At that point I was hooked. No longer was I just clinging onto the hope to the claim that things could get better. I started to see that happen. I had faith when I came to AA. I believed in God fully. What the program of AA allowed me to do was something that I had never done before. Ask God to be a part of my day to day. Really submit and turn things over to God. For me there was a big difference in believing in God and trying to live my life in accordance with God's will. When I do these things go okay for me. Life continues to bring it's stresses but today I have the tools to handle it. Without alcohol. Before recovery I just chalked up my character defects as "the way I am". What I learned is that these things can be worked on. I can get better. I can recover if I will but follow this simple program.

The result in my life has not been a life restored. No. The result was that I have been given a life I never thought was possible, that I never thought was "for me". All of the words that I always viewed as restrictions were the words that turned out to set me free. It is funny how God works. Words like surrender, humility, willingness, peace, serenity, prayer, community. All foreign concepts for 40 years have now become my mantra. I don't work it perfect and I don't think I ever will but I have ceased fighting everyone and everything. The joy and the victory comes in the pursuit. I don't set grand goals for myself anymore.

A little better than I was yesterday is my modest aim and so long as I continue to do the things I have been taught in this program and continue to take suggestions and turn my life over to God's will I trust that a little better each day is where I will find myself. So if you are new to this thing, if you think it can't possibly work for you, I pray in all earnestness that you stay the course. Keep coming back as we say. Because it can. Be blessed.

KNL Fall 2025 | Manifesto of Silence

The Manifesto of Silence

by Brian J.

We each walk the path of spirit in our own way.

But the mind, restless and clever, builds monuments of words.

It stacks concepts like idols.

It worships explanations.

It confuses noise for depth.

This is not freedom.

This is entanglement.

Endless words complicate.

They make a maze where none is needed.

Silence is imperative.

Not as decoration,

not as retreat,

but as the foundation of clarity itself.

In silence, distractions dissolve.

In silence, addictions lose their mask.

In silence, the false thirst for "meaning" fades,

and truth is revealed as ever-present.

Absent silence,

even spirituality becomes another craving,

another addiction dressed in sacred robes,

another chase that never ends.

But in silence —

the chase ends.

The masks fall.

The noise collapses into stillness.

And what remains is unshaken.

What remains is whole.

What remains is you —

before thought,

beyond concept,

beneath every word.

KNL Winter 2025 | A.A. Q & A - Sponsorship

A.A. Q & A - Sponsorship

Suzanne S. found a homegroup member willing to share his thoughts on sponsorship and its impact on his recovery.

Mike Z - Sobriety Date: 2/5/2019

How did you find your sponsor? I found my current sponsor when I moved to Louisville at about 11 months sober. I had gotten away from the program and almost immediately gotten myself into a messy situation. I came to a meeting that had been recommended to me, now my home group, in desperation. My soon-to-be sponsor was the one who took the time to talk to me as a newcomer to that meeting.

What is your schedule with your sponsor? I see my sponsor at least once a week. I do not call as often as I should, but we talk on the phone every couple of weeks.

How has your sponsor helped you? In early sobriety, my sponsor served as someone stable who could offer advice as to how a sane person would handle common life situations. He also pushed me to put myself out there and meet other people in the program. Now he helps by giving me someone I can use as a model for handling long-term sobriety and growth.

The most important thing my sponsor has taught me is to cultivate a group of sober friends to act as a sounding board and to frame my advice and experiences as suggestions.

I have two sponsees that I have been working with for a couple of years now. The biggest thing I have gained from being a sponsor is a realization that we all tend to make the same mistakes and generally have the same regrets. We are not terminally unique.

KNL Fall 2024 | Plain Language Big Book

The new book is available for purchase. Please contact your local central office or intergroup for more information.

The Plain Language Big Book is written to help readers understand the book Alcoholics Anonymous, which was first published in 1939.

This new book is designed so that the A.A. Twelve Step program of recovery from alcoholism may be easily understood and accessible by all people who have a desire to stop drinking.

The Plain Language Big Book has been written to present the original ideas and same spiritual message of the Big Book. This new text is not intended to replace the much beloved Big Book. Rather, The Plain Language Big Book is a book crafted over several years by A.A. members and publishing professionals to support alcoholics on the path to recovery. The book is intended to help people who have a problem with alcohol gain access to A.A.'s lifesaving message.

For years, A.A. members have expressed a need for a plain language Big Book. Based on the shared experience of A.A. members, some people may not have regular contact with other A.A. members to help them understand the A.A. program of recovery and the specific vocabulary as it is used throughout the original book, Alcoholics Anonymous. Other people have a hard time reading, especially books that were written long ago.

The Plain Language Big Book is written in simpler language to support readers in their recovery.

KNL Fall 2024 | Bridging the Gap

Help alcoholics as they leave treatment

If you are looking for service work, want to work with another alcoholic and expand your program, and have a desire to help others, please consider getting involved in Bridging the Gap.

This program is a vital link for someone as they leave treatment or another facility and live in the real world. As a temporary contact, you can show

someone how to navigate a sober life, how to build relationships in the program, and how to find meetings that work for them.

The link below gives details about this program: how to sign up, what to expect, etc.

<https://loukyaa.org/bridging-the-gap/>