

ALCOHOLICS ANONYMOUS AREA 26 NEWSLETTER



AREA
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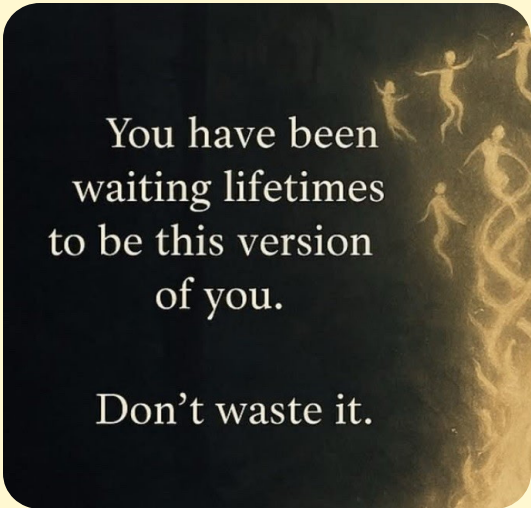
Kentuckiana News - Spring 2025

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.

Receive a forwarded newsletter? [Subscribe HERE](#)

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

Experience, Strength, and Hope



You have been
waiting lifetimes
to be this version
of you.

Don't waste it.

- **Keeper of Records**
 - **More Than Sober**
 - **Swimming With the Current**
 - **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...

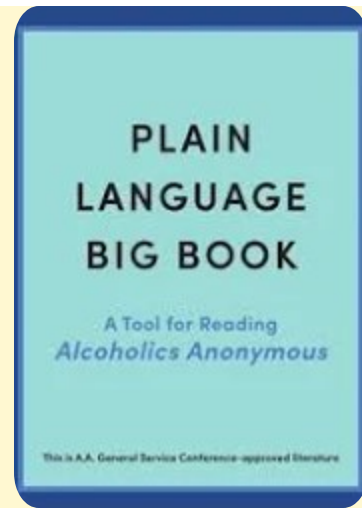


Grapevine Email Sign Up

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!



**Know
God;
Know
peace.
No God;
No peace.**



Appended KNL Articles

KNL Spring 2025 | Keeper of Records

Keeper of Records

Four months in, as Registrar! It was sudden. I had no idea what the Registrar position really was. I was interested and happened to be present at the moment when the position opened up. I'm kind of a data nerd. Detail oriented, some would say to a fault. Seemed like a good fit. So far it's been challenging, exhilarating, frustrating, overwhelming and fulfilling!

To me being Registrar is certainly an important role in the hand of A.A. The position serves to support the groups in being the collective conscience that the entire structure of A. A. depends on. The service structure was put into place to ensure A.A. was there for me to achieve sobriety and is essential to the ability of A.A. to be there in the future. Without the communication up and down the service structure triangle the collective conscience is lost.

This connection requires records, therefore, a Registrar or keeper of records. Details of groups and districts, location, day and times and their service position holders, names, addresses, emails, phone numbers, and that of Area officers and committee members are needed. None of this can be accomplished by the Registrar alone. I rely on the GSRs, DCMs, Area officers and committee members to get the job done! All this information is provided to GSO through the Fellowship Connection database.

Another place the Registrar helps provide the hand of A.A. is group listings. This is a huge part of the Registrar job that I was unaware of. To carry out our primary purpose, to help the alcoholic who still suffers, people have to be able to find us. It is imperative that the meeting guide app tool for locating A.A. meetings, be as accurate as possible, for that to happen.

Inquiries and updates are received daily through the app, forwarded by the technology chair or webmaster, or through the registrar email or my personal email. Again, none of this can be done without essential communication between multiple parties. I work with DCMs, listed group contacts and Intergroups to research the details and get the information to whatever entities manage that particular listing through their database.

It's a laborious process that I am still learning but it's a labor of love and service.

To my knowledge, the Registrar Committee has historically been primarily a party of one. I'd like to explore recruiting actual committee members to assist with some of the communication and research this meeting list process requires, to research and organize the online meetings, which are virtual or hybrid by GSOs current definitions and possibly even consider the feasibility of a future Alternate Registrar position.

My Dad taught me to always leave things better than you found them. My goal in this position is just that. I'm working toward putting process guides in place, both to support the GSRs and DCMs with organizing and maintaining their data, and to help the next Registrar/Registrar Committee that is selected to fill this vital role. If you are reading this, you have interest and most likely a desire toward A.A.'s primary purpose, to carry the message.

Please consider if being part of the Registrar/Registrar Committee would be a good fit for you.

With utmost gratitude for A.A. and those that came before me. I am blessed to have this huge opportunity to be of service.

Joan Vittitow

Area 26 Panel 74 Registrar

KNL Spring 2025 | More Than Sober

More Than Sober: Five Years of Spiritual Awakening and Service

By Ray H.

A little over five years ago, I crawled into the rooms of Alcoholics Anonymous with nothing left but a flicker of hope and a head full of chaos. I didn't believe I could change. I didn't believe I was worth saving. But I kept hearing, "Keep coming back," and somehow, I did.

In the beginning, I thought sobriety just meant putting down the drink. But over time, I learned it meant so much more. I began learning how to live, how to feel, how to love, and most of all, how to be honest with myself. I learned to show up even when it was hard and to reach out when I wanted to hide.

When I came into the program, I was an atheist. The idea of a Higher Power felt foreign and uncomfortable. But I heard people say, "Just crack the door open," and I was desperate enough to try. I opened my heart and mind just a little, and that was all it took. My Higher Power kicked the door wide open. Since then, my spiritual life has continued to grow and evolve.

I came to believe in a loving force greater than myself, not one that judged or punished, but one that guided, supported, and showed up through people. My Higher Power sent me teachers in the form of sponsors, sponsees, and strangers in meetings. They helped me understand what real connection looks like. I began to experience love without conditions, acceptance without shame, and community that heals.

Working the steps taught me how to examine my part and take responsibility for my thoughts and actions. Through inventory, I learned that I couldn't change what I wasn't willing to look at. I started identifying patterns of fear, dishonesty, selfishness, and resentment, not to beat myself up but to become free of them. Self-examination became a way to grow, not just recover. I began to understand that accountability is a form of love and that spiritual progress is built on the willingness to tell the truth about myself.

I've made amends, not just with others, but with the version of myself I had abandoned for years. I've sponsored women who have taught me as much as I've tried to teach them. I've laughed louder than I ever thought possible, cried in rooms full of strangers who became family, and found peace in silence and prayer.

One of the greatest gifts of this program has been service. I became a member of a home group and committed to showing up early, often, and consistently. I've served in nearly every position, from coffee maker to treasurer to General Service Representative. I now have the privilege of serving as the District Literature Committee Chair, helping carry the message through the written

word. Service has been one of the most powerful tools for staying grounded and connected. It is where I've learned to lead with humility and love.

And then there is the fellowship. The people I've met in these rooms are some of the most genuine, compassionate, and resilient souls I've ever known. They taught me how to laugh again, with real belly laughs that come from a place of connection rather than performance. They showed me that I didn't have to do this alone. When I couldn't believe in myself, they believed in me. When I thought I didn't belong, they saved me a seat. Whether it's a newcomer reminding me of where I came from or an old-timer grounding me in the basics, the fellowship has carried me when I couldn't carry myself.

The longer I stay, the more I realize this program grows with me. At first, the steps helped me survive. Today, they help me thrive. The spiritual principles behind each step, especially integrity, perseverance, and courage, have become the backbone of how I try to live every day. Integrity reminds me to keep my word and do what's right even when no one is watching. Perseverance gets me through the days when I feel stretched too thin. Courage helps me face the past, show up for the present, and keep walking into the unknown with faith instead of fear.

Somewhere along the way, I experienced what the Big Book calls a "complete psychic change." It didn't happen all at once. It was slow, quiet, and sometimes painful. But the awakening came. I stopped trying to run my life on self-will and started relying on something greater. Today, I have a relationship with a Higher Power that isn't based on punishment or fear. It is based on love, guidance, and trust.

My life is full in ways I never imagined. I have a career I love, meaningful friendships, a partner who sees me clearly and loves me anyway, and a son who knows his mom shows up. I get to live in purpose, in service, and in joy. I've learned to sit with hard feelings without trying to escape them. I've learned to forgive, to stay curious, and to keep growing.

Five years sober means five years of miracles. And the biggest one? I no longer want to escape my life. I want to live it, love it, and be fully present for every moment of it.

KNL Spring 2025 | Swimming With the Current

Swimming with the Current

When I came to AA, there were tons of things that I didn't understand or know, but I knew one thing: I was sick and tired of being drunk and miserable, and hating every moment that I was stuck in a room with myself. I was my least favorite person in the world. Because of that, I would agree to pretty much anything at that time.

Step 3 was difficult: 'Made a decision to turn our will and our lives over to the care of God as we understood Him.' I knew who God was. I knew who I had grown up being told He was, but I found out later who I believed Him to be.

After my brother died, I paired myself with God as adversaries. God was my enemy. God could take his mysterious ways and kick rocks. I hid from God in alcohol and cursed Him in drunken self-pity.

A gentleman with long-time sobriety told me to pray before bed, thank God for what I still had, thank Him for letting me stay sober, and ask for another day of sobriety in the morning. It sounded stupid, but I was desperate, so I did it every day.

From the moment you attend AA, they tell you alcoholism is progressive. What they don't always mention is that gratitude is progressive, as well. Gratitude revealed the good parts of my life and led me to admit there was something bigger and more powerful than me.

Trying to live by my will rather than God's will is like swimming against the current of a large river. Swimming with the current is aligning yourself with God's will. It is easier, faster, and safer.

I still don't know why Michael had to die, but I don't have to know why anymore. Trying to understand the complexity of God's plan can drive a man mad or drunk. I want neither.

Patrick S.

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/>