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AREA 26 News

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WANTED

★ **AREA 26 MEMBERS** ★



OPEN HOUSE

SECOND SUNDAY EACH MONTH
1PM TILL 4PM

AND

LAST SATURDAY EACH MONTH * 10AM TILL HIGH NOON



PENDIN' ON THE WEATHER

VISIT THE REPOSITORY

3499 LANSLOWNE DRIVE, LEXINGTON, KY 40517

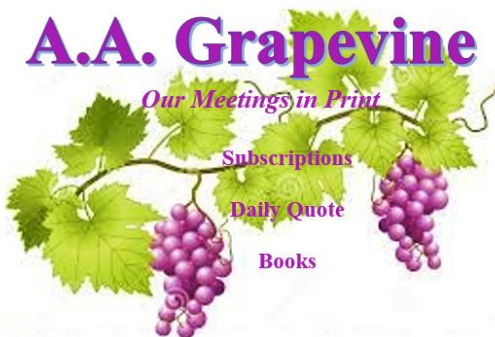
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Appended KNL Articles

KNL Summer 2024 | The Binge Thinker: We Can Surrender

The Binge Thinker: We Can Surrender

Alcoholics overthink. It's a painful and exhausting and seemingly unnecessary task. Yet this unnecessary rumination brings us to despair prior to surrender. Surrendering these intrusive thoughts to our Higher Power will result in keeping these thoughts at bay - even a complete dissolution of them.

Sobriety is a gift because it clears the mind and uncovers the eternal. The soul leads us to sanity - infinite possibilities and infinite opportunities.

A peace won as a result of willingness, humility and cooperation.

We have a body, we ARE the soul. Every positive thought has intention behind it - it's a silent prayer. The tension falls off as we tap into the Source that seemed distant if not hostile while we engaged in madness against our will.

We are love - our essence. Love is the very energy that animates our ephemeral physical forms. What's the evidence of our Higher Power? A falling leaf, a blade of grass and the sanity to observe quietly, serenely and with humility. The present moment. Be the prayer.

Brian J

KNL Summer 2024 | Finally Comfortable: A Beautiful Story of Recovery

FINALLY COMFORTABLE IN MY OWN SKIN

By Kristen G.

Growing up as the oldest of two in a very loving home in southern Massachusetts, I was given every opportunity to be happy and successful. I had everything I needed and most of what I wanted. Being athletic and outgoing, I had friends and recognition. Yet I felt different and uncomfortable being me.

Alcohol was introduced to me at age 11. As bad as alcohol was for me even that first night, it gave me relief. I began to drink every chance I got, and by 15 I was a blackout drunk with severe withdrawal symptoms I did not understand.

I took my drinking to college and then into work and marriage. I could perform and look successful, but alcohol increasingly consumed my thoughts, health, work, and relationships.

After job trouble and consequences, I ended up in treatment. I stayed sober briefly, then returned to drinking. The next two years were the most miserable of my life: blackouts, hospitals, psych wards, treatment centers, and loss of self.

My last drink was in an AA meeting where I brought wine in a coffee thermos. I prayed for help and was given willingness. I found a Big Book study group, met

recovered alcoholics, and finally saw that Alcoholics Anonymous could work for me.

I was taken through the 12 Steps as outlined in the Big Book. The miracle of my life is not just that I am sober, but that I do not want to drink. The obsession was removed and has not returned.

Today I stay busy carrying this beautiful message. I am a grateful recovered alcoholic. I have learned peace, love, understanding, and purpose through the Steps, Traditions, and Concepts. The women I sponsor and the fellowship have helped me feel comfortable being me, no matter what others think.

Kristen G.

KNL Summer 2024 | Keeper of Records: We Can Surrender

Keeper of Records: We Can Surrender

Four months in as Registrar, it has been challenging, exhilarating, frustrating, overwhelming and fulfilling. Being Registrar is an important role in the hand of AA.

The position supports the groups in being the collective conscience that the entire AA structure depends on. Without communication up and down the service structure triangle, the collective conscience is lost.

This connection requires records: group and district details, meeting locations, service positions, names, addresses, emails, phone numbers, and Area officers and committee members. None of this can be accomplished by the Registrar alone.

Group listings are another huge part of the Registrar job. To carry our primary purpose, people have to be able to find us. It is imperative that the Meeting Guide app be as accurate as possible.

I work with DCMS, listed group contacts and Intergroups to research details and get information to the entities that manage listings.

I would like to explore recruiting actual committee members to assist with communication, research, online meeting organization, and the possibility of a future Alternate Registrar position.

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

Joan Vittitow, Area 26 Panel 74 Registrar

KNL Summer 2024 | Archive Update

Area26 Repository

In the early 1950s, Bill W. became concerned that the history of AA was still veiled in the deep fog. He set out to organize our historical records, saying that the hard thing is to capture the atmosphere and anecdotal material that will make the early experience come alive.

In the 1980s, Area 26 member Mac Corday began gathering materials in his home. From 1987 to 1993, the collection was housed at the University of Kentucky. Due to anonymity and financial concerns, it later moved through members' homes until 1999.

After discussion and reexamination of the Area 26 structure, the materials arrived in Lexington in 2000 and ultimately at the building where they are currently located.

Area26 Repository is growing and needs a location that is physically accessible to all members and safe for the materials.

Our co-founder's words from 1957 remind us that extensive records will be of value to a future historian, that factual material must be preserved without distortion, and that we keep enlarging this idea for the sake of the full history to come.

Area26 Repository is open the first Sunday of each month, 1:00-4:00 PM, or by appointment.

KNL Summer 2024 | Grapevine

Grapevine Daily Quote August 11 2024

REMOVING 'THE GROUND GLASS'

The moral inventory is a cool examination of the damages that occurred to us during life and a sincere effort to look at them in a true perspective. This has the effect of taking the ground glass out of us, the emotional substance that still cuts and inhibits.

AS BILL SEES IT, p. 140

My Eighth Step list used to drag me into a whirlpool of resentment. After four years of sobriety, I was blocked by denial connected with an ongoing abusive relationship. The argument between fear and pride eased as the words of the Step moved from my head to my heart. For the first time in years I opened my box of paints and poured out an honest rage, an explosion of reds and blacks

and yellows. As I looked at the drawing, tears of joy and relief flowed down my cheeks.

In my disease, I had given up my art, a self-inflicted punishment far greater than any imposed from outside. In my recovery, I learned that the pain of my defects is the very substance God uses to cleanse my character and to set me free.

KNL | Coming Events and Workshops

This linked page is image-based in the Area 26 article view and contains event/workshop flyers rather than extractable article text. The page content consists of embedded images followed by the Area 26 Events listing.