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KNL Winter 2024 | Relax & Release

Relax & Release

I've been around AA since 2003 yet actively involved in AA since 2021. There's a difference. I used to go to meetings and work the steps begrudgingly. Pain caused willingness to begin, but self-will and pride curtailed willingness to continue.

A book I read helped me frame a new way of perceiving a painful pattern: I am worth moving toward being different without pain and resentments; I value myself and others enough to choose change now rather than wait until I cannot stand not changing.

We alcoholics complicate simplicity to the point of insanity. Willingness helps us see that not every life lesson must be torturous.

There is still emotional pain, but now there is less resisting. I am beginning to experience that trudging the path of recovery need not be dreadful and painful.

BG J

KNL Winter 2024 | Behind The Veil Of Rigorous Honesty

Behind The Veil Of Rigorous Honesty

January 7th, 2024

Today marks four months of continuous sobriety with God and the team put in place for me to grow spiritually. Without surrender that day, I would not be where I am.

Rigorous honesty can be overlooked, especially for the repeat offender drinker like myself who tried beating the game alone and found myself again in the grip of alcohol, thinking this time would be different.

We learn through intense work with ourselves and another alcoholic that we had no mental defense against the first drink. King Alcohol took a shot from behind when our thought life was weak and empty.

Rigorous honesty means getting honest when we do not want to, when it hurts. If I cannot be honest with another person, I must get honest with God as I ask for forgiveness and help.

The spiritual principles behind each of the 12 Steps must be applied in daily life. They are not hidden, they are just overlooked.

To the newcomer: build a team and do not give up. Keep coming back. Do not let guilt rule you.

Paul V., Member of Alcoholics Anonymous

KNL Winter 2024 | Living the Program

I went through the steps, one by one. I put in the work. I met my sponsor weekly, called him and my support group, and went to some meetings. But when the weekend came, I was bunkered down with my girlfriend. We came first.

When my girlfriend and I split, I was devastated. I knew I had two choices: reach out for help, or reach for a bottle. I called my sponsor and told him I was in emergency mode.

My sponsor listened and suggested I call Corey and Brett throughout the week. I called them every day. Corey suggested a thorough inventory, and fear became clear as the underlying factor.

Brett suggested reading the promises and prayers. I said the 3rd, 6th, 7th, and 10th Step prayers and read the promises out loud. It gave me peace.

I prayed often and called the strong men God put in my life to walk me through the darkness. Corey read from the Big Book: 'In this book you read again and again that faith did for us what we could not do for ourselves.' Then he said, 'This is the difference between working the steps, and living them.'

Russell M. Newsom, Lexington, KY

KNL Winter 2024 | What We Do Before & After

From my teen years, I was a power drinker. I drank almost daily for 45 years. In 2018 I used a church-related book as an excuse to go to a local bar each week and party.

After one drunken night, my wife found things on my phone while setting the alarm. The next morning she told me to grab my clothes and meds and leave.

A man from the bar offered to take me to an AA meeting. I said yes, not because I wanted sobriety but because I wanted the new alarm codes to my house. At first I introduced myself as Don, and I like to party.

An old-timer suggested I needed more meetings and invited me to a Friday night meeting. At that meeting, I first said I was an alcoholic. It scared me then, and it still scares me today.

At that meeting I asked a happy, peaceful man to be my sponsor. He connected me with someone local, and within minutes I was connected with the man who has been my sponsor since that Saturday.

Being sober is not easy, but sober people deal with life differently: we call another alcoholic, talk things over, go to meetings, and seek peace instead of drinking over issues. I am closing fast on five years sober and have found peace.

Don A., Lexington, KY

KNL Winter 2024 | The Service Center

The Service Center

Happy New Year and welcome to everyone in Panel 74!!! I hope everyone is ready to have fun and party these next two years because it is going to be a blast!!! We are not a glum lot and we have fun here in Area 26. I am privileged to serve you guys as your Area Delegate to the General Service Conference of Alcoholics Anonymous and I will do my absolute best to carry your opinions and viewpoints with me to New York to represent Area 26 and Alcoholics Anonymous as a whole.

It is a humbling experience to say the least. I have been assigned to serve on the Finance Committee for the next two years. I really feel a strong responsibility and do not take this task lightly as we all know that the finances with AAWS and Grapevine/La Vina have been troubling the last two years. I have already been asked by an Area in California to give a presentation on Finances for their area meeting in February.

I am excited about our committee as we have already had a meeting together and our committee is wonderful. It consists of the Delegates from Eastern Massachusetts, Colorado, North Dakota, Delaware, Wisconsin, Eastern Washington, Eastern Canada, and myself representing the good ole state of Kentucky.

Area 26 Presentation at the Kentucky State Convention

The Area Committee will be crashing the Kentucky State Convention in Lexington on Saturday, February 17th at 1:30pm EST and doing a presentation on General Service, what the Area does, what each position that is able to present does, and how we help to create "the fellowship you crave." Please come out and join us and help support the state convention. The Lexington Host Committee always does a stellar job!!!

Plain Language Big Book Information Session

On February 25th, The Southeast Delegates have organized a Plain Language Big Book Information Session via Zoom from 2pm-4pm EST. This will be presented by the Chair of the TABB (Tools for Accessing the Big Book) Subcommittee. This event will have a 1,000-person limit so please make sure that you mark your calendar and come early to ensure that you get into the Zoom room.

Listen, observe, and ask every question that you have!!! This is a perfect opportunity for everyone to be able to become as informed as possible about this upcoming book!!! Don't not attend and then wish you would have; this is the best opportunity that has been created so every single person in the fellowship can participate in this!!! I will send out reminders, post flyers on the Facebook page and in email.

Pre-Conference Reports

Kaitie and I will be doing pre-conference reports in March. We will be traveling to Bowling Green on March 9th and Louisville on March 16th. Both of these events plan to be hybrid but I recommend you come out live in-person and join us. These will be the only hybrid events we will be offering as we will not be doing strictly virtual pre-conference reports this year. If you would like for us to come to your district and give a pre-conference report, please contact us.

Communication

Our Area 26 private Facebook page has been a massive tool for an increase in communication for our area this past year. We currently have 323 members. If you are not familiar with it, or if you are not on it, ask your DCM to add you or feel free to reach out to anyone on the Area Committee as most are on there. Any already existing member can add someone. After the January Area Committee Meeting, I will be sending out various forms of communication via email once we obtain a new email list at the Area meeting.

Important 7th Tradition Information

7th Tradition Contributions by check can be mailed to: Area 26, P.O. Box 50542, Bowling Green, KY 42102-3742. You can go to <https://area26.net/7th-tradition-contributions/> to make an online contribution.

We now have a separate post office box that has been established for Seventh Tradition contributions only. Please send contribution checks payable to "General Service Board" to: Post Office Box 2407 James A Farley Station New York, NY 10116-2407. This dedicated PO box enables us to process contributions much more efficiently and at a significant savings to the Fellowship. You also can continue to make contributions online at www.contribution.aa.org using a major credit card or PayPal.

About Your Delegate

In case you may not know me, I am an alcoholic, and I am 39 years old. I was born and raised in Louisville, KY. I have lived in Owensboro, KY (District 17) for the last 10 years. I have a Bachelor's Degree from the University of Louisville and I am getting ready to graduate with a Master's Degree from the University of Cincinnati. I am an Operations Manager and IT professional by trade. I used to work professionally in Division I College Athletics/Sports Media and I also used to cook professionally. I am an avid music lover, concert goer, sports fan, outdoorsman, and I have a love of collecting niche fragrances.

If any of you have any questions, concerns, or if you would like to talk about anything; please do not hesitate to contact me. You can email me at I would be happy to give you my phone number also, just send me an email. I am here to serve you and your group. You are not bothering me by contacting me, I promise. I want to and enjoy talking with you.

In Love & Service, Corey D., Area 26 Panel 74 Delegate

KNL Winter 2024 | Archive Update

The Beginning of Archives for Area 26 - April 12, 1987

Area 26 meeting minutes record discussion of establishing an Area 26 Archives Committee. Peg Chumbley, DCM 24, was suggested as Chairperson. After Delegate Jack Jones asked for a sense of the meeting, approval was indicated by a loud round of applause.

For the next three years Mac Cordray reported on archival work, including donated materials, cataloging, displays, and a computer program.

On January 28, 1990, the Area Committee discussed making Archives a permanent committee. The motion was made, seconded, and approved unanimously that there was a need for this committee, and that it should go back to groups for approval.

At the March 31, 1990 Area 26 meeting, DCM votes were counted and unanimous approval was recorded. Area 26 Archives Committee was born.

In 2000, Wanda Beckley became Archives Chairperson and secured the present Lexington location. The mission of the Archives Committee is to document permanently the work of Alcoholics Anonymous in Area 26, make the history accessible, and provide context for understanding Area 26's progression, principles and traditions.

KNL Winter 2024 | Grapevine

Grapevine Daily Quote January 24

We should always realize that change does not necessarily spell progress. We are sure that each new group of workers in world service will be tempted to try all sorts of innovations that may often produce little more than a painful repetition of earlier mistakes. And if mistaken departures are nevertheless made, these Concepts may then provide a ready means of safe return to an operating balance that might otherwise take years of floundering to rediscover.

AA Co-Founder Bill W., published in Grapevine September 1990, 'The Twelve Concepts,' AA Grapevine

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.