

ALCOHOLICS ANONYMOUS AREA 26 NEWSLETTER



AREA
26

Kentuckiana News - Winter 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

In The Spirit of Service

I HOPE THAT WHEN YOU FINALLY
FIND YOUR WAY THAT YOU STILL
HOLD OUT YOUR HAND TO THOSE
WHO ARE STILL SEARCHING.
BECAUSE SOMETIMES THAT'S ALL
IT TAKES TO CHANGE A LIFE.
SOMEONE WHO KNOWS WHERE
THEY ARE GOING AND YET THEY
PAUSE. THEY PAUSE BECAUSE
THEY REMEMBER AND THEY
CARE.

@christopherferry

- Looking for the Next Intuitive Thought
- I am Responsible - Sponsorship
- Experience, Strength, & Hope on Sponsorship
- The Mutual Benefit of Sponsorship in AA
- Love Without Stings
- A.A. Q & A - Sponsorship
- Monday Night Service Workshop

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.



BAGDAD MINI- Conference

The Bagdad Mini-Conference

Three days and two nights starting May 16th at Kentucky's General Butler State Resort Park in Carrollton, KY, provide plenty of opportunity for rest and rejuvenation of the spirit.

Winter Committee Reports

Area 26 Winter 2025 committee reports are rolling in and will be posted here as they are received. Check back in coming weeks for updates.



Worth Repeating...

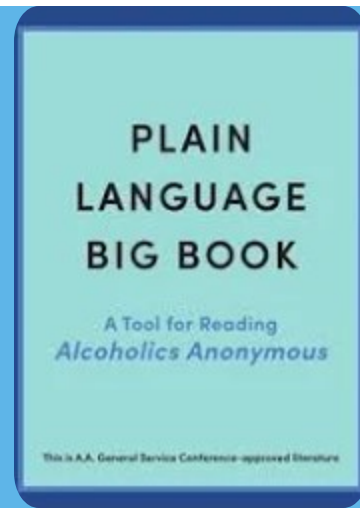


Grapevine Email Sign Up

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.



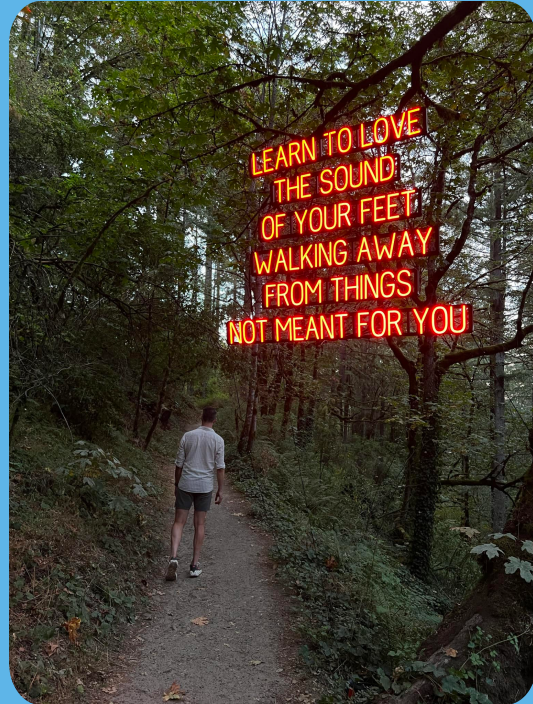
Sharing from Behind the Walls

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!



THE THREE THINGS I CANNOT
CHANGE ARE THE PAST, THE
TRUTH, AND YOU.

- ANNE LAMOTT -



Appended KNL Articles

KNL Winter 2025 | Next Intuitive Thought

Where one AA member found Intuition and how we all can look for intuitive thoughts

Patrick S. will be submitting an ongoing series with explanations of “what we have” as referenced on page 58 of the Big Book: “If you want what we have, and are willing to go to any length to get it, then you are ready to take certain steps.”

I have always heard it takes 10,000 hours to become an expert at something. It takes practice to be able to do something that you want to be able to do as well as you would like to do it. This develops “muscle memory” for athletics. It makes art experts recognize counterfeits. It allows a person to master a musical instrument.

When I got to AA, many of the old men would talk about reading pages 86-88 every morning. Those pages mention that I should “ask God to direct our

thinking” or “ask God for inspiration, an intuitive thought or a decision” or even the oft-repeated “pause, when agitated...”

As many of the passages read or repeated as the cornerstones of AA, these ideas were incredibly obtuse when I began. I knew what was meant; I knew all of the words and what was being asked... and the “when agitated” part? Yeah, that I understood. I knew ALL about being agitated.

I believed in God. But I wasn’t asking Him for anything; He and I were adversaries. He is the one that just kept taking things away and making my life more hellish. No, I wasn’t asking Him for a damn thing. Not inspiration. Not direction. Not anything. Not happening.

Intuition is NOT instinct. You’re not born with it. But it’s like muscle memory for morality. So what? I needed 10,000 hours to learn how to not be a jerk when I am angry? Basically... yes. But how do I practice something I don’t know how to do? How do I practice something that I don’t understand? In athletics, there are coaches. For music, there are instructors. How do I put in my 10,000 hours for intuition?

I went to my first meeting, and I sat quietly, as people do at their first meeting. I didn’t know what was being said... I was lost in my own thoughts. But I said that I was an alcoholic and that I was new to AA. And after the meeting, a group of men converged on me... congratulating me and giving me phone numbers and asking me to come back.

My “intuition” at the time said, “This is a cult. Leave and don’t ever come back. Don’t get roped into this circus”. But the same as many have said before me... it had been a long time since I had been asked to come back. To anything. To anywhere. So, I did.

For many meetings, I came back and sat silently, listening to the familiar stories from other people’s mouths; my story from their lips. And they recognized me and welcomed me back each time.

Then, one day, I spoke. I told part of my story. A deep, dark part of me... something that no one could understand... that no one could hear and not judge. I told this group of drunks in some remote part of a protestant church the awful things I had done, the awful person that I was. And they understood. They related. They did not judge me or look down on me. Some nodded in agreement, while others had faint smiles creasing the edges of their mouths as they recognized my story and my fear and my desperation.

For the first time in a long time, I felt better. They said things that made me feel less crazy. They made me feel like I wasn’t alone. So, I came back more. And I listened and I talked. The rooms “got” me. This began my 10,000 hours. I just didn’t know it yet.

At the behest of every old man in every meeting, I finally caved in and got a sponsor. Bleh. The rooms were one thing... But being beholden to another man? Following instructions? Doing as I was told? Giving him all of the power? But those same old men had been right about other stuff. So much other stuff, in fact. He wanted me to call him. Daily. And without saying that I had no intuition, he told me as much. No big decisions without consulting him. No big life changes.

If something even upset me... even the littlest bit, bring it to him and we could discuss it. It was my best decision-making that had landed me in AA, he explained. It was my best decision-making that had landed me with a sponsor. It angered me to think of it in that way, but it was a fact through and through.

I still didn't really have any intuition. But I had an intuition mentor. I just didn't know it yet.

I called and he answered. And life's frustrations and confusion and just life being life, in general, kept happening. And I discussed those things with him. And he told me things that I hadn't figured out before... how to react correctly and calmly to events both big and small. To realize that everyone is "sick with something". I was putting in those 10,000 hours. But I didn't know it yet.

We went through the steps. That meant I was going through the Big Book. And every word and chapter brought me closer to having intuition. I repeated mantras. I highlighted sentences or paragraphs or whole pages. I did the steps. As they were written nearly 100 years ago. I did them as my sponsor told me. I used answers that I had heard in the rooms.

And like a child, I would sarcastically answer my own questions. I started to know what he was going to say. Because much of it had been repeated to me over and over. But I knew, too, that the answers were NOT wrong. It had been a long time since I could answer anything so definitively. I don't know how many hours I had put in... but I had some intuition. I just didn't know it yet.

I prayed. At first because I was told to pray. I thanked God for the things in my life. First a short list. Then more and more. As alcoholism is a progressive disease, gratitude is progressive as well. My gratitude grew daily. For the things I had taken for granted, or overlooked, or just plain hadn't noticed. I hadn't realized how much I had to be grateful for. But conscious of those things now and grateful for them all, I had to believe that God did this for me.

Because I knew I didn't deserve all of this. The God of my understanding changed. Gratitude became something I did daily. Sometimes without even thinking about it. I finally had some intuition. Of my own. And I was grateful.

I now have a sponsee of my own. He calls me daily and I ask him to run things by me... his fears, and concerns, and his plans, and his anger. Because his best thinking is what got him here. Funny how the answers are the same for most of us. But he's using my intuition. For now. And to my surprise, there's

plenty of intuition in me for the both of us. Hell, my intuition about my own life sometimes gets better by lending it to him. That's how the program is designed.

I don't know when it happened. I can't point to anything or any time and say: that's the moment! There are many moments. There are many "most important parts". And some people think the Big Book is the most important part of the program. Some think it's sponsorship. Some think it's the fellowship. All I know is that when I put them all together, and did what I was told, and listened, and truly wanted sobriety for myself... somewhere in there I got the intuition that I was missing and needed so badly.

But getting 10,000 hours isn't the end. Having intuition isn't the end. Sharing intuition with another man is not the end. None of those are a "finish line". I still go to meetings. I still call my sponsor. I still work the steps. I still pray. And I am still practicing gratitude. No expert wants to lose their expertise.

Reading pages 86 through 88 makes sense now. I know what those old men were talking about. I have some intuition. I can pause when agitated. And I can ask the God of my understanding for direction. Direction to go forward. To live life as it was meant to be lived and be the person I am meant to be.

But never forget this: If you don't have intuition yet, the men and women of AA will lend you their own and guide you as long as is needed for you to find your own.

You are in the right place!

KNL Winter 2025 | Experience, Strength, and Hope on Sponsorship

My Experience, Strength, and Hope on Sponsorship

My name is Anna C., and my sobriety date is December 26, 2001. Over the years, I have had six sponsors - three within my first year of sobriety. Each played a vital role in my recovery.

My early sponsors taught me lessons about relying on God, not defining the AA fellowship by a few shortcomings, and understanding the Big Book in a living way.

I got into my sponsor's hip pocket, called every day, built support, immersed myself in service, worked the steps, attended meetings, and started sponsoring other women.

I endured painful experiences, including the death of my son and divorces. Through this period I learned to rely on my Higher Power more than ever before.

After isolation and detachment, I chose new sponsorship relationships that helped me become more accountable, rebuild relationships in AA, learn to trust again, and surrender to God's plan rather than my own.

Every sponsor I have had possessed stability and attributed it to AA. Sponsorship has been one of the most transformative aspects of my recovery. We do not do this alone.

KNL Winter 2025 | Mutual Benefit of Sponsorship

The Mutual Benefits of Sponsorship in AA

Often we compare the long descent into alcoholism to walking into the woods and getting lost. One day we realize we have strayed far from the path, are disoriented, alone, and believe there is no way out.

When I surrendered to powerlessness over alcohol, I knew I needed help. At AA meetings I heard people share their daily approach to solving the drink problem. They suggested the Twelve Steps and a guide - a Sponsor.

Sponsorship happens when one alcoholic who has had success in recovery shares experience with another who wants to stop. The two walk shoulder-to-shoulder in mutual support. The sponsor needs the sponsee just as much as the other way around.

After six miserable months of not drinking and not working with a sponsor, I finally asked a woman to sponsor me. She asked if I was willing to go to any length and taught me that honesty, open-mindedness and willingness were vital.

That was the beginning of my trek out of the woods and back to a sane and useful life. Today, I still work with a sponsor and have the honor of sponsoring others. Working with another gives me insurance against a slip back into the insanity of alcoholism.

It is an honor, a privilege, and a God-given gift.

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KNL Winter 2025 | Love Without Strings

Love Without Strings

Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. - Alcoholics Anonymous, p. 89

Sponsorship held two surprises for me. First, that my sponsees cared about me. What I had thought was gratitude was more like love. They wanted me to

be happy, to grow and to remain sober. Knowing how they felt kept me from drinking more than once.

Second, I discovered that I could love someone else responsibly, with respect and genuine concern for that person's growth. Before that time, I had thought that my ability to care sincerely about another's well-being had atrophied from lack of use.

To learn that I can love, without greed or anxiety, has been one of the deepest gifts the program has given me. Gratitude for that gift has kept me sober many times.

From the book Daily Reflections for Sep 28. Copyright 1990 by Alcoholics Anonymous World Services, Inc. All rights reserved.

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 Winter 2025 | Committee Reports

Winter 2025 Committee Reports

Accessibilities: Hi, I'm Stefanie, alcoholic, and I'm really excited to be your Area 26 Accessibilities Chair. Big thank you to all my friends in Districts 28, 15, and 14 for hosting us this weekend and all the work you've done to put this meeting together. The Accessibilities Committee met yesterday morning with 19 in attendance.

We had a lot of great discussions at our meeting yesterday, including the Accessibilities Checklist for Meetings and Groups. Mary and Liz in District 25 went through the checklist for their clubhouse in Danville, found some areas where they could improve, and took their findings to the Board, who agreed to make the changes and pay for them. Most are simple, inexpensive changes such as dedicating and painting a handicapped parking spot, installing a railing, and adding a grab bar in the bathroom. This is a great example of how groups can make meetings more accessible without spending a lot of money or time.

Archives: The report shared from the AA Archives Workbook about preserving historical records, sorting myth from fact, and keeping the original message of recovery, unity, and service the same in a changing Fellowship. The committee is interested in digitizing archives where possible, while also stressing the importance of a physical location for the archives.

Corrections: The report described attendance at the National Corrections Conference and visits to meetings inside correctional facilities. Pink Can funds were discussed, including a beginning balance of \$1,771.03, book orders totaling \$854.68, and a remaining balance of \$916.35. Literature included Little Blue Books, Big Books, and Plain Language Books for correctional facilities.

CPC: The committee discussed the origin and purpose of CPC, professional outreach, AA resources, national CPC/PI workgroup efforts, providing literature to private facilities, and possible 2025 events including recovery, addiction, counseling, and treatment-related professional gatherings.

Finance: The Finance committee has been meeting by Zoom almost every other Sunday and has worked on balancing the 2025 budget, the 2026 budget planning process, transparency around financial reporting, review of financial guidelines, contribution increases, and the work of the Ad Hoc committee.

Grapevine: Members shared ideas for increasing Grapevine and La Viña subscriptions, including QR codes and writing workshops. The committee discussed reasons people hesitate to submit stories, ideas for workshop flyers, and forming an ad hoc committee to review changes to the Grapevine webpage.

Kentuckiana News: The Kentuckiana Newsletter Committee continues to work on improving the newsletter. The committee asked for fellowship help with subscriptions, content submission, articles, comics, jokes, ideas, and suggestions. Subscribers increased from a little under 500 at the beginning of 2024 to a little over 650.

Literature: The committee discussed QR codes linking to AA.org and Meeting Guide, intergroups carrying approved and non-approved literature, preliminary proposed agenda items, and feedback on the Plain Language Big Book.

Public Information: The PI Committee discussed tabling and outreach opportunities including health fairs and community events. The group also reviewed AA resources and discussed Google Business Profiles as a way to help local alcoholics find AA meetings more easily.

Registrar: The report described work with Fellowship Connection data, service-position reports, bounced emails, DCM coordination, creating a Registrar committee, cleaning up outdated group information, and separating meeting-list functions that had defaulted to the Registrar.

Technology: The committee discussed a two-year Tech Helper commitment, timing the selection of Tech Helpers on odd years, defining responsibilities, technology budget planning, NAATW reimbursement reductions, replacement equipment, website team needs, and moving meeting-list management back into the Tech Committee.

Treatment: The Treatment Committee reported 27 in-person attendees and 3 on Zoom, with discussion about taking the message into treatment facilities and continuing Bridging the Gap work.

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/>