

KENTUCKIANA NEWS LETTER

FALL EDITION 2018

HOLIDAY RECIPES FOR RECOVERY!!

TRADITION SEVEN

Our hard-working DCM, Melanie, asked me to touch on our 7th tradition. Well there is no better way to start on this than with Melanie.

We were in our big book group one evening, talking about the 7th Tradition, and Melanie commented on how AA is unlike any other company or organization. And as the conversation went on we realized that she was absolutely right. No where else will you get a greater return on investment than in Alcoholics Anonymous. This is the only organization that I know of that doesn't want anything from you but wants everything for you!

In the news of late you've probably heard about someone at a large pizza franchise said something that got him in a lot of hot water with his company and the public. Well that same company donated a whole bunch of money to a local university-a kind gesture indeed. But in return for this large sum of money this pizza company got their name on this university's football stadium in return for the donation.

**NEW TO THE
KENTUCKIANA NEWS**

ARTICLES ON

TRADITION 7

TRADITION 8

TRADITION 9

THE GSR REPORT

THE COFFEE CORNER

STUMP THE CHUMP

**WE ARE NOT A GLUM
LOT**

**ROGER W - AREA 26
DELEGATE -
SPONSORSHIP**

EVENTS

Now you may think this is the wrong tradition I'm talking about here but it is a good example of how we could easily become distracted from our singleness of purpose and our primary purpose.

For the newcomer our singleness of purpose is RECOVERY from the disease of alcoholism. Our primary purpose is to carry this message to another suffering alcoholic. In no way should we allow our efforts and message to be diluted, filtered or misinterpreted by any outside cause.

When you adopt a principle of corporate poverty your actions and intentions remain focused- recovery plain and simple. This prioritizes the scope of our reserves be they emotional, financial or physical.

Saint Francis wore a robe with no pockets. If you don't have any pockets you can't gather much nor do you spend time and energy protecting it. You are then able to go do what you do best with ease and purpose.

As active members we are asked to give what we can with the sole purpose of keeping Alcoholics Anonymous thriving for anyone who has an honest desire to stop drinking.

Keep it simple- First things first- Make the main thing the main thing.

Sometimes a sole purpose becomes a soul's purpose.

-Pudge

TRADITION EIGHT

"Possible". This is the best word for me to focus on when I think of Tradition Eight. We should never be paid for doing our Twelfth Step work, but special workers should be compensated for the jobs that make Twelfth Step work possible.

While I have limited experience in General Service, I understand that there are many, many positions at G.S.O. that are paid positions. These people are professionals, and their certain skill set is necessary for keeping things running efficiently. The work load is vast, and professionals are required. If we only operated on a volunteer-based format, the work would simply not get done. From managers and secretaries to authors and artists, many A.A.'s are hired for these positions because of their experience in the field and also because of their experience with the inner workings of Alcoholics

Anonymous. They do not get paid for Twelfth Step work itself; rather, they are paid for paving the way for Twelfth Step work. They are paid to make it possible.

The way I can most easily view Tradition Eight is on a personal level. I ought never take money or compensation for sitting down with another woman, face to face, to carry the message of A.A. I gain continuous sobriety as payment for my own Twelfth Step work. It was taught to me, early on, that I must give back what was so freely given to me. If I were to choose to use my professionalism in an area that is closely involved with the alcoholic world, it would be acceptable so long as I did not do my job "in the name of A.A.", and also as long as I kept my personal Twelfth Step work off the clock.

Whatever level or service, my own experience and the experience of those who have come before me show that at times, compensation is due for the workers who make Twelfth Step work possible. As the 12 and 12 states, "Our Twelfth Step is never to be paid for, but those who labor in service for us are worthy of their hire."

Kaitie S
Georgetown, IN
GSR Lampton
District 1

TRADITION NINE

The 9th tradition states: "AA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve".

To the world, a tradition that tells us not to be organized looks foolish. Yet, this tradition has led A.A. to be "a society without organization, animated only by the spirit of service – a true fellowship." ("12 & 12", Ninth Tradition, p. 175)

I had never encountered a true fellowship before I encountered A.A. meetings. People come to an A.A. meeting to help other people without wanting anything back. The idea that the only way we can have a true fellowship is without organization is a startling idea.

In my everyday life the real world has to be "organized." There is a natural hierarchy of authority established so each member knows who is directing the actions of others.

But, in AA no one has that kind of authority. The groups are a “fellowship of equals.” Men and women who come together to share their experience, strength, and hope for recovery. Decisions are made by the group as a whole and not by one or a few members.

This atmosphere creates and maintains true fellowship. AA ensures that even the newest member can have a voice and sense of belonging. If no one is in authority someone could question how executive decisions are made. Decisions are made by the group as a whole through what is known as a group conscience vote. Any member at any time can request a business meeting to be held. This can be included in a larger meeting or separate from the regular meeting time for discussions of any issue that affects the group as a whole.

After a discussion of the issues takes place, where all members have an opportunity to express their opinions, the group votes on the issue and the majority vote decides the question. In this manner, the group maintains unity by providing an atmosphere in which all voices are heard. From the oldest long-timer to the newcomer- and everyone has an equal voice and vote. By not being highly organized, AA keeps the emphasis on true fellowship and the focus on their primary purpose.

Responsible to Those We Serve

The Ninth Tradition is concerned primarily with our Fellowship as a whole. But it does have a personal application, too. I must have order in my personal life, and I am willing to go to any length to secure it. The achievement of one of my paramount desires, peace of mind, seems to come about as the direct result of discipline (self-organization) in my thinking, in my emotional views, and in my spiritual outlook. My sobriety depends on the well-being and the good, orderly direction of those several aspects of my makeup. It took me years to get completely sober, but in no group I attend or have attended is there a “leader.” Each meeting has a sense of unity and collaboration, but also orderly. No one is considered an expert, everyone is equal. We all have been at day one and no one is above having to start at day one again. Lists of names and numbers are available for people who are willing to be sponsors or part of my support group. This is one of the keys to being “responsible to those we serve.” By simply making ourselves available we are carrying out this tradition.

One of my favorite parts of my home group, the group I chose to hold me accountable and share my anniversaries with, is the newcomers meeting. During this

time if someone is new to the program we pass around a meeting directory and have either men or women, depending on the gender of the newcomer, and we put down our names and numbers. Sometimes getting a packet is just too much of a leap, but if we surround them with love and assistance at the close of the meeting maybe they will be more likely to return or use the numbers. The beauty of the program is anyone at any time can help another suffering alcoholic. It does not matter how many years, weeks, days, or hours you have been sober. Keeping this tradition is simply reaching out and being available.

Focus on Service

The most important person that walks into a group of Alcoholics Anonymous is the newcomer, without him/her we will surely die not only as an individual, but as a whole. If we try to organize him, he will flee, after all, his life is already unmanageable. How can we show him the structure of the program without trying to organize his life? We in AA are responsible to reach out to the still suffering alcoholic.

The ninth tradition requires that I recognize the autonomy of each group, even when I disagree with some of its policies. It will always stand as a personal reminder to me that my service to the Fellowship must come from a space of love. In each meeting there will be a chair person, coffee maker, literature person, secretary, etc. These are all commitments made by individuals serving the group. "Creating service boards or committees" does not mean a steering committee of old timers that dictate what will and will not happen during a meeting.

If we tried to organize in the conventional, orthodox ways, we could well become totally disorganized. If we had to thresh out complete agreement on such issues as rules and authority and power and money, we'd split apart. Instead, we let each man hold his own ideas, discipline himself, and march to his own drumbeat. And in our joint determination to do this, we stay truly united after all.

It has been said that, if we want personal recovery, we owe this to AA's future: "to place our common welfare first; to keep our Fellowship united. For on AA unity depend our lives and the lives of those to come."

Kelley B - Louisville

THE COFFEE CORNER



In this issue we focus on “Recipes for Recovery.” There are many ingredients (tools) described in the Alcoholics Anonymous (Big Book), which will keep you healthy and sober. Key ingredients, which led me to sobriety and keep me sober today include:

- **Honesty.** I couldn't stay sober for a day if I wasn't first willing to be honest with myself about my powerlessness over alcohol and my unmanageable life. Although it took me 60 years to complete step one, I have remained sober to date, and I'm learning to be honest in all my personal and professional affairs.
- **Hope.** I admitted I was an alcoholic, but what could I do about it? I knew I could not get sober on my own. I let a good friend convince me to attend an A.A. meeting. Inside I did not believe A.A. or any recovery program could help me get sober – does that sound familiar? Slowly, with the help of my sponsor and other A.A.s I began to have hope in something outside of myself.
- **Faith.** Having faith in a higher power was difficult at first only because I am a control freak and didn't trust the God I was raised on. The chapter, “We Agnostics,” in the Big Book hit home for me, and I quickly learned to believe in a Higher Power of my creation. I am learning to have faith that good things will happen in my life if I can stay sober. I change my idea of a HP all the time, but my faith is a constant thing.
- **Courage.** Completing my personal inventory to cull out my part in my miserable experiences took some courage. It took courage to be honest with myself; otherwise, the inventory would have been a piece a cake (and fallen very short of the mark). I can only say that for me, my desire to heal became greater than my fear of change; I did not want to keep doing what I was doing.
- **Integrity.** I was raised in a religion where I had to go to confession, whether I had done something wrong or not. It was never a comfortable experience then, and it wasn't comfortable sharing my inventory with my Sponsor. I was so focused on how she would judge me. But I shared my inventory, and she didn't judge me. As honest,

moral and ethical as I always thought I was in the past, I'd say this "confession" was the first time I actually owned up to my past mistakes and behaviors, and I began to see the importance of "doing the next right thing."

- **Willingness.** If you're not careful, you might slide through Step 6 without much thought. It took me several attempts to finally grasp the importance of becoming "entirely ready" to have God remove all my defects of character. Was I willing to give up lying? Was I willing to give up selfishness? And the list goes on... What I know about myself is that every day I must renew my willingness to remove my character defects

- **Humility.** With Step 7 I finally realized the purpose of my life: to turn over to my Higher Power all of me; good and bad. To let my HP guide me in service to others. With humility, I can serve others respectfully and lovingly. Without humility, my ego dictates my words and actions.

- **Discipline & Action.** Taking honesty to the next step, my sponsor helped me to make a list those individuals who I had wronged in my past (including myself). She helped me determine what actions, if any, I might take to make amends to those I had hurt. She helped me prepare myself to make amends and made sure I took action.

- **Forgiveness.** It takes humility to ask someone for forgiveness and to ask what I can do to make the situation right. For the most part, those I have apologized to have forgiven me and I have forgiven them. But, honestly, I still have more work to do here.

- **Acceptance.** Having come this far, I now have a more honest picture of myself. When I can accept my own good and bad characteristics, I can accept them in others.

- **Knowledge & Awareness.** If I stop here, I will lose ground and possibly go back to drinking my way through life. I must continually grow "forward;" praying for increasing knowledge and awareness of who I am in this world and what my life is about.

Service & Gratitude. I am a new person today – the person I was always meant to be. I am grateful for my new life. It is such a good feeling to be comfortable in my life and to know I have a purpose. I am learning to be of service to others. Today, I can give away the great gifts that were freely given to me.

STUMP THE CHUMP

How do I know if I'm an Alcoholic?

This is a question that only you can answer... and you must want to know the truth about yourself. Many alcoholics, myself included, had a difficult time being honest about having the disease of alcoholism. We spent years trying to control our drinking and failed to stop the obsession and craving. Many of us eventually hit rock bottom and became honest enough with ourselves to realize we are powerless over alcohol; it controls and ruins our lives.

If you want proof that you are a problem drinker, Alcoholics Anonymous provides a brief questionnaire that will help you determine if you are an alcoholic. It consists of twelve easy questions. The questions are easy if you are honest with yourself; they may be more difficult if you are not ready to know the truth about your drinking problem. Take the quiz at this link: http://www.aa.org/assets/en_US/search/p-36-is-aa-for-me Remember, the primary purpose of people in A.A. is to stay sober and to help other alcoholics to achieve sobriety. If your addiction is to drugs, not alcohol, A.A. may not be the best solution for helping you stay clean. Many drug addicts are court-ordered to attend A.A. meetings. If you are one of these people, I encourage you to check out Narcotics Anonymous, <https://na.org>, which includes a questionnaire that will help you determine what your problem is:

https://www.na.org/admin/include/spaw2/uploads/pdf/litfiles/us_english/IP/EN3107.pdf .

If there are no NA meetings near you, by all means find some A.A. meetings that are open to the public. Each meeting on the website will tell you whether it is open to non-alcoholics.

AA WANTS YOU THE GSR REPORT

My GSR/service experience has been an awesome learning and growing adventure. I started my participation as a GSR in the early 1990's (I think I was 4 or 5 years sober). I found out that my voice meant something with our upside-down triangle, where the home groups were at the top of the A.A. structure. I did not have a voice in my family of origin as my dad made the rules and they changed from time to time, which chaos and discord. I had never been in any organization like A.A. before and I absolutely loved it.

We as an A.A. group have the opportunity to incorporate changes for the District, Area and A.A. as a whole. As the GSR for my Home Group, I went to District/Area meetings and witnessed disagreements on an issue where members argued their point of view on both sides (pro and con). After the vote was taken and discussion was complete, all members seemed to be okay and they were in harmony. I remember arguments in my family that were very disruptive causing hard feelings towards each family member, which created discord and animosity.

Another point is the minority voice. Concept 5 is heard in A.A. business meetings after an issue has been discussed and a vote taken. Then the people who voted in the minority have an opportunity to state their opposing viewpoint. Afterwards, the Chair Person asked if anyone in the majority wants to change their vote. If so another vote is taken. WOW! I love it! I have made mistakes during my years as a GSR and did not receive any harsh criticism from members = they gave me guidance, encouragement and explanations as to how I could improve and grow myself.

In conclusion, I am grateful and blessed to have the privilege and opportunity to serve my Home Group and A.A. as a GSR.

Vonda J.



WE'RE NOT A GLUM LOT

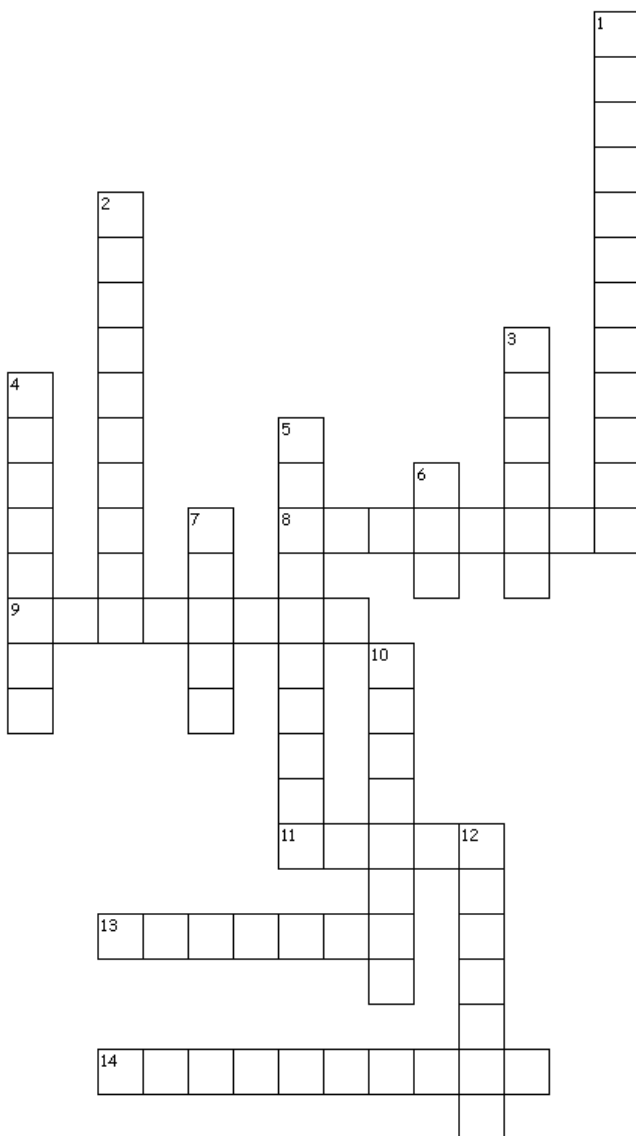
"NORMAN, I LIKED YOU BETTER when you were drinking!" declared an old pal, feeling no pain.

"That makes us even," replied Norman, "when I was drinking, I liked you better too."

Sign in a local bar: "If you are drinking to forget.....Please pay in advance"

AA is so great because anyone with a desire can join - unlike alanon, where you've got to know someone

CW RECIPE FOR RECOVERY



- | |
|---|
| <p>Across</p> <ul style="list-style-type: none"> 8. steps 9. the-herd 11. work-the 13. concepts 14. founders <p>Down</p> <ul style="list-style-type: none"> 1. hand-n-hand 2. practice-the 3. god 4. there-is-a 5. clear-cut 6. honesty,open-mindedness,willingness 7. tradition 10. fourth-dimension 12. spiritual-adviser |
|---|

HOLIDAY SEARCH

R F K I H T B H E V M M C S S
 O A J A V S O O Y E A J P L T
 S M V S W T T H Y E R E K L O
 N I L W C E T U G L A T M A C
 O L S O L A X G N K T F A C K
 P Y C T E T N V E Q H G H E I
 S O S R J O N R M Q O T T N N
 A I W Z G J M I U C N Y V O G
 M T U R K E Y F M T M E R H E
 Y N N O E G I P E R E C D P L
 S E O T A T O P T E E W S B S
 U F I U F R V P L T T P T R W
 L N U L H C W N H W I T P P F
 G R E C A N D Y C A N E S E U
 R A E Y W E N M T C G D J P P

CANDYCANE	EGGNOG	ELF	FAMILY	HAM	HOTCOCOA	MARATHONMEETING
MISTLETOE	NEWYEAR	PEPPERMINT	PHONECALLS	PIGEON	SPEAKERMEETING	
SPONSOR	STOCKING	SWEETPOTATOES	TREE	TURKEY	WREATH	

SPONSORSHIP - BY ROGER W

Sponsorship – The Problem? The Solution? Both?

I often hear lately sponsorship is what's wrong with AA today. AA members today do not practice the program the way we did in the old days. People compare Bill's assertion of a 75% success rate with their perception of a much lower number today. They say poor sponsorship is to blame for anything wrong with A.A. today or that good sponsorship is the solution.

These comments got me to thinking; can better sponsorship achieve greater success? Is there evidence it used to be better and if so what changed? Can better sponsorship lead to everyone understanding and applying the Traditions in all activities? Can it get members more involved in Service?

I started looking at history with these questions in mind. Some say the Big Book does not mention sponsorship - that it is not "in the book". However Bill later referred to Ebby, the man who passed the message of hope on to him, as his sponsor. The whole premise of AA and its growth is one alcoholic helping another and at some point along the way we started calling that help sponsorship.

Within a year of publishing the Big Book, members in Akron printed "The Akron Pamphlet" including sections both to "The Newcomer" and "To The Sponsor". It is clear that from the beginning sponsorship was a great responsibility. It explained, "If you have never before brought anyone into A.A. this booklet attempts to tell you what your duties are by your "baby," how you should conduct yourself while visiting patients."

Speaking to sponsors the old pamphlet read, "A word to the sponsor who is putting his first newcomer into the hospital or otherwise introducing him to this new way of life: You must assume full responsibility for this man. He trusts you...It is definitely your job to see that he has visitors, and you must visit him frequently yourself."

By 1944 the first AA literature specifically about sponsorship was published in Cleveland. "A.A. Sponsorship...Its Opportunities and Its Responsibilities", provided a step by step method for qualifying a prospect, sharing your story, and introducing the newcomer to the program of recovery.

Another glimpse into what early sponsorship was like appeared in the September 1947 Grapevine. A group in Little Rock shared the Little Rock plan which boasted a success rate higher than the "national average" of 75% and kept accurate records to confirm. When a person expressed a desire to get sober, they had a sponsor appointed, left work for two weeks to study, write a case history, and fulfill assignments laid out by the sponsor. If, after two weeks, his sponsor was satisfied, the newcomer was presented to the executive committee. If accepted he kept a diary for 28 days and if satisfied, the committee would approve full membership, the privilege of the ballot and unrestricted activities of the Fellowship.

Yes this provides pre-Traditions examples of how involved sponsorship was and a very different threshold for "membership". Given that we consider someone who shows up at a meeting and never comes back to have tried and failed it is no wonder our perceived success rate is well under what it used to be.

It was at the 2nd General Service Conference in 1952 where Bill suggested sponsorship may be faltering due to A.A.'s rapid growth. Bill said, "Consider also this matter of sponsoring new people. Since we have grown large in numbers, the careful attention that we used to give is perhaps sometimes denied new people. They come into our larger meetings. They wander about. Our sponsorship is still occasionally defective. We can do much about improving it. We can remember the kind of chance that somebody gave us, and the desire can again burn in us to give that next fellow his chance, and not leave the job to somebody else."

Another time of rapid growth in A.A. was the 1970's. Our Membership Surveys validate that during this period more people were approaching A.A. from a treatment program than through someone who was already a member.

Author and A.A. Historian Ernie K. suggested these newcomers tended to have more knowledge of the malady of alcoholism and the psychological than in the spiritual dimensions of recovery. He suggested that they needed a different kind of guidance than had earlier generations and suggested that the 1975 and 1976 delegates explored ways members could shape traditional sponsorship to meet that need.

Indeed the topic is all over the Final Reports from those years and the 1975 Conference selected the theme of the 1976 conference as "Sponsorship: Our Privilege and Our Responsibility".

Among delegate sharing the talk on the topic by Class A Trustee Milton M., PhD.

He said, "I've noticed growing concern among A.A. members about declining sponsorship. I have recently found sponsorship very healthy and strong in many places; but its quantity and quality vary a great deal by locality, and by individual groups. Whether or not there is over-all slippage in sponsorship, I believe it falls short in enough groups to be of general A.A. concern."

He suggested that the double digit growth due to a large influx of newcomers from treatment centers compared to about 6% growth in the 1960's was a factor. He stated that the need for sponsorship was no less, but the person arriving sober, feeling well physically, with some knowledge of this illness and an introduction to A.A. may need a sponsor who can meet him "where he is at."

It is interesting to note that many delegates had sponsorship on their hearts and minds and included it in their Area Highlights. Our delegate Percy R. said that at the time most districts held monthly G.S.R. meetings on Traditions, sponsorship, and ways to encourage participation."

More prescriptive, other delegates like Maggie B. from New Jersey said, "The Traditions should be talked about and understood at group level, so that when we sponsor, we know what A.A. does and does not do."

So my exploration of sponsorship and its history did reveal change over the years. Any time there has been rapid growth, like today, A.A. has been challenged to sponsor everyone who comes. Today courts and expanding treatment are another test of our ability to carry the message of Alcoholics Anonymous and to keep it the same way that it was given to us and those that came before us. I believe the title of that 1944 Cleveland A.A. publication was right on the money, what an awesome responsibility and opportunity.

EVENTS – If you have an upcoming event and would like it published please send to Kentuckiana@area26.net

58TH ANNUAL TRI-STATE CONVENTION

WHEN: October 26, 2018 @ 7:00 pm – October 28, 2018 @ 2:00 pm

WHERE: Kentucky Dam Village State Park

113 Administration Dr.

Gilbertsville

KY 42044

COST: \$25 Pre - or - \$30 @ Door

DISTRICT 12 GRATITUDE GOBBLE

WHEN: November 2, 2018 @ 7:00 pm – 9:00 pm America/Kentucky/Louisville Timezone

WHERE: Immanuel United Church of Christ

2300 Taylorsville Rd. Louisville

KY 40205

COST: Free

SPEAKEASY – CHILI SUPER

When: November 9, 2018 6:30pm eating/ 7:30 meeting

Where: Ascension Lutheran

13725 Shelbyville RD Louisville, KY 40245

Cost free – bring a dessert or soda

SPEAKEASY – ANNIVERSERY DINNER

When: November 9, 2018 6:30pm eating/ 7:30 meeting

Where: Ascension Lutheran

13725 Shelbyville RD Louisville, KY 40245

Cost free – bring a dessert or soda

2018 SOUTHEAST REGIONAL FORUM

WHEN: November 16, 2018 @ 6:30 pm – November 18, 2018 @ 2:30 pm

WHERE: Washington Dulles Airport Marriott

45020 Aviation Dr Sterling, Virginia 20166

HUNGRY SPIRITS THANKSGIVING DINNER

WHEN: November 22, 2018 @ 8:30 am

WHERE: Rebois 100 Higgins St Hopkinsville, KY 42240

CONTACT: Joseph D. 270-484-4790

AREA 26 JANUARY MEETING

WHEN: January 12, 2019 @ 10:00 am – January 13, 2019 @ 3:00 pm America/Kentucky/Louisville Timezone

WHERE: Rough River Dam Resort State Park 450 Ic-1003, Falls of Rough, KY 40119

CONTACT: Cory D. - OR - Sharli R.

2019 KENTUCKY STATE AA CONVENTION

WHEN: February 8, 2019 @ 6:00 pm – February 10, 2019 @ 12:30 pm

WHERE: Griffin Gate Marriott

1800 Newtown Pike

Lexington, KY 40511

COST: See Flyer

CONTACT: Alice D. - OR - Chris R.

SERVICE MEETINGS IN THE AREA

-LOUYPAA

EVERY SUNDAY 1PM BEACON HOUSE 963 S. 2ND STREET

-SERCYPAA

2ND AND 4TH THURSDAY EVERY MONTH 8PM IMMANUEL UCC 2300 TAYLORSVILLE RD

-LOUISVILLE IGR

IGR Meetings are held the first Thursday of each month, 7pm at:

St. Paul United Methodist Church

2000 Douglass Blvd, Louisville (Corner of Douglas Blvd & Bardstown Rd in the Highlands)

New IGR orientation is at 6pm.

For questions contact Louisville AA Central Office: 502-582-1849

-Intergroup Meeting for District 3

2nd Wednesday of every month

13th Street Clubhouse

1013 E 13th Ave

Bowling Green, KY 42101

The next quarter will feature Traditions 10, 11 and 12. We always looking for folks that want to be a part of!! We want you!!

The Kentuckiana News Committee meetings are held during Area 26 quarterly business meeting weekends. All AA members are welcome to participate.

If you would like to write an article or would like us to know about an event coming up in your district.

Kentuckiana Newsletter please submit them to Kentuckiana@area26.net



Kentuckiana Newsletter Chair Lynn M