

KENTUCKIANA NEWSLETTER

FALL EDITION 2019

GIFTS OF SOBRIETY



Joy, happiness, serenity, truthfulness, healthy boundaries, new relationships, freedom from fear, resentment, financial worry ... and much more!



STEP 7: HUMBLY ASKING GOD ...

One of the more interesting things that I hear in meetings from people is about the 7th Step. When discussing how they have humbly asked God to remove their shortcomings, I have heard more than one person say something along the lines of, "Well, I asked, but the character defects remain. Therefore, God must want me to have these shortcomings."

To be perfectly clear, I most certainly do not know the mind and desires of God. But I suspect that many fellow AAs have misdiagnosed their situation. In other words, I am not convinced that God wants us to continue lying, stealing and hurting people. I don't think that God wants

IN THIS ISSUE OF THE KENTUCKIANA NEWS:

STEP 7	PAGE 1
STEP 8	PAGE 3
STEP 9	PAGE 3
AN ARCHIVIST POV	PAGE 5
COFFEE CORNER	PAGE 6
BEING IN RECOVERY	
WORKING IN RECOVERY	PAGE 8
STUMP THE CHUMP	PAGE 9
THE GSR REPORT	PAGE 11
UNDERSTANDING	
G.O.D.	PAGE 12
CALL FOR STORIES...	PAGE 14
WE ARE NOT A	
GLUM LOT	PAGE 15
IT GETS BETTER	PAGE 16
AA SELECTS 2	
TRUSTEES	PAGE 17
UPCOMING EVENTS	PAGE 19

sober alcoholics to cheat on their spouses or terrify their children in fits of rage. My experience suggests that it is probably the alcoholic who is not doing the work, not God. And because we have been masters at justifying bad behavior, we should rigorously question any explanation that allows us to feel justified as liars and cheats.

Some will say, "But what if God is using my character defects for some good cause?" Indeed, it is true that God can transform even the worst things that we have done into something life-giving. For example, the shameful things that I have done make me uniquely qualified to reach others who have done the same thing, so that I might bring a message of hope. But just because God can turn our foolishness into something good does not mean that God wants us to continue to suffer as fools. After all, if God can work despite our character defects to help someone, how much more can God do if we do the right thing?

The key to Step 7 is humility. Our experience shows that such a request made to God in authentic humility is answered in the affirmative. But humility is not a switch that we turn on or off. It is a discipline that is cultivated over time through the slow process of rigorous honesty. Humility comes when an alcoholic does a fearless moral inventory. Humility comes when the alcoholic is prepared to face where one has been selfish, dishonest, self-seeking or frightened in their resentments. Humility comes from facing fears and letting go of self-sufficiency to trust God's will. Humility comes from examining one's intimate relationships and seeing the places where we have been unfair and manipulative. And humility comes when we admit these things to ourselves, our sponsors, and God.

When such humility is sought and nurtured, two critical things are now possible. Number one, we become able to identify precisely what our character defects are. In other words, instead of asking God to generically "take away my dishonesty" we can specifically ask God to "remove my fear of losing my security and of not being good enough in the eyes of others at work when I am asked to tell the truth, knowing that you will provide for me and that I am always good enough in your eyes," for example. Number two, humility allows us to see precisely how our character defects are connected to bad behavior and how our resentments hurt ourselves and others. And that gives us the genuine desire to let go of them, even though we don't know what we will look like in a future without those shortcomings.

The good news, in my experience at least, is that when I have properly identified the character defect and when I am truly willing to let go, God will take it away swiftly and completely. --Joe P.

STEP 8: BECOMING WILLING ...

Made a list of all persons we had harmed and became willing to make amends to them all.
-- Alcoholics Anonymous

Making the list was not that much of a challenge in my first "catch up" Step 8, and making a list is still not that hard in my daily review, which requires a "keep up" Step 8. As the Big Book tells us, we had a harms list started in the construction of our Step 4 work. There is always some addition of persons who do not appear in step 4, whether in the first-time "catch up" version or the daily "keep up" version. When I have good and frequent conversations with my sponsor I am better able to identify such additions and I place them on my list.

The key for me to complete the second part of the Sep 8 is finding the path to willingness. Here I have to be reminded that I cannot wish my way into willingness. I have to pray that I will be made willing as an exercise of Step 6. Genuine willingness comes from my contact with my Higher Power. That contact is best experienced when I am again in good and frequent conversation with my sponsor.

The one pitfall that I must avoid is to skimp on willingness when I am fairly certain that I will not be able to make a direct amends because such attempts would harm the person or others. I can avoid this trap by effecting honest contact with my Higher Power. Once again, the best contact with my Higher Power comes when I am in good and frequent conversation with my sponsor.

So, the summary of the theme from my experience with Step 8: Good and frequent conversation with my sponsor is crucial and rewarding. -- Quinn C.

STEP 9: MAKING AMENDS ...

Made direct amends to such people wherever possible, except when to do so would injure them or others

"Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will...Our real purpose is to fit ourselves to be of maximum service to God and the people about us." (BB pp. 76-77)

I did not have a clue how great the burden of my guilt was until I completed Step 9. I never wanted to face the harm I had done to myself and others. I wore guilt and shame like it was a

garment. These invisible garments blocked my ability to form and maintain a healthy partnership with God, myself or others. Making amends has helped me put the past behind me and move on with a clearer conscience. Without taking this crucial step, I would never have known that people who have been harmed by me are generally glad to know I am working to lead a different life.

I did not know I could be completely honest and vulnerable and not be taken advantage of. I did not know the power of using "I" statements during confrontation. I did not know I could not fix what I refuse to face. I did not know that true intimacy is dependent on integrity and trust. As a result of this step, many see me as a person of dignity and worth, trust me and are interested in what I do and say. I am continually learning to communicate assertively and respectfully while listening. Making amends helps me to grow in humility. I don't always have to be right or have the last word. Some of the people I had harmed, are no longer living. After much prayer, thought and talking to others, I realized that I could not change the past but I could live differently.

I used to make choices passively, letting things happen rather than taking appropriate action. I now ask myself; Am I taking responsibility for my choices? Am I making choices or letting the choices be made for me so I have no accountability? I don't always have to say what I think or try to persuade others to do things my way. These small but powerful changes mean I rarely need to make amends.

Every time I say "yes" to hope, life starts over again. Greatness becomes possible when I am willing to stand in my own truth, whether good or not so good. God is faithful even when I am not and miracles can happen even after I have laughed in God's face.

The road that got me to AA was paved by my flawed personality. That personality chose to place myself in the hands of a loving and faithful God. I am grateful to remember and give thanks for those who came before, who made new life possible and the current companions who inspire me daily. I recall the twists and turns in my own journey, taking special note of what happened when I risked everything, and how grace keeps pulling me forward. For me, Step 9 makes this all doable. With that in mind, I consider challenges ahead, trusting in what is yet unseen, I resolve to run the race with authenticity, perseverance, hope and love. Step 9 makes that all possible because it prepares me to be of maximum service to the God of my understanding. -- Anonymous

AN ARCHIVIST'S POINT OF VIEW

Moe F. here writing about my short experience being an archivist for Louisville Central Office, located at 323 W. Broadway, Room 1204, Louisville, KY. We moved into the office on the 12th floor about the first of December 2018 from the little "closet" on the 4th Floor, which had everything crammed in it. We changed out file cabinets, brought in a showcase and a desk so we could begin compiling history of all the groups in the Louisville and Southern Indiana as well as the stories of our long timers. We were asked to study the history of the Central Office quarterly meetings It started in 1958 by four men. One name we learned but the others we are still looking for. We put together files on every group active or not active anymore. Now we are asking those groups to do a history on themselves so we can fill their files. Some are doing so and some just don't care. Ed F. has been donating CDs of local speakers. He also is going to donate all of his AA-related reel-to-reels from his basement. I can't wait to get my hands on them. We have several visitors per week.

The door to our new office has been taken off so your archives are accessible. We ask that you come in and browse. In one file we found that Bill W was here in 1961 and talked at the Token Club. We've learned a little more about Bertha V who wrote "Another Chance" in the Big Book. Hanging up pictures was what Craig and I did for the first couple months. We still have a lot to do but I am excited with how far we've come! We are still going through boxes trying to separate information and putting them in files. Peggy (the Archives Chair) and I have been working together, as we should. Her term is up at the end of the year so we are hoping to make her the archivist for Area 26. She is very qualified for that position. Also we are going to Detroit in sept. for the national AA workshop that is held for about 200 of us. I have been to two of these workshops and it is so exciting. Hopefully we will have more from this office after our workshop.



THE COFFEE CORNER

Service Not Politics

I have not always been involved in the program of Alcoholics Anonymous in its entirety. I thought The Steps were enough and the Preamble and Traditions were the law that must be read before any A.A. meeting was started. I did not think it had anything to do with my life. I later got involved and started accepting these principles *first* because I found out they benefited *me*. I knew that A.A. was not a cafeteria style program, so I started to learn about the rest of the principles. As I started learning, I realized that I have more selfishness and self-centeredness in me than I was aware of. I had been in meetings spouting off about things that I had very little or no experience with, while giving an impression to newcomers that A.A. was something it was not. Today, I'm here to share a different perspective.

Before moving on, a clear understanding of the definition of politics is good need-to-know information.

Politics – Actions concerned with achieving and using power in a society.

Politician – (1) A seeker or holder of office who is more concerned about winning favor or retaining power than about maintaining principles. (2) A person who seeks to gain power or advancement within an organization in ways that are generally disapproved.

I have been an irresponsible DCM who didn't visit meetings in the district. But when it came time for the business meeting I moaned and groaned about poor attendance, and if others were there, I groaned about their lack of participation. I was not being a very good leader. I wanted people to be involved in something that I wasn't doing very well myself.

My first few years in Alcoholics Anonymous I heard people say, "I don't want to be involved in the politics of A.A." I was taking on someone else's biased opinion about our program. I am an alcoholic and have been very lazy when it came to thinking or researching anything for myself. Our book mentions this in Chapter 4, "The spirit of modern scientific inquiry, research and invention was almost unknown...men's minds were fettered by superstition, tradition, and all sorts of fixed ideas." I'm used to going with the crowd and hanging on to other people's opinions and not forming my own. There has been towering fear in that area of my life, either I will be wrong and mess something up, or disagree with someone whom I look up to and

lose a friend. Or the fear that I won't be accepted by the "cool A.A." crowd and won't get asked to speak at meetings.

A few years ago, I was part of a district when elections were coming up for the intergroup. There were a group of old timers that were involved in service positions and never rotated out. Also, no one else was willing to step up. So, for the next few years, these members ran the show. They ran it for so long, at one point they decided that they were just going to remove the voting of the IGRs all together; at that point it meant they stopped serving the groups. It was a government so to speak. They did not answer to the groups, and the groups (being very misinformed themselves) just went along with whatever they said. Here we must remember Tradition 9 "Each A.A. group needs the least possible organization. Rotating leadership is the best... They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness."

The Intergroup was basically calling the shots, and the groups followed their lead. Our structure had flipped the opposite way. Then when a new A.A. member showed up in town and tried to get involved, things got warm to say the least. In response, the intergroup committee rewrote the by-laws stating that *anyone* who showed up to vote on this matter could vote; members of this intergroup then went to the nearby treatment facilities, grabbed about twenty newcomers from there and told them what they needed them to vote on.

These things are politics. Lying, manipulating and cheating to get one's own agenda pushed. So, the question is, are there politics in A.A.? As Concept 11 states, "We A.A.'s had what the commercial venture often lacks: a dedicated desire to serve which replaced the usual ego drives. At the same time many of the temptations to destructive competition and office 'politicking' were also removed." There may be a handful of self-centered politicians in A.A., but if we are responsible and make sure we are aligned with our structure, living by principles and that should eliminate these issues.

Service is anything that helps carry the message to the sick alcoholic. In my experience, there have been many things that I have done and wanted to do that sounded like great ideas at the time. But when considered a little more carefully, these things were usually stepping on toes, all about my ego, ineffective, or causing harm to Alcoholics Anonymous in the end. The only thing I knew about Tradition 4 was that people told me it meant we could do whatever we want. I later came to find out that was not true. The first line in Tradition 4 is about autonomy,

but the majority of this Tradition mentions consultation. This means that if a single AA group wishes to take any action that might affect surrounding groups, it consults them first. Or, it confers with the intergroup committee for the area, if there be one. For example, I do like to have my way - especially if I believe what I'm doing lines up with our Twelve Traditions. In one town, I was a part of an A.A. group and in our business meeting we were discussing how to close our home group's meeting. Would it be closed with the Responsibility Statement or the Lord's prayer? I know for a fact that I could find plenty of new people and have them join my home group to cast a vote in my favor. This would be considered politics. But today, I don't have to play God and control things like that (Although I do get caught up trying to control from time to time). I can be ok with myself and living by the group conscience, I may not always agree with it, but I can be ok with it. And if it is something that goes against our Traditions, I can try and inform and be helpful to my fellow A.A. members. I don't believe that getting mad and running off to another group or starting another group is living by Traditions, it is avoiding them, and it is fear based. Am I even willing to believe in the Group Conscience? **Good reasons** to leave a group are very limited.

"We have also seen men and women who go power-mad, who devote themselves to attempting to rule their fellows. These people often throw to the winds every chance for legitimate security and a happy family life. Whenever a human being becomes a battleground for the instincts, there can be no peace." Twelve Steps and Twelve Traditions pg. 43-44

"A.A. cannot possibly be split apart by politics, religious differences, money, professionalism, public controversy—or by old-timers who take a notion to be big shots." ~Bill W.
--Eric B.

BEING IN RECOVERY & WORKING IN RECOVERY

Being in recovery and working in recovery are similar but very different. When I first started working in a long-term treatment facility, I struggled with some of those differences. The one that caused the most stress and heartache was trying to treat my clients as sponsees. I'm truly blessed that I get the opportunity to help them change their lives and repair some of the damage they have caused to themselves and others but I had to learn that I am their counselor and there for their basic needs, not the 12 steps of Alcoholics Anonymous. Desperation and

rock bottom just hasn't come yet for some of them and they don't have the willingness to work the 12 steps. It is very easy to get close and to care for these ladies and I must set boundaries. They live in a strict, structured and controlled environment with over 100 women, so you get 100+ different personalities and 500+ different personal needs daily, so things get tense at times. These ladies are sent to treatment by the Department of Corrections, Mental Health Court, Drug Court and even Casey's Law and they usually don't want to be there; they have to be there. We hope that by them working the 12 steps and attending meetings that they become desperate enough to see they NEED and WANT AA in their lives. That is one of the similarities to me, the WANT and the NEED of AA in my life.

Today I have a sponsor, sponsees, a home-group, service commitments and a fellowship that I crave. I work the 12 steps, practice the principles, suit up, show up and take suggestions, I hit my knees and give it to god– all to the best of my ability daily. I fall short some days but I keep moving forward with the willingness to learn and grow in AA.

I get to share my experience, strength and hope with them daily. I get to show them how honesty, open-mindedness and willingness has changed my life. I can share with them how I transitioned from treatment to “real life” in sobriety.

I am truly blessed that I get to be part of both worlds: being and working in recovery. I know that if I can help just one person that I have made a difference in the world. -- Christy H.



STUMP THE CHUMP

What is Gratitude and Who has it?

I hear people say they are grateful and glad to be here, but you sure can't tell by their behavior. I mean, if I am grateful shouldn't you be able to tell by the way I carry myself? Not just in meetings but in my everyday life. If I am angry all the time, is that showing how grateful I am for the life I've been given? What is a new person to think if I go about complaining, wearing a depressed or poor me look on my face and only talk about the sad life I have to live? In early sobriety I was told “suck it up, there is always someone that has it worse than you. That's who

needs your care and concern". The Big Book says the crux of our problem is our extreme self-centeredness. What better way to be less self-centered than to be helpful to someone who needs a helping hand? Being spiritual is not thinking less of self but thinking of self less often. To me, that is True Gratitude.

Have I Surrendered?

Getting sober I had to accept the fact that I did not know how to get and stay sober. I had to realize someone else did know. First, I had to get a sponsor, someone who would show me what it was to be sober and what I needed to do. Then came the hard part, accepting the fact that I could not manage my own life. This sponsor told me how his life was unmanageable and I began to understand. Something greater than me had to take control and I was led to a Power greater than me who I can work with and talk to. I mess up. We all do, but most of the time I am aware or I am told by others of my wrongs and I can correct them. I know I have surrendered because no matter what happens, I know I'll be OK.

Why Do We Say "No Profanity" In Meetings?

When I first came to AA meetings I laughed, talked and tried to be the center of attention. I thought that using profane language was a way to have people talk about me. I thought it made me sound macho. When I finally started to get sober, a young lady asked me to please not use such profane talk because she had to bring her 3-year-old child to the meetings. She didn't have a babysitter and her child repeated what he heard. I realized that's exactly what I do. Maybe not word for word but especially in the beginning, I tried to remember what got the most laughs or attention. I never know who is in a meeting or where I may be asked to speak but I hope I remember to talk with language I would not care if my own children heard or said. We all make mistakes, we just don't have to keep on making the same ones.
Curtis O, ACM District 23

THE GSR REPORT

Trying to get sober on my own was not very effective. The best I could do was 90 days. I went to see a psychiatrist and told him what I felt and what I was thinking. I was admitted to the 6th floor that evening. The 6th floor is the psychiatric unit. During my visit, the staff recommended intensive outpatient treatment which I followed through with. During my treatment, they highly recommended that I attend Alcoholics Anonymous.

My mother took me to my first meeting. Before I entered, she gave me a dollar and told me to put it in the basket. She said some people are going to talk a lot and some people won't talk at all. Just try and listen and get a temporary sponsor. To this day, I have not taken a drink of alcohol. Upon entering the room, there were a lot of people. I noticed a man with his head on the table and he was crying. I sat down and started crying, too. The chairperson started the meeting by asking if anyone had any announcements. I raised my hand and asked for a temporary sponsor. The room was silent. The chairperson looked around and no one volunteered. He raised his only hand and One-Arm Rick became my first sponsor. He took me to meetings and introduced me to many people. One of the people he introduced me to was Bicycle Jerry. He was as crazy as I was, or so it seemed. After a period of time, I changed sponsors. It wasn't the sponsor's fault. I was just mentally unstable. I went to a man name Steve and we were not compatible. The following day, I asked Jerry if he would help me. Upon our first talk, Jerry recommended that I go to a psychiatrist and that I go to therapy. I complied. On my 2nd visit with Jerry, he asked me to go to lunch with him. He took me to the Salvation Army. We ate lunch there for the next 2 years. He was trying to teach me to carry the message to the suffering alcoholics, some of whom became my best friends. Jerry started a Big Book study at Park Place, where I helped him for a year. He encouraged me to do several hours of service work a week in which I cut grass at the Clubhouse/Central Office for several years. My sponsor suggested that I get a home group which I did not for a year. I finally found a home group at the Morning Meeting. During that time, Jerry and I started attending the jail meetings. I attended for a year.

Jerry and I wanted to start an earlier meeting for the 3rd shift people. We started the Paragraph Group together. I became the Treasurer of the group and the GSR. We had very few people at the time. As the group got bigger, we rotated positions and I became the alternate GSR. I went to the District meeting with Leo, the GSR. They had a position open for a District Newsletter. I volunteered for it. My Sponsees and I went to the Area meetings. I attended the Area Newsletter workshops regularly. Around my 9th year of sobriety, I was asked to be the Area Newsletter Chair. I served 2 years as the chair and with the help from the people on the committee and my wife, I made it through my commitment alive.

In 2011, a resentment was formed so my sponsee/sponsor (Mark) and I started another meeting called the Way Out Group. The Way Out Group met in the food court of the Bowling Green mall. When we had enough money, we moved to a church. Our attendance was low so everybody had to share duties. I started as the Treasurer in that group. I gratefully passed the torch of Treasurer in October of 2019.

I am now going to volunteer as an unofficial door greeter. One of my favorite contributions was forming a 10th step meeting after the meeting where sponsees and friends share their last 24 hours. We discuss our resentments, selfishness, dishonesty, and fears. We also discuss our gratitude, unselfishness, honesty, and courage. Everyone is accountable. This has been one of our greatest growth tools and a resource for many. You would think that I was helping all the sponsees, however, it took that many to keep me sane and sober. I am a special needs person.

When I came to AA my mind was broken. Through God, AA, and family it has been pieced back together. -- Salem V

UNDERSTANDING G.O.D.

God as we understand him implies that God is male. God as we understand God may be a better way of phrasing it. I first thought that meant that I would get some understanding of how and why God does what God does. It's hard to talk about God without assigning some kind of

human identifier. Now, I believe it means God as I understand God to be, my conception of God. A power greater than myself or Higher Power.

My first experience with G.O.D was when I was blessed with the *Gift Of Desperation*. My next experience with G.O.D was when I was introduced to a *Group Of Drunks*. Then my next experience with G.O.D was when I began to take *Good Orderly Directions*. Then eventually my experience with G.O.D was God, well my conception of God at that time.

When I first went to God in prayer it was just an action. Out of desperation I prayed to a God I had no understanding of and no hope that this God was going to do anything for me except send me straight to hell. I knew I was unworthy and thought I had to be a certain way for this God thing to work. Turns out God was willing to meet me right where I was. As I continued to pray I noticed that I and my life seemed to be getting better. That's when I realized this pray stuff was really working. My relationship with this God began to grow and has been evolving ever since. My understanding of God has changed over the years and has become stronger and deeper. But I am still not really sure who or what I'm praying to. It seems the more questions I have the more questions I get.

All the different religions each have a different understanding of God. Some in Quantum Science say they are moving towards proving there is no God and others in that same field are saying quite the opposite. A different understanding of God, but a great source of power never the less.

This is how I understand God today. I am me, Danny. If you ask my mother who I am she will tell you who I am as she understands me as her son. If you ask my wife who I am she will tell you who I am as she understands me as her husband. If you ask my children who I am they will tell you who I am as they understand me as their father. If you ask my grandchildren who I am they will tell you who I am as they understand me as their pawpaw. If you ask my siblings, extended family members, my friends, well you get the picture. Each understanding, similar but different, as I have a similar but different relationship with each one of them. But it is still just me, Danny.

This is how I understand God. It may be similar or completely different than yours. It is my relationship as I understand it and I know that it works because that is the only explanation for my existence today and the wonderful life I have had since this relationship started. I say started because it only takes one to love but two to have a relationship.

So, understand God as you understand God, or Higher Power. Call this power whatever. It may change over time. If you don't believe that there is any power greater than you, then pray

to the power within you. You are the God of you. Call on the power within you to do for you what you haven't been able to do for yourself so far. Because, really this power is within all of us. Call it what you want. Spiritual growth is just removing what blocks us from that power. I am not becoming someone different. I am in the process of becoming who I am. That has and will continue to change and so will your understanding of me. That is my hope anyway.

So, start or keep on, praying to whatever or whoever. Don't believe anything as the final truth.

That means keep an open mind to everything. We think we know what we know, and we know only a little. More will be revealed. Keep an open mind and an open heart to every possibility. Trust that power. Prayer and meditation is the key to that conscious contact.

Practice every day. And to put a little twist on a famous phrase, May the Power be with you.

Danny F.

Call for stories to update "A.A. for the Older Alcoholic"

The 2019 General Service Conference recommended that "the pamphlet 'A.A. for the Older Alcoholic – Never Too Late' be updated with a revised introduction; current and inclusive stories; reference to online A.A.; and an updated 'How Do I Find A.A.?' section."

The trustees' Cooperation with the Professional Community/Treatment and Accessibilities Committee is seeking stories from a broad cross section of older A.A. members to make the pamphlet more representative of the Fellowship.

Typed manuscripts should be 500-800 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages. Please include your complete name, address and email/phone information; The anonymity of all authors will be observed, whether or not their story is selected for publication. Please email your sharing to: access@aa.org and put "A.A. for the Older Alcoholic" in the subject line of the message. Or, you may mail it to Access Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163. The deadline for submissions is December 15, 2019. From: Irene D., secretary, trustees' Cooperation with the Professional Community/ Treatment and Accessibilities Committee

WE ARE NOT A GLUM LOT

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



From Area 26 Archives

ACCEPTANCE
 AMENDS
 ATTITUDE
 BALANCE
 CONCEPTS
 COURAGE
 EXPERIENCE
 FELLOWSHIP
 FREEDOM
 GRATITUDE
 HAPPINESS
 HONESTY
 HOPE
 HUMILITY

INSANITY
 INVENTORY
 MEDITATION
 MEETING
 POWERLESSNESS
 PRAYER
 PREAMBLE
 PROGRAM
 PROMISES
 RECOVERY
 SERENITY
 SERVICE
 SPIRITUAL
 SPONSOR

STEPS
 STRENGTH
 SURRENDER
 TRADITIONS
 TWELVE
 UNITY
 UNMANAGEABLE
 WILLINGNESS

A drunk was stranded on a desert island with no food or 'drink' or way to escape. He found a bottle and dusted it off and a magic genie appeared. "You have freed me!" exclaimed the genie, "I grant you three wishes!" "Anything I want?" the drunk asked. "Yes, any three things you want!" the genie replied. "Oh WOW! I want a bottle of Rum that always stays full!" cried the drunk. POOF! The bottle appeared. When a big drink was taken it was still full! "Oh WOW Oh WOW!" the drunk exclaimed. Still drinking the genie is looking at his watch... "You still have two more wishes!" Holding the bottle high the drunk exclaimed "Oh WOW! I want two more of these!"

What would you call a drunk who works at an upholstery shop?
 A recovering alcoholic.

IT GETS BETTER

I'll never forget one of the first AA meetings I attended in the West End of Louisville, almost four years ago. I had been sober attending group therapy meetings at River Region, preparing myself for the AA way of life. The professional counselors there at the outpatient treatment center made it very clear to me: If you are an alcoholic, and only YOU know about that, AA has the only answers worth having. They gave me the schedule book of AA meetings in the Louisville area.

When I heard "How It Works" read at this meeting, I knew I had come home. The old, battered, scarred and beat-up alkie gave it to me, one after the other. I was skeptical. However, I listened intently and with an open mind. "You stay sober one day at a time and work this program to the best of your ability and your life will get better in every way," they told me.

Do they really know what they are promising? I wondered. My life was a bust in every area. I considered myself human garbage. I had little regard for myself, much less for others. I was bankrupt physically (I had drunk myself into a stroke), mentally, spiritually and financially. I clung precariously to my small home in Portland, my two children and an old car.

To make a long story short, I will just report my financial growth in the past four years as a yardstick of measurement for my growth in the AA program. I use the financial yardstick only because it is easier to measure than physical, mental and spiritual progress, but as you consider these figures, remember this: AA has given me everything I have received during the length of my uninterrupted sobriety. When I say AA, I mean members or God, to me, they are the same.

I was fired from my first job after joining AA. I stayed sober. AA gave me a better job the next day. I was laid off from my next two jobs, each time receiving a better job the following day. I resigned from my last job to write a novel. Today I am working away on my manuscript (I believe, one day at a time, I am writing a best seller)

Here are the figures of my sober income: 1975--\$3500; 1976--\$6000; 1977--\$9000; 1978--\$17,000; 1979--???. IT GETS BETTER. Ron C [this story was taken from The Winner's Circle, March 1979; part of our Area 26 Archives]



AREA 26 ARCHIVES IS OPEN FOR YOU	
3 RD SUNDAY	1:00-4:00
4 TH SUNDAY	1:00-4:00
OR BY APPOINTMENT CALL:	
PEGGY	859 278-5529
RICK	858 413-6821
Located at: 3499 Lansdowne Drive, Suite 108 Lexington, KY 40517	

Area 26 is a service body which geographically encompasses the state of Kentucky as well as a few areas in southern Indiana and northern Tennessee

ALCOHOLICS ANONYMOUS SELECTS TWO 'FRIENDS OF A.A.' TO SERVE AS TRUSTEES

For Immediate Release August 22, 2019

New York, NY: Sister Judith Ann K., congregational leader of the Sisters of Charity of St. Augustine, of Cleveland, Ohio, and Dr. Al J. M., a pioneer in the field of addiction medicine, of Cary, North Carolina, have been selected as Class A (nonalcoholic) trustees of the General Service Board of Alcoholics Anonymous.

A.A.'s General Service Board is comprised of 21 trustees, 14 of whom are recovering alcoholic (Class B) trustees who are members of A.A., along with seven nonalcoholic (Class A) trustees whose professional backgrounds touch on aspects of service vital to A.A. Chosen for their professional or business backgrounds and the unique personal experience they can bring to A.A., the seven Class A trustees have always been able to do certain things the 14 Class B trustees cannot do, such as addressing the media head-on in connection with A.A. or using their full names in public without being in conflict with A.A.'s principle of anonymity for its members at the level of press, radio, film and other public media. The part played by such nonalcoholic trustees is, according to A.A. cofounder Bill W., "quite beyond reckoning." "In the days when A.A. was unknown," he continues, "it was the nonalcoholic trustees who held up our hands before the general public.... Their very presence on our board was quite able to command full confidence and the respect of many faraway groups. Meanwhile, they assured the world around us of A.A.'s worth. These are the unusual services which indeed they still render."

As part of her career as a health administrator, serving as president and CEO of the Sisters of Charity Health System from 1998 to 2013, Sister Judith Ann K. has consistently advocated for Alcoholics Anonymous. "A.A. has always been a part of my journey," she says. "Alcoholism is a disease for which there is no cure, but A.A. provides a continuum of service in keeping alcoholics sober and has also been concerned, from the beginning, with family members, a very important element in recovery."

Sister Judith Ann first considered the idea of becoming a Class A trustee for Alcoholics Anonymous at A.A.'s 80th International Convention in Atlanta, Georgia in 2015 when then-General Service Board Chair Terry B. presented her order, the Sisters of Charity of St.

Augustine, with the ceremonial 35-millionth copy of the book *Alcoholics Anonymous*, the Fellowship's basic text. In her role as Congregational Leader of the order, Sister Judith Ann was there to accept the token of A.A.'s appreciation for the work of Sister Mary Ignatia, a member of the Sisters of Charity of St. Augustine who, in A.A.'s earliest days, cared for thousands of alcoholics at St. Thomas Hospital in Akron and later at Cleveland's Saint Vincent Charity Hospital. Sister Judith Ann will now carry on that legacy as a Class A trustee, working with what she calls "the tremendous and caring community of A.A."

Born in 1948 in Statesboro, Georgia, the oldest of three boys, Dr. Al J. M. is the son of a physician and surgeon whose wounding in World War II led to excessive use of alcohol and opiates. His successful practice destroyed; Dr. M.'s father was sentenced to prison for writing illegal prescriptions for narcotics. But when his father returned from prison, Dr. M. says, "it was like a different person inhabiting the body of the Dad I knew." The reason was that his father had gotten sober in Alcoholics Anonymous.

The 11-year-old Dr. M. became curious about what type of program could make "a new person move into an old body." He would soon learn a great deal more about A.A. His mother, also an alcoholic, got sober and she and his father opened their home to recovering alcoholics—at one point, there were as many as 25 people living there. Dr. M. began to travel with his parents to A.A. meetings, conferences and forums. Alcoholics Anonymous simply "became a part of the way I looked at the world," Dr. M. says.

Dr. M. has devoted his career to addiction treatment and recovery. An addiction specialist and family practitioner in Cary, North Carolina, he has served as Director of Willingway Hospital in Statesboro, founded by his parents to help alcoholics and addicts recover, and is still on its board. He was one of the first physicians in the U.S. to be certified in Addiction Medicine and is also co-author of a book on addiction and recovery.

"I'm extremely grateful to have been given this honor of serving as a trustee," Dr. M. says. "I have always loved the term 'friend of A.A.' I've called myself that for years and I hope during my time as trustee I can reach out to other friends of A.A. who are as passionate about Alcoholics Anonymous as I am."

For Media, contact: Public Information Desk at the General Service Office of Alcoholics Anonymous at 212-870-3119 or publicinfo@aa.org.

Upcoming Events

5TH SOUTHERN STATES ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY

WHEN: November 8, 2019 @ 3:00 pm – November 10, 2019 @ 1:00 pm Am Kentucky/Louisville

WHERE: Lake Junaluska Conference and Retreat Center

91 N Lakeshore Dr Lake Junaluska, NC 28745

CONTACT: Elizabeth P. or Kenneth C.

2020 KENTUCKY STATE CONVENTION- SAVE THE DATE!

WHEN: February 28, 2020 @ 5:00 pm – March 1, 2020 @ 2:00 pm America/Kentucky/Louisville

WHERE: Sloan Convention Center- 1021 Wilkinson Tr Bowling Green, KY 42104

2019 TRI-STATE CONVENTION

WHEN: November 1-3, 2019

WHERE: Holiday Inn Evansville, 7101 U. S. Highway 41 North, Evansville, IN 47725

For more information visit website:

www.tristateconvention.org

2020 INTERNATIONAL CONVENTION ALCOHOLICS ANONYMOUS

WHEN: July 2-5, 2020, Detroit, Michigan Love and Tolerance Is Our Code

Convention Dates: July 2-5, 2020. Advanced Registration Deadline: April 15, 2020. Registration Opens: September 9, 2019

PLEASE REMEMBER – Send us your events!! Allow others to be involved! Attend your committees!! Reach out to your fellow friend! You need them and they need you!! You never have to be alone, there is hope of all of us, even you!!

Service Meetings in Area 26

LOUYPAA	EVERY SUNDAY 1PM BEACON HOUSE 963 S. 2 ND STREET, LOUISVILLE
SERCYPAA	2 ND AND 4 TH THURSDAY EVERY MONTH 8PM IMMANUEL UCC 2300 TAYLORSVILLE RD, LOUISVILLE
LOUISVILLE IGR	IGR MEETINGS ARE HELD THE FIRST THURSDAY OF EACH MONTH, 7PM 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 District 3	2 ND WEDNESDAY OF EVERY MONTH 13TH STREET CLUBHOUSE, 1013 E 13TH AVE, BOWLING GREEN, KY 42101

Kentuckiana Newsletter Information:

The Kentuckiana Newsletter is for all A.A. members. We are always looking for articles from individuals in the fellowship. Please share your experience, jokes and thoughts. 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, please contact the Chair, Melanie P. at Kentuckiana@area26.net.