

# KENTUCKIANA NEWS LETTER

SPRING EDITION 2018 APRIL

“OUR COMMON WELFARE SHOULD COME FIRST,  
PERSONAL RECOVERY DEPENDS UPON A.A. UNITY.”

WE WALK  
HAND  
&  
HAND  
INTO UNITY  
OF  
AA

## TRADITION ONE

The Traditions were originally called, “Twelve Points to Insure the Future of A.A.” A tradition is formed from growth due to experience that becomes policy, which becomes what we all agree with. The AA

group comes first before individual personal desires. The group to which the individual is a part has agreement in principle of what is best for the group

**NEW TO THE  
KENTUCKIANA NEWS**

**THE COFFEE CORNER**

**STUMP THE CHUMP**

**WE ARE NOT A GLUM  
LOT**

**ARTICLES ON**

**TRADITION 1**

**TRADITION 2**

**TRADITION 3**

**CONCEPTS 1**

**CONCEPT 2**

**MEET THE OFFICERS**

and AA as a whole. The group helps to keep individual human desires in control. Tradition One reminds us that our time and sacrifice to help other alcoholics is our focus. If we do not agree in this principle of one alcoholic helping another alcoholic, AA will not survive. It will die. Each one of us is free to decide for ourselves. It is said that we need to give away the tools we have learned in order to keep them. Are there enough of us staying together for the common good of AA to continue helping others? Tradition One is the beginning of the group and our own humility in taking the focus off of self to see the welfare of other groups and the fellowship. As a member of AA, we think about being supportive of our groups by attending meetings, talking with newcomers, supporting long time members, being a sponsor, and having a sponsor. In doing so we are supporting the common welfare of AA. This Tradition is also for the individual as well as a group. I use it in making decisions about myself that may affect my family. In my move back to Louisville from Florida, I attempted to see what all the outcomes might be as well as how much help I might need. I discussed the possibility with my family group. They all had suggestions and the idea of moving and how to do it were made. The common welfare of the family for the timing of the move and help needed was strong consideration. It all went well. Practicing this tradition is very helpful to me. Key words are awareness of others, willingness to help, patience and tolerance.

Rosemary D.

## **TRADITION TWO**

Servants provide service. That's a pretty easy concept to grasp, in my opinion. Tradition two keeps me on track with my duty as an alcoholic to serve other alcoholics. In my recovery, I have learned that I do what my higher power wants me to do. Nothing less and nothing more.

That includes calling shots on my own. It has been proven time and time again that our best thinking gets us drunk. Our decisions are typically based on self and we have had to lie and cheat our way through life to stay afloat.

By allowing God to speak through our group conscience, we can typically make decisions based on what is best for everyone as a whole. Meaning that, I alone do not run my home group. If I did, the topics would all be about how I'm feeling at the

moment and the money we collect would be spent on fancier coffee and comfortable chairs. Ultimately, it reminds me that I am not God. Our group conscience keeps us humble and allows everyone to have a voice.

We decide as a group what the next action is. We make suggestions, not demands. Personally, I feel this is the ultimate act of humility. Yes, I have a lot of ideas on what we could do to make meetings run smoother and more effectively but that is based on my wants and needs, not ours. Today, I do not think about what will be most beneficial to me. Instead I turn my thinking to others. What does our high power want us to do? What will make newcomers comfortable? How can I make this process any easier for the next person? What can we do for someone that maybe someone didn't do for us? We discuss this with others and come to a consensus as a whole. We soon see that really, we did not make that choice. God made it for us.

**Zoie L., LOUYPAA**

### TRADITION THREE

I have spent a lot of time lately reading background material for a full agenda. It is hard to believe, but many of the items submitted to the General Service Board for consideration were not forwarded to the Conference. Some I believe should have been forwarded. Others I agree were matters for the Board, Staff or did not have a widely expressed need from the fellowship. In some cases, maybe they need more local discussion.

One such topic was shared recently by our Regional Trustee. She reported the trustees' Conference Committee considered a request to revise the short form of Tradition Three to read, "For all who suffer from alcoholism, the only requirement for AA membership is a desire to stop drinking". The committee took no action noting the request did not arise from a widely expressed need.

In the community I attend meetings this has been a widely expressed topic of significance. I have witnessed people attending closed meetings with a clear history of drug addiction be coached by other well-meaning AA members to stretch Tradition Three by saying they have a "desire to quit drinking or misquoting the short form, "desire not to drink *today*". Recently an AA member brought a family member to a

closed meeting and told them that when they introduced themselves to use this quote, so they could stay in the meeting.

Alcoholics Anonymous is effective for those who suffer from alcoholism. There are many other problems in the world for which it does not have any solution; illiteracy, poverty, homelessness, gambling, and drug addiction to name a few. Some may be helped by applying the 12 Steps; however, Alcoholics Anonymous achieves great results in part because we can relate to each other's stories.

The proposal to revise Tradition Three was submitted by a group. Perhaps there should be more discussion among their district and area. It is possible that such discussion should occur here and in other locations to see if there is indeed a widely expressed need. It is possible that the intent of Tradition Three, to include all who suffer from alcoholism is lost in the abbreviated short form.

If after careful deliberation we decide that it should be changed, how would we go about it? When it was proposed to change Tradition 11 a few years ago, it became clear just how challenging that would be. A 1957 Advisory Action set the conditions that no change in Article 12 of the Conference Charter or in AA tradition or in the Twelve Steps of AA may be made with less than the written consent of three quarters of the AA groups. The 1976 Conference clarified that in cases where change is needed to the 12 Steps, 12 Traditions, or 6 Warranties of article 12, this written consent would include all AA groups known to the General Service Offices around the world.

I think there are a lot of questions worth discussing. Is the short form of the Traditions an abbreviation or summary of the long form? If so, does the same standard of changing them apply to the summary as it does to the full or long form of the Traditions? Is there a widely expressed need to change the Short Form of Tradition Three to clarify that membership in AA requires suffering from alcoholism first?

I believe Tradition Three is meant to be inclusive of our program of recovery. It is not meant to be exclusive. It was intended to say if you are an alcoholic I do not care who or what else you are, you are welcome, and we will do everything in our power to reach the hand of AA out to help you.

Roger W, Area 26 Delegate Panel 68

## Another perspective of **TRADITION THREE**

"Our membership ought to include all who suffer from alcoholism. Hence, we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."

I stumbled into the rooms of Alcoholics Anonymous in 1994, my life devastated by alcoholism. I was a young, single mother of two daughters, unemployed, broke and living in my mother's basement. I had a lot of issues! I didn't know much, but I knew I needed help for my alcoholism. The first women I connected with did not care where I had come from, how much money I had (or owed), where I lived or in what other things I'd been involved. They explained to me that if I wanted help with my drinking, they would help me. And they wanted nothing from me. I was humbled and grateful. Thus, began my journey in Alcoholics Anonymous.

One of the things that I love about our Traditions is that they were all forged on mistakes and learning from our early years as a Fellowship. Many women in those years did not receive the welcome and understanding that I did in 1994. And it was not just women that struggled. Many others did as well. In AA's early years, there was much fear that the welfare of the group would be threatened by members with "complications" other than alcoholism.

Thank goodness for Tradition Three. This Tradition guards the right of every "serious drinker" to receive the lifesaving message of AA. No membership rules! We are an inclusive society, never exclusive. As Bill writes in his essay in Twelve Steps and Twelve Traditions:

From Tradition Three, page 141: ... that we would neither punish nor deprive any AA of membership, that we must never compel anyone to pay anything, believe anything, or conform to anything? The answer, now seen in Tradition Three, was simplicity itself. At last experience taught us that to take away any alcoholic's full chance was sometimes to pronounce his death sentence, and often to condemn him to endless misery. Who dared to be judge, jury and executioner of his own sick brother?"

Several agenda items for the 68<sup>th</sup> General Service Conference examine whether the AA message is accessible to groups such as remote communities and Deaf and

Hard-of-Hearing members. The shared experience of these alcoholics moved me. I saw their challenges to receive the message of AA as never before. How I take for granted the ability to hear the message, read our literature or drive to a meeting in my community! I started to ask myself...do I do all I can to make sure that the AA message is accessible to all? Does my group, my district, my area? Are we as inclusive as we can be? There is still much work to be done.

As Bill wrote in the February 1948 AA Grapevine: Let us of A.A. therefore resolve that we shall always be inclusive, and never exclusive, offering all we have to all men save our title. May all barriers be thus leveled, may our unity thus be preserved. And may God grant us a long life --and a useful one!

*"The only requirement for A.A. membership is a desire to stop drinking."*

Mary F.

Alternate Delegate, Panel 68

## **CONCEPT ONE**

**The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship**

What am I doing to be a part of the whole picture, how am I helping my group to live in a solution of unity? Continuing the GSR position has allowed me the opportunity to learn more on how to be a part something great! I don't need to stay home and isolate and live in fear. It's ok that I don't know everything and it's ok to just be. My group, my family and my employment - I live to serve my fellows. Through to willingness of giving I've seen self-improvement. When I communicate spiritually, life improves. I no longer need to be the judge and the jury. I am a team player. I am part of "we" by carrying an attitude of service!

Lynn D., GSR DIST. 24

## CONCEPT TWO

***When in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference—excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and effective conscience for our whole Society.*** (page 8 AA Service Manual)

It would be really nice to believe that the group conscience could really have ultimate say and control in all world service affairs, and they do, however Bill saw that we needed a delegated few to actively speak and act for them to get business done. That is why it is so important that the best suitable trusted servant, General Service Representative, for your group be chosen so the voice and vote of your group is heard.

This Concept has more to do with understanding the Conference Charter than its content itself. In Appendix C on pages S101- S105 of the Service Manual describes the Conference Charter, stating that the purpose is that the Conference is the guardian of World Services and of the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. The Conference (US and Canada) shall be a service body only: never a government for Alcoholics Anonymous" (pg. S 101 Service Manual) The Conference is made up of 93 Delegates, Trustees of the General Service Board, Directors of AAWS, GSO Office staff, and the Grapevine staff. "A quorum shall consist of two-thirds of all Conference members registered. It will be understood, as a matter of tradition, that a two- thirds vote of Conference members voting shall be considered binding upon the General Service Board and its related corporate services, provided the total vote constitutes at least a Conference quorum".(pg. S102 Service Manual) It also states that if the Conference sees fit to reorganize the Board because they have made a decision that has caused harm to the unity of Alcoholics Anonymous as a whole, it can, with a three-quarters vote, ask for resignations and nominate other trustees and make all needed arrangements regardless of the legal prerogatives, ( privileges, rights,

entitlements) of the General Service Board. As an example, the Legal Actions taken with the printer's copy of the Big Book manuscript has prompted an Agenda item to reorganize the Board. If you get a chance to read in the Service Manual about Concept Two and the Conference Charter you really should because it is interesting because its helps to understand why things work as well as they do.

I could go on and on about this Concept but what it does is keep AA free from anyone or anything challenging to change the fact that our trusted servants work for the groups and we have the right to question them when we think they are wrong or have made a questionable decision. We need to remember this Concept when voting for these important servants in the future.

Angie S., Alternate Chairperson

## **STUMP THE CHUMP**

How many sponsees are too many?

Sponsorship is about helping the newcomer. Taking them through the 12 steps and 12 traditions. They will count on you to be there for them a lot in the beginning. You must remember that they will need you in every aspect of their new lives. If you have too many sponsees, will you be able to help each of them as much as they need. I was always told don't take more than can handle. That is suggested the same way with sponsees.



## THE COFFEE CORNER



Service work takes many forms

Newcomers have shared with me they are intimidated about service work. They will say something like, “How can I help anyone? I am just trying to stay sober... I can’t deal with anything else.” That’s how I felt too. The thought of doing any service work was stressful. My sponsor had to talk me off the ledge a few times before I finally understood what she was telling me about service work.

Newcomers perform service just by showing up to a meeting and introducing themselves. You can’t imagine the compassion other AA’ers in the room have for you; it took a lot of courage for you just to come in the room.

Although, as newly sober person, you may not feel you have anything to offer, your presence alone helps everyone in the room. I say it myself and hear it all the time from the old timers: new comers remind us of what we experienced in the first few days and weeks after we stopped drinking: the white knuckles, the helplessness and the fear of taking a drink.

When the other folks in the room say, “Keep coming back,” it is a heart-felt invitation, and they will do anything they can to help you make that commitment.

AA service work keeps us focused on others; not our selfish selves. As a newcomer, you will likely be very much wrapped up in your problems. But, if you stand at the open door of a meeting and introduce yourself to others as they enter the room, you are getting out of your own head and spending time with others. For me this wasn’t easy, but it helped me not to be so obsessed with all my self-made problems. And, as uncomfortable as that was to do, it was the beginning of a new way of living without alcohol and pity parties.

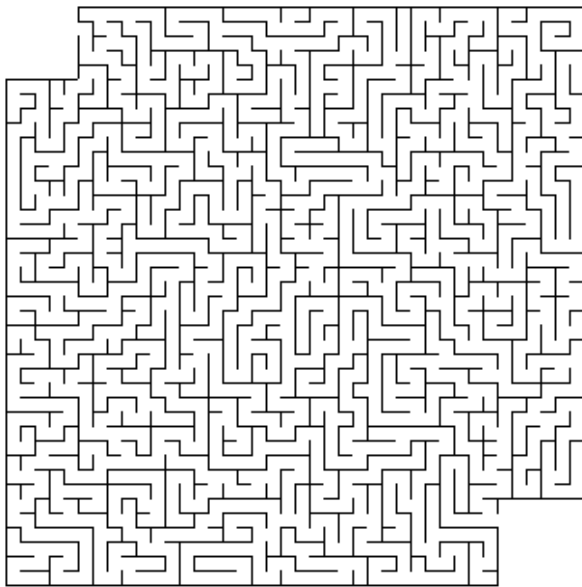
--Anonymous

## We're Not a Glum-lot

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

ACCEPTANCE  
 AMMEND  
 BIGBOOK  
 BILL  
 BOB  
 HIGHERPOWER  
 MEETINGS  
 RESENTMENT  
 SERENITY  
 SOBRIETY  
 SPONSOR  
 STEPS  
 TOKEN  
 TREATMENT  
 UNMANANGEABLE

## Escape the Isolation



## Rule 62 – Don't take yourself Too seriously

- A day without sunshine is \_\_\_\_\_
- On the other hand, you have \_\_\_\_\_
- How the hell are you supposed to fold a \_\_\_\_\_
- Bad Decisions make good \_\_\_\_\_
- What can elephants make that no other animal can \_\_\_\_\_
- How many days of the week start with the letter T? \_\_\_\_\_
- If you are running in a race, and pass the second place person, what place are you? \_\_\_\_\_
- What costs nothing, very hard to find and can easily be lost? \_\_\_\_\_

One day a drunk man told the bartender, "I'll bet you \$100 that I can bite my right eye." The bartender grinned and said, "Okay, you drunk." The drunk pulled out his right fake eye and bit it. After more drinks the drunk said, "I bet you \$200 I can bite my left eye." The bartender knew it could not be fake, so he said, "Okay." The drunk pulled out his dentures and bit his left eye. The bartender, by now was really mad. After a few more drinks, the drunk said, "I'll bet you \$500 that if you slide a shot glass down the bar, I can hop on each stool and pee in it without getting a drop on your bar." The bartender knew he could not do it, so he said okay. The bartender slid the shot glass as fast as he could. The drunk jumped on stools and peed all over the bar. The bartender jumped up and screamed in joy because he won \$500. In the back he heard, a man yelling in frustration. He asked the man why. The man replied, "That drunk fool bet me \$1000 that he can pee on your bar and you would be happy about it!"

## MEET THE OFFICERS

Hi, my name is Jennifer S., alcoholic and currently serving you as your Area 26 Chairperson. My sobriety date is August 27<sup>th</sup>, 2005 and my Home Group is the St. Matthew's Group of Alcoholics Anonymous. We meet each Tuesday at 8PM (C, D), Thursday at 7:00PM (O, S) and Friday at 6:30PM (O, NC). Our Home Group Business Meetings occur on the last Tuesday of each month.

My role in Service started at my Home Group when I volunteered to be the "cake lady". This meant that on the last Friday of every month I was to get a cake to help celebrate the Home Group Member's Birthdays. There were explicit written directions on where to purchase the cake, how big, the type of frosting, etc. This taught me so much! It basically taught me how to get out of my self and how to follow simple directions. Today, if I say I am going to do something, I do it to the best of my ability and on time.

I became the Alternate GSR for my Home Group at about a year of sobriety. My Dad was currently the Alternate Chairperson for Area 26. At about three months of sobriety I was approximately \$30,000 in debt and basically thought my life had come to an end so when asked by my Dad if I would like to do some traveling in Kentucky and attend an Area 26 Meeting and I said "yes". I hopped in his back pocket and when I didn't understand something, I asked. After about a year, the GSR of my Home Group resigned and I became the GSR.

Lynda R. was serving as the DCM for District 24 when I rotated into GSR. I'll never forget her coming up to me at an Area Meeting and inviting me to sit at the District 24 table. She said I believe your Home Group is in District 24 and District 24 sits over there. She pulled me out of my Dad's back pocket that weekend and I left that Area Meeting as the Secretary for District 24.

I was to go on and become the Alternate DCM for District 24 and eventually the DCM. While serving in these General Service positions I was attending the Literature Committee Meeting at every

Area 26 Meeting/Assembly. It was here that I found the passion for our literature and for maintaining the integrity of our A.A. message to help the still suffering alcoholic.

My reasoning for my involvement in General Service changed during that time. You see, I was that still suffering alcoholic at the 53<sup>rd</sup> General Service Conference. My Dad was serving as Delegate at that time and he invited me to go to New York a week prior to the GSC starting to vacation. I made it without drinking up until the night before I was supposed to leave. There was a balcony overlooking the bar at the Crown Plaza Hotel in NYC. I was at the bar and Dad was on the balcony. After I sobered up, Dad later told me this story and told me why he got involved in General Service.

The following excerpt from the A.A. Service Manual concludes why I do what I do today. “*The late Bernard S., nonalcoholic, then chairperson of the board of trustees, and one of the architects of the Conference structure, answered that question superbly in his opening talk at the 1954 meeting: We may not need a General Service Conference to ensure our own recovery. We do need it to ensure the recovery of the alcoholic who still stumbles in the darkness one short block from this room. We need it to ensure the recovery of a child being born tonight, destined for alcoholism. We need it to provide, in keeping with our Twelfth Step, a permanent haven for all alcoholics who, in the ages ahead, can find in A.A. that rebirth that brought us back to life.*

We need it because we, more than all others, are conscious of the devastating effect of the human urge for power and prestige which we must ensure can never invade A.A. We need it to ensure A.A. against government, while insulating it against anarchy; we need it to protect A.A. against disintegration while preventing overintegration. We need it so that Alcoholics Anonymous, and Alcoholics Anonymous alone, is the ultimate repository of its Twelve Steps, its Twelve Traditions, and all of its services.

We need it to ensure that changes within A.A. come only as a response to the needs and the wants of all A.A., and not of any few. We need it to ensure that the doors of the halls of A.A. never have locks on them, so that all people for all time who have an alcoholic problem may enter these halls unasked and feel welcome. We need it to ensure that Alcoholics Anonymous never asks of anyone who needs us what his or her race is, what his or her creed is, what his or her social position is.” *A.A. Service Manual, pg. S20*

Jennifer S., Area 26 Chairperson

## EVENTS

The July Area 26 quarterly meeting will be held in Elizabethtown August 4-5, 2018

CENTRAL HARDIN HIGH SCHOOL  
3040 LEICHPFIELD RD  
CECILIA, KY

**Watch for details on our website  
Area26.net FOR MORE UP COMING  
EVENTS.**

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

Kentuckiana Newsletter please submit them to

[Kentuckiana@area26.net](mailto:Kentuckiana@area26.net)

**CARRYING THE MESSAGROUNDGE  
APRIL 21, 2018 5P-7P  
COFFEE CLUB  
120 SOUTH DEPOT ST.  
LEBANON, KY**

### **33<sup>RD</sup> BI-ANNUAL ENERGY LAKE SPRING CAMPOUT**

**MAY 4-6, 2018**

**5501 ENERGY LAKE RD  
GOLDEN POND, KY**

### **36<sup>TH</sup> ANNUAL SPONSORSHIP RALLY MAY 25-27, 2018**

**SLOAN CONVENTION CENTER  
1021 WILKINSON TRACE  
BOWLING GREEN, KY**

### **RULE 62 CONFERENCE**

**August 3-5, 2018**

**CINCINNATI MARRIOTT AIRPORT**

Rule 62 answers

Night  
Different Fingers  
Fitted Sheet  
Stories  
Baby Elephants  
4 - Tuesday, Thursday, Today and Tomorrow  
2nd place  
True Friendship



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Victor K  
SPRING EDITION