

KNL SPRING 2022 | A CELEBRATION OF SOBRIETY

One of our homegroup members, Pat McD, celebrated 55 years of sobriety, one day at a time, on December 14, 2021. Her sobriety date is 1966 and she was 98 years old at the time. I am sure there are others in our program that also have this many years or even more, but she is the only one I know so wanted to celebrate with all of you her huge accomplishment and give her a great big WAY TO GO for all her years of being in AA and showing us the way. As her son, Tom, tells us her story ...

“Mom got a lot of support for her sobriety from her AA friends; they were such a tight knit group always sponsoring one another. One of Mom’s close friends and sponsors, Jean H, told Mom that her having 11 kids was the best excuse for drinking she’d ever heard. Mom had been going to The Harvey Browne Group at Harvey Browne Presbyterian Church on Browns Lane in St. Matthews, KY for about 40 years. Mom met and became very close friends with AA couples from Harvey Browne. They did most of their socializing with these people playing Bridge, going on trips to the beach and having parties at each other’s houses which occasionally started with impromptu meetings. A special memory is that Mom always saved Christmas wrapping paper for the annual New Year’s Eve party where she had everyone make silly hats out of the wrappings. We kids thought the adults had escaped from the loony farm! The New Year’s Eve parties started with a meeting and then the festivities would start with their New Year Midnight happening about 9:00 PM and so everyone was on the road home by 10:00 PM. The group moved to St. Matthews Baptist Church when most of the members passed on leaving Mom without a meeting to attend. That is when she found The Twelve Steps For Better Living Group at Beargrass Christian Church”

Tom said “I can’t speak for the other kids but when Mom told us that she was going to AA I said to her “Why? That’s for skid row drunks!” I couldn’t believe that she needed that! Looking back on it now I believe our lives would have been a living hell if she had continued to drink. Thank God she found AA !”

It is at Beargrass Christian Church at the Twelve Steps for Better Living Group held Friday nights at 6pm that I met Pat. She had a family member bring her since she was no longer driving and always had a smile on her face and said hello to everyone. She took her turns at reading and sharing in the group. Once the pandemic hit and we went to zoom, her family helped her to get on her computer and continue to participate in our Friday night meetings. She readily shares her story of how she came into AA and sat in the back of the room hoping that no one would expect her to have the disease, but rather her husband who sat in the front. I remember that same feeling coming into the rooms not wanting anyone to know. Pat has that wonderful smile and willingness to participate that we find happens to us after we make our way into these rooms and the confidence that being sober brings. I am so grateful she found our meeting and has taught us perseverance and joy in living. I am also grateful to her family for their support in helping her continue to participate in our meetings.

Sadly Pat passed on February 19, 2022 shortly after I completed this writing.

Carla C.

KNL SPRING 2022 | BLAST FROM THE PAST

Copied from the September/October 1983 edition of The Kentuckiana News

MY HOME GROUP IS THE BEST

I may be wrong, but in towns, cities and metropolitan areas they seem to be losing what used to be an important part of solid sobriety.

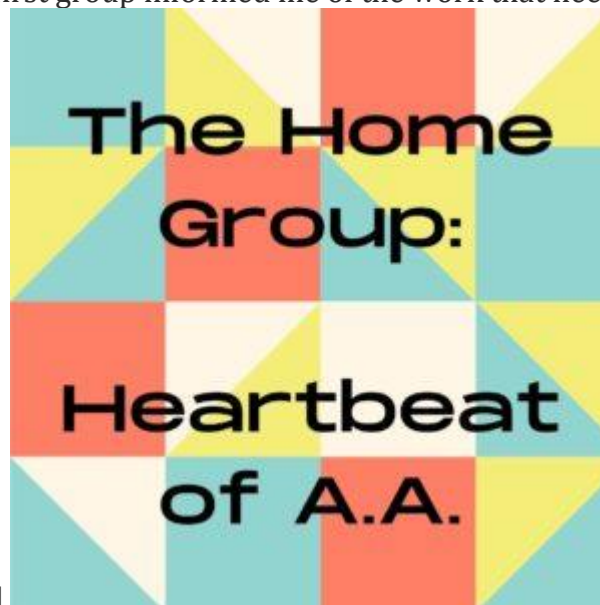
The importance of having a "Home Group," a base of operation from which we visit other groups and invite them to come and share with our Group.

Many will say, "All groups are my Home group." "I can't find one where I feel comfortable." or "I attend them all and I don't want to be tied down to one group." There are no strategies on how many members of the Fellowship no longer claim a Home Group but I suspect the number is growing.

Why the apparent lack of interest? Are we failing to let the new person know the added assurance and extra help they will receive from a Home Group?

I have a home group and most of the people that I know, know where I belong every Saturday night that I am in town. It used to be that if I missed a meeting or two at the most, I would receive a call letting me know that they missed me. Not being "nosey" but an honest, true concern for my well being. They have me programmed now. If I am going to miss my group meeting, I'm going to call one of the group members and report "off", even though I am going on 12 years sober.

When I came to A.A. my first group informed me of the work that needed to be done. I



received all sorts of good therapy – "sweeping therapy, coffee therapy, dish pan therapy, ashtray therapy, set up there be in greeting therapy." I found that all of these services should be rotated so that no one felt in "full charge." They taught me the decisions were to be made; rent, supplies, type of refreshment, equipment, literature plans for social events, contributions for Central Office, General Service Office and the Area General Service Committee I was also told the only way to make these decisions was by a Group Conscience.

I came to realize that though I visited many other groups, I had no say in the business or operations, nor should I accept any service assignment in any group but my Home Group.

This is where my ties are for they are a part of me and I love them. There may be times when you think your Home Group is slipping away but before you change to another group, have a look at yourself. I feel sure that you will realize that you are the one that needs to be worked on. It probably will never happen but I would like to see the day when every member of the God- given fellowship, when asked, "Which group is your Home Group?" would answer with the name of their Home Group and then add, "The best group in the world!"

Anonymous – Columbia Newsletter

KNL SPRING 2022 ~ FIRST I FOUND SOBRIETY, THEN I FOUND GOD

I found myself at the bottom of a bottle, suicidal and at my end. Amanda, my girlfriend at the time, saw what was going on and begged me to get help. I finally gave in the next day and I had people pick me up. I landed in Nashville, TN Medical Center on the psychiatric Detox floor. The memory that stick's out to from there is being told by only two options: Get help and trauma, or she would obituary that I had written later. She said she would way later and marked my



up. at Vanderbilt Adult unit, floor. The me the most the doctor I had for my alcohol be reading my sooner than prefer to read it date out.

They could not find a go to, so I was discharged same people places and having my AA meetings

finally found a local meeting which led me to my IOP program I started on December 2, 2020. I hated everything and everyone. I started working the steps and was rushing my way through them. I found myself back on the Behavioral Health Unit again in April, and relapsed on June 10, 2021 after just 6 months sober. Even then I still told on myself through a text message and I stuck with the program and AA meetings. I started the steps over and could not get over step 3, but that changed in October 2021 when I went on a 72 hour Emmaus walk.

rehab for me to back home to the things. Only online from TN. I

I learned what God expected of me and how that relationship works. It has brought me closer to him and I truly understand the first 3 steps, AA and God. To deal with stress, I use my coping skills, daily reflections, and meditation, as well as therapy and doing CrossFit 4 days a week. The more I process through my trauma and learn from my fellowship and sponsor, I can manage life without drinking. I use all my tools that I have been taught and a willingness to listen and learn from AA and my fellowship.

I may not have a relationship with my family, but I have gained a new loving, positive, healthy family. I will take that any day verses what and where I was. I wish Amanda could see where I am now and how far I have come, but that is not possible and I have come to accept that. I am grateful to my IOP program, My AA fellowship, my sponsor and everyone that has helped me get where I am today Sober date 6-11-2021.

Linda B Alcoholic District 23