

# KENTUCKIANA NEWS LETTER

SUMMER EDITION 2018

## CARRYING THE MESSAGE IN THE HEAT

### TRADITION FOUR

Tradition 4 of the 12 traditions of Alcoholics Anonymous states: "Each group should be autonomous except in matters affecting other groups or AA as a whole".

This tradition gives freedom to each individual group, but with that freedom comes responsibility to AA.

Examples of this freedom include variance in meeting format and opening and closing of the meeting. Examples of the responsibility to AA as a whole include using only conference approved literature in meetings and focusing on carrying the message. The traditions, like the 12 steps, work together. One does not contradict the other, so, when in doubt, consider the whole of AA and its primary purpose as stated in Tradition 5: "Each group has but one primary purpose-to carry its message to the alcoholic who still suffers".

- Carmen F

**NEW TO THE  
KENTUCKIANA NEWS**

**ARTICLES ON**

**TRADITION 4**

**TRADITION 5**

**TRADITION 6**

**GSR CORNER**

**THE COFFEE CORNER**

**STUMP THE CHUMP**

**WE ARE NOT A GLUM  
LOT**

**MEET THE OFFICERS**

**EVENTS**

## TRADITION FIVE – AA' s MISSION STATEMENT

Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose* – that of carrying its message to the alcoholic who still suffers.  
*Alcoholics Anonymous, 12 Traditions (long form)*

In 12 Steps and 12 Traditions, it tells us that we cannot keep the precious gift of sobriety unless we give it away. Tradition Five is the embodiment of this goal; I would say it is our mission statement. Why do we need to “give it away”? What does it mean and how do we do that?

The gift of this program is free to anyone who wants it. But like any gift, it is one that must be given. When I came to AA, I wasn't exactly sure how to find it. But, I had a good friend that I knew went to AA and was sober, so I called her and asked her what to do to find a meeting. She directed me to AA's website and from there I found my first meeting. Thank goodness there was public information available so that I could take my first steps through the door on the road to my recovery!

Public Information (P.I.) in Alcoholics Anonymous means carrying the message of recovery to the still-suffering alcoholic by informing the general public about the A.A. program. We carry the message by getting in touch with and responding to the media, schools, industry, and other organizations which can report on the nature and purpose of A.A. and what it can do for alcoholics. Public Information Workbook, AAWS, 1994.

Public Information includes simple things like a sign there is an AA meeting, AA pamphlets placed in areas accessible to the general public (libraries, schools, police stations), or a 30-second spot on radio or t.v. There are other ways to reach out to the public as well. All of the ways we reach out to the public have but one primary purpose – carrying the message to the alcoholic who still suffers.

What can your group do to spread the message to the still-suffering alcoholic? Ask to leave pamphlets where your home group meets so that others who use the building may pick up information if they wish to do so. Take a list of meetings in your area to all your local hotels to leave at the front desk, so that visitors may find a meeting. Volunteer to be on the Public Information Committee for Area 26, your home group, or your local intergroup.

Without reaching out and making ourselves available to the next drunk, A.A. will wither. It is only with spreading the message of A.A. that we are able to fulfill Tradition Five and ensure this gift which has so freely been given remains for the next generation.

**Beth C., Area 26 Public Information Chair**

**TRADITION SIX**

An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Tradition six has very helpful guidelines for my group and for me personally. Number one, I think, is that the group and AA cannot be all things to all of us. We each come to the group with a different set of circumstances and problems. The group can only help us with the guidelines of the steps, to stay sober and give us the support to do so. We may be going through a divorce, lost job, or financial problems, but the AA focus is to practice the steps and carry the message of how to stay sober. The wonderful thing that happens however, is by practicing the principles of AA - honesty, open-mindedness, willingness, and sobriety, the problems are easier to be dealt with and worked out. The "ripple effect" of using the principles works for us as individuals as well as in the groups.

A caution given in tradition six is that we as an AA group we need to remember our primary purpose. Attempting to force our principles of honesty, open-mindedness and willingness on other groups - be it in jails, presents, treatment facilities, or any other group - only leads to our our own undoing of frustration, expectations, and resentments. Our primary purpose is to stay sober and help others to achieve sobriety. AA does not lend its name to other organizations or facilities as their focus is not the same as ours. An example would be perhaps The Token Ill club. Their focus is to provide a place for those in recovery to meet with each other and provide space for meetings. The club does not focus on AA's primary purpose of you and me maintaining our sobriety. Hence, The Token Ill club cannot use Alcoholics Anonymous in its name.

As an individual, I appreciate the six tradition as it reminds me that I do not need material items, or big jobs in my life to feel good about myself. Materialism and prestige leads me away from my primary purpose in life. My ego, edging God out, is a detriment to my well-being of humility, sobriety, and peace of mind. The need for an AA group to own property for meetings is not necessary. A meeting can be held anywhere. For AA or groups to have "deep pockets" of money is not necessary. Money is not the focus of AA or a group. Staying sober and sharing with others how to do it is our primary focus. Does AA or our group need to be boastful of how many we've helped find sobriety? No, of course not. The results speak for themselves.

I appreciate the words of Bill W written in "As Bill sees it "page 226 they keep me "right sized".

"The unity, the effectiveness, and ever the survival of AA. Will always depend upon our continued willingness to give up some of our personal ambitions and desires for the common safety and welfare. Just as sacrifice means survival for the individual alcoholic, so does sacrifice mean unity and survival for the group of AA's entire fellowship."

- Rosemary D

## GROUP SERVICE REP CORNER

Better days became my home group a little over three years ago. I was newly sober and coming back after a rough relapse. Better days group welcomed me back with open arms. The shame of my relapse began to diminish through acts of service. First, I began being useful to AA again by showing up to the meeting early and setting up chairs. At the Homgroup meeting the group offered me the "greeter" position. My job was to show up early and welcome everyone to our group and I fill that position with enthusiasm! My hope was to make sure everyone that showed up felt welcome and excited about being there. Funny thing about that is that intern I felt more welcomed and more Enthusiastic too. My awesome friend Steve always ask me to help him cut the cake at birthdays. These seemingly insignificant service positions began to make me feel like I was useful again and a part of life.

Slowly but surely my eyes began to look up and out into the world again instead of my eyes always looking to the ground drowning in self-pity from my relapse. After showing up for about a year the group voted me secretary. This service position made me feel good about myself, knowing that the group trusted me to take notes and email them out to group members in a timely manner. Now I serve as our group GSR. Chairing Homegroup business meetings, attending district 12 meetings and Area 26 Quarterly meetings has helped me serve And become responsible on a whole Nother level. To sum up my experience with service at better days group I've learned that self-esteem is earned through Self-estimable acts. Unknowingly saying yes when AA asks has led me to places I needed to be. Service has changed me shaped to me and given me a new purpose. Revealing to me how God speaks through a group conscience. It is also revealed that showing up even when it doesn't feel good has its "AA magical rewards". I am very grateful for God , AA and service. I am also grateful that my home group takes AA service serious and actively involves all its members. In doing this the A.A. Triangle forms and my sobriety becomes stronger. Service through Better Days Group has surely lead me to Better Days!

Kim B, GSR

## THE COFFEE CORNER



### Coffee Corner: Don't Coast on Summer Vacation

During my first few months of sobriety my sister asked me to go to the beach with her and her family. I was so excited to be going on a real vacation, but part of me was scared because my sister and I used to be great drinking buddies (slopping drunk drinking buddies) and I knew there would be alcohol around the entire time.

My sponsor gave me all the usual good advice: "Call me. Find meetings to go to. Get in a car and drive somewhere if you need to get away from a situation."

Even though I had stopped drinking I was still thinking like a drunk and all my sponsor's suggestions seemed too hard for me. I was fearful of strangers, didn't want to pick up the phone, didn't want to miss out on anything by leaving – every excuse in the book not to do the right thing for myself filled my head.

I forced myself to go to one meeting and I survived it. The most important thing I remember was not what was said there, but the fact that I actually showed up! I felt so relieved and happy that I accomplished that one little goal and I believe it helped me stay sober that week.

When you're on vacation this summer, do the right thing for yourself. Maybe you can make it without attending a meeting; but maybe not. Maybe you can stay safe without calling your sponsor; but maybe not. Like the flight attendants tell you on a plane when talking about oxygen masks: 'Take care of yourself first.' Then you'll be available to take care of and have fun with your friends and loved ones.

###

Anonymous

# WE'RE NOT A GLUM LOT

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

**\* CARRYING \* EGO \* ENDORSE \* FINANCE \* GROUP \* HONESTY \* LEND \*  
\* OPENMINDED \* PEACE \* PRESTIGE \* PRIMARY \* PROPERTY \* PURPOSE \*  
\* SACRIFICE \* SOBRIETY \* UNITY \* WELFARE \* WILLINGNESS \***

AA	<input type="text"/> <input type="text"/>
RPGUO	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
LEDN	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 9
SORNEDE	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 10
PIARYMR	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 11 3
NAICEFN	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 5
NESRIEPERT	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 1 7
REOPPRYT	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 2 6
ETSODUI	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 4
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### 13 Signs You Be An Alcoholic

1. The parking lot seems to have moved while you were in the bar.
2. You lose arguments with inanimate objects.
3. You have to hold onto the lawn to keep from falling off the earth.
4. Your job is interfering with your drinking.
5. Your doctor finds traces of blood in your alcohol Stream.
6. You sincerely believe alcohol to be the elusive 5th food group.
7. Mosquitoes catch a buzz after attacking you.
8. The back of your head keeps getting hit by the toilet seat.
9. That there are 24 hours in a day and 24 beers in a case is not a coincidence to you.
10. You can focus better with one eye closed.
11. Your twin sons are named Barley and Hops.
12. At a a meetings you begin with, "hi, my name is.... um, er...."
13. The whole bar says "hi "when you come in

## MEET THE OFFICERS

We will have 2 next issue – our apologies

## STUMP THE CHUMP

### **What can I do as a Newcomer to be of Service?**

“AA service is anything whatever that helps us to reach a fellow sufferranging all the way from the Twelfth step itself to a ten-cent phone call and a cup of coffee, and to AA's General Service Office for national and international action. The sum total of all these services is our Third Legacy of service.” (Service Manual p.S1) It can be small things at first, like being a Greeter or helping with the set up at your home group. Picking people up for meetings and making the coffee.

### **What is the difference between Service in General and General Service?**

Service in general is the things we do around the fellowship and with our Home Group. General Service is “the twelve traditions make clear the principle that AA, as such, should never be organized, that there are no bosses and no government in AA. Yet at the same time, the Traditions recognize the need for some kind of organization to carry the message in ways that are impossible for the local groups – such as publication of a uniform literature and public information resources, helping groups get started, publishing an international magazine, and carrying the message in other languages into other countries.” (Service Manual p.S15)



## ABOUT AA

The following is the definition of A.A. appearing in the Fellowship's basic literature and cited frequently at meetings of A.A. groups:

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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Alcoholics Anonymous can also be defined as an informal society of more than 2,000,000 recovering alcoholics in the United States, Canada, and other countries. These men and women meet in local groups, which range in size from a handful in some localities to many hundreds in larger communities. Currently, women make up 35 percent of the total membership. Only you can decide whether you want to give A.A. a try — whether you think it can help you. We who are in A.A. came because we finally gave up trying to control our drinking. We still hated to admit that we could never drink safely. Then we heard from other A.A. members that we were sick. (We thought so for years!) We found out that many people suffered from the same feelings of guilt and loneliness and hopelessness that we did. We found out that we had these feelings because we had the disease of alcoholism. We decided to try and face up to what alcohol had done to us.

## EVENTS

Louisville Area Quarterly

Saturday August 11th, 2018

Saffin Center @ Holy Family Church

3926 Poplar Level Road • Louisville, KY 40213

Fellowship 6:30pm - 7:30pm

Meeting 7:30pm - 9:00pm

THREE LEGACIES WORKSHOP

WHEN: August 12, 2018 @ 12:00 pm – 3:30 pm

WHERE: Chips Club

111 Bridge St

Frankfort KY

COST: Free

POST CONFERENCE DELEGATE'S REPORT – HOPKINSVILLE

WHEN: August 18, 2018 @ 1:30 pm – 4:30 pm

WHERE: Rebos Club

100 Higgins St

Hopkinsville KY

COST: Free

CONTACT:

Cindy

Next Louisville IGR Meeting is Thursday September 6th

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

33RD BIENNIAL ENERGY LAKE FALL CAMPOUT

WHEN: September 7, 2018 @ 7:00 pm – September 9, 2018 @ 1:00 pm

WHERE: Land Between The Lakes

Energy Lake Campground

5501 Energy Lake Rd, Golden Pond, KY 42211

COST: See Flyer

I AM RESPONSIBLE

WHEN: September 15, 2018 @ 10:00 am – 4:00 pm

WHERE: Rebos Club

100 Higgins St

Hopkinsville KY 42240

COST: Free

CONTACT: Cindy T -or- Becky V

DELEGATE'S REPORT

WHEN: September 15, 2018 @ 11:00 am – 3:00 pm

WHERE: St. Mark's Episcopal Church

2822 Frankfort Ave Louisville KY 40206

27TH FALLS CITY CONVENTION

WHEN: October 19, 2018 @ 6:00 pm – October 20, 2018 @ 9:00 pm

WHERE: The Saffron Center

3926 Poplar Level Rd

Louisville, KY 40213

COST: \$20 Pre - or - \$25 @ Door

CONTACT: Event website

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

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.

**Watch for details on our website [Area26.net](http://Area26.net) FOR MORE UP COMING EVENTS.**

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



Kentuckiana Newsletter Chair Lynn M