KENTUCKIANA NEWS

The Kentuckiana Newsletter celebrates the 80th year of A.A. coming to Kentucky. In this issue, we focus on the years of this history, from 1950-1959. This information was diligently researched by Joy Mc. And Peggy S. Information not covered in this issue can be found at the <u>Area 26 website</u> and by contacting

Melanie P., Chair, Kentuckiana News

Celebrating 80 Years of A.A. in Kentucky: 1950-1959

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In the 1950s, groups around Kentucky and southern Indiana continued to open up as more alcoholics hit their bottoms and chose sobriety. Through articles published in the Courier Journal, the Gateway (the newsletter published by the Central Office), and other information found in our Area 26 Archives, we cover the highlights of A.A. coming of age in Kentucky, as key events occur on a broader scale for A.A.

Alcoholics Anonymous worldwide continued to grow across the world. In July of 1950 the first International Convention of A.A. was held in Cleveland, Ohio with about 3,000 in attendance. The Twelve Traditions were formally adopted at this convention. A.A. now had two of its three legacies secured. Bill W. then proceeded to complete the arduous task of receiving approval for the general service conference; the third legacy of service. Later that year, on November 16, 1950, Dr. Bob passed away.

In April of 1951 the first General Service Conference met. This was the first year of a five-year experiment of connecting the A.A. Trustees with the entire A.A. fellowship; the first time without the middlemen, Bill W. and Dr. Bob. ¹ Alcoholics Anonymous Comes of Age; Our Great Responsibility

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On February 17, 1952, the Courier Journal published an article titled "A.A.s Pledge to Stay on the Wagon," which describes the first State Conference, held February 16 and 17 at the Seelbach Hotel in Louisville. Five hundred twenty-five members were registered (about 75% of the A.A. members in the state).

During this conference groups from all over Kentucky joined in electing a state committee and delegate to go to the General Service Conference, in New York.

In April 1952, the Courier Journal published an article, "Now There Is A Test To Show Drinkers If They Are Alcoholics, which included <u>20 questions</u> devised by John Hopkins University. These questions could be answered (with complete honesty of course) by Yes or No. The Louisville Area Group published a pamphlet included this questionnaire to distribute throughout the Louisville groups.

The article included the criteria for "passing" the test:

- If you answer YES to any one of the questions, a warning that you may be an alcoholic.
- If you answer YES to any two questions, the chances are you are an alcoholic
- If you answer YES to three or more questions, you are an alcoholic.

On March 19, 1953, the first edition of The Gateway was published. This newsletter was published monthly by the Louisville Central Office. ^{2The Gateway, May 1953} and March 1958

In June 1953, in New York, The Twelve Steps and Twelve Traditions of Alcoholics Anonymous was published. Demand for this book by members exceeded all expectations. ³ Alcoholics Anonymous Comes of Age

From October 3-5, 1953, the Southeastern Conference was held at the Seelbach Hotel in Louisville. Father Tom F., one of the speakers at the conference, shared how he was introduced to A.A. while in treatment at a New York hospital. "I left the hospital with the firm conviction that I would never take another drink, and I have the same conviction today," he said. ⁴ *Courier Journal*, October 4, 1953; A.A.s Hear Talk by Priest Who Spiked Church Coffee

On April 30, 1954, The Gateway reported that a Derby Eve Dinner took place at the Token Club, located at 439 Baxter Ave., Louisville. The dinner was free to all A.A. members. The Gateway article also mentions a Conference held at Cumberland Falls the previous weekend, which was attended by many A.A.s. *Continued on page 3, Celebrating 80*

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In May 1954 The Gateway published its first meeting directory, listing 16 groups throughout Kentucky and Indiana area.

In October 1954, in New York, the original idea of the A.A. Foundation as an all-purpose service foundation was abandoned and became the General Service Board (GSB)⁵ Alcoholics Anonymous Comes of Age</sup>.

In Kentucky, during October of 1954, A.A. continued to provide more services and fellowship opportunities for its members:

- October 1, 1954, the Token Club created a lending library. Members could borrow materials for a nickel a day and had to return items within 15 days.
- October 16th, the club hosted a bingo night and on
- October 30th a Halloween party was hosted at the club. 6The Gateway, October 1954 and July 1958

In 1955, Alcoholics Anonymous celebrated its 20-year anniversary. The 20th Anniversary Conference was held in St. Louis AND the second edition of Alcoholics Anonymous was published, providing new stories to reflect the current A.A. membership. In July of 1955 the Three Legacies – Recovery, Unity and Service, were formally turned over to the GSO by the old timers. ^{7Alcoholics Anonymous Comes of Age}

In 1956, The Gateway reported the first Black man, T.W.H, to receive a token at Beecher Terrace Inter-Racial Group. This group was opened in May of 1954 and was originally called the Colored Group. ⁸ The Gateway, May 1954

On February 19, 1956, the Courier Journal reported on the Kentucky State Conference, in which 375 members were in attendance. In particular, the article covers one of the speakers, Joe D., a Mortician who shared his story of becoming sober in A.A. Joe D. shared about meeting a friend one day and asking her how her husband was doing. She told him he had buried her husband three years ago. This is when Joe knew he needed to do something about his alcoholic drinking.

This article also mentioned the problems faced by family members of an alcoholic, which were shared by the Vice-President of the Al-Anon Family Group. The speaker stated there were over 700 chapters of Al-Anon located in the U.S. (including a chapter in Jeffersonville, IN), England, South Africa and Australia. (Although the speaker did not mention a chapter available in Louisville, an Al-Anon group had been continuously meeting the City Hall since 1954.)9 The Gateway 1954 directory listing at Continued on page 10, Celebrating 80

The Great Recovery Cookout

My Great Expectations of the unknown recovery cookout reminded me of when I entered my first A.A. meeting on Zoom. I thought, "How is this going to go? Who will be there? Will I be accepted, and how will I get there?" My addiction can lead me to answering these questions negatively (that's my stinking thinking). My thoughts and anxieties kept coming up with excuses and justifications for not going and told me just to stay home instead. In the end I decided to go.

I'm glad I chose to go to the recovery cookout. It was like going to a big family reunion. I felt accepted with open arms by everybody there. I made some new friends and was shown I could have a good time and have fun and do it all sober. The fellowship, speakers and everything all around was wonderful. The whole time I could tell my higher power was with me. The laughter, smiles, people and the shared experience were all amazing.

I am so grateful for A.A., my sponsor and the fellowship. We all do it one day at a time, and together we all do our best to break the chains that have held us down and tear down the walls that have held us back for so long.

Linda B.

Warning: PMS Rate Increasing!

The past year has been so full of fear and uncertainty that many of us have turned to social media, doom scrolling or carbohydrates for relief. Our lives have been full of distractions, making us ripe for PMS to creep in without noticing. Like the disease we all share, it's subtle. Yes, I'm talking about PMS – *Prayer and Meditation Shortage*

Early in recovery, my sponsor impressed upon me the importance of prayer. Gradually, she introduced me to meditation as well. She told me that while prayer is talking to God, meditation was listening. I didn't have trouble developing the habit of prayer every morning and evening. Meditation, not so much. She gave me tapes of soothing music, nature sounds—nothing helped. I had an old-fashioned kitchen timer that I would set for the least amount of time—3 minutes. I couldn't sit still that long. My home group's weekly meditation meeting was so uncomfortable, I could hardly wait for it to be over.

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Gradually, I could sit quietly for longer and longer periods of time. Progress. I could meditate each morning. My days were calmer, smoother, I even hit more green lights than red on my way to work! As the years went by, I noticed that a change in my morning routine, even a weekend out of town, would distract me from my meditation. Like foxhole prayers, at times meditation became my 911 calls to God.

Four years ago, my husband and I retired and moved to KY. Now there was not only abundant time and space for spiritual reading, prayer and meditation but no excuse for slacking off.

Then came 2020: Covid-19, retirement, loss of some family members and close friends in the fellowship, financial insecurity. I needed prayer and meditation even more than ever. Fortunately, I had the tools as well as the time. Much to my surprise, I was discovering that friends in the fellowship were praying but lacking the quiet time with God.

These friends are trying to cope with the stress of work, school, family and the lack of in person contact with others in recovery. After some discussion, last week we had the first 11th Step meeting in our district. The format is meditation, discussion about the step, the prayer of St Francis and more meditation. All present said that they had a feeling of calm and relief at the end of the meeting. Let's hope it continues.

As we get closer to summer, I hope to begin walking meditation. This is not walking for fitness but moving slow enough to be aware of the grass, trees, birds, flowers and even the squirrels. It means being present in nature without any expectation or destination. It invigorates and can offer us a new perspective on life. Humm, maybe something to think about?

Berenice O. District 23

We Are Not a Glum Lot!

in 1959 according to the world directory spring edition there were 58 groups in the following cities in Kentucky:

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ASHLAND BOWLING GREEN DANVILLE FLEMINGSBURG ARRODSBURG HOPKINSVILLE MAYFILED OWENSBORO PRINCETON SPRINGFIELD BARBERVILLE BURNSIDE EARLINGTON FORT CAMPBELL HARTFORD LEXINGTON MURRAY PADUCAH RICHMOND WILLIAMSTOWN BARDSTOWN COVINGINGTON ELIZABETHTOWN GLASGOW HAZARD LOUISVILLE NEW HAVEN PLEARSURE RIDGE PARK RUSSELLVILLE BEREA CYNTHIANA ELLISTON HARLEN HOGDENVILLE MADISONVILLE NEWPORT PRESTONBURG SHELBYVILLE

Language of the Heart: Above All Languages

On May 15 I had to opportunity to attend the first virtual North South Connections Forum, which invited remote communities from Chile, Argentina, Canada, and the United States to share their experience, strength and hope.

This project took many years to come to life. The planning and effort of many people to overcome the obstacles to make this happen was enormous. Internet connections were very sketchy for many of the speakers, but the technical folks were diligent in patching people through and making sure each was heard. Translators for French, English and Spanish were on hand to interpret for every speaker and attendee. Short videos, pictures and music from these areas were provided to give all attendees a better understanding of how Alcoholics Anonymous looks in all these foreign places. Trustees, Delegates and other General Service Office members were available throughout this 8-hour forum to provide help, answers and resources to the many requests.

Three panels were planned, in which panelists shared some of their personal stories, their struggles to get the AA message to others within their small villages and across their countries. Then the floor was open for questions and discussion. Here is a little of what I saw, heard and felt.

An alcoholic member of the Mapuche Indians in Chile, and a delegate, shared he moved back to his village to set up AA meetings. This middle-aged man spoke on a phone outside with the sun and wind blowing and his face was full of concern as he shared that alcoholism is very bad in his village because his people have lost their spiritual lives and their culture.

A woman spoke from the Yukon in Canada and shared that they have been using government provided online system since 2008 to hold meetings and communicate with alcoholics in remote areas. They have been doing hybrid meetings (face-to-face and online) for 13 years.

However, in another part of Canada, alcoholics in remote villages struggle to connect with one another. One woman shared the closest meeting was a 12-hour boat ride from her village. Other meetings were one to two hours away, but she was required to charter a boat to attend, which was very expensive, and she could not afford it.

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A young man, who lives in Argentina at the southern tip of South America shared his story of becoming sober. He spoke with the priest in his village who provided the church as a meeting place for AA. For over a year, he persistently came to these meetings hoping some other alcoholic would come, but he was alone. Finally, another man came and there were two members keeping each other sober. Today four or five people are attending.

A woman, who is the Chair of the Remote Committee in Fairbanks, Alaska shared that over 83% of the villages in Alaska have less than 1000 people and access is only by boat or plane. She said Alaska provides a free telephone (freeconferencecall.com), which has been in place for several years. AA meetings for the most part have always been via conference calls and that is how she got sober. The Remote Committee helps connect alcoholics across the state by phone. They also travel by plane or boat to a different remote village each spring to bring in person meetings and AA information to villages. Spring is the best time of year for this because people have not left yet to begin their subsistence travels for food.

A woman even connected from Antarctica just to say thank you and share her gratitude for the holding the forum.

As the forum closed time was spent allowing people to share what was on their minds. For a time, I felt like an outsider watching intimate conversations and emotions of people who mostly spoke languages I did not understand. I observed this is how these people must feel when they attend English-only meetings – humility came over me. Many people could not express in words the gratitude and love they felt during this special time. Many cried and became too emotional to speak. As was said many times throughout the day, this was a spiritual banquet.

Melanie P.

If We Are to Live, We have to be Free of Anger!

About four years ago, I found myself in the middle of a political argument with family members. It started with a seemingly innocent comment about the performance of certain politicians. However, it immediately became an angry exchange of words, and if looks could kill, there would have been more than a few casualties. I must point out that the adults in my family like to drink wine before, with, and after, dinner, and on that occasion, several bottles had been consumed by them.

I should have known better than to have such discussions with people who have been drinking since I had experienced this with my father when I was a teenager. He had gotten totally drunk at home and announced that he was going to drive to his favorite tavern. I got into a physical tussle with him to keep him from driving the car, and perhaps being arrested for DUI, or worse. I share this as an example of a different kind of argument. Political arguments are not necessary, but the argument with my father, to keep him from driving the car, was. Political arguments, in my opinion, are probably the most futile arguments of all. They can cause anger and hurt feelings, something alcoholics need to avoid. So, I told my family that I would not discuss politics with them since it does no good, but in fact, harms our relationship with each other. Our views on politics most likely will not change until we, ourselves, see firsthand the flaws in our elected officials.

We alcoholics also need to remember that conflicts can also occur between us and our fellow party members, so we need to be mindful about choosing words that will mitigate conflicts. If you cannot have discussions with people in your own party without getting angry, then you may have a problem. Silence is golden, so the song goes, and sometimes the best words are those that are not spoken.

While on the subject of anger, road rage should be mentioned since it occurs often. It is another social interaction that we sometimes must deal with. Personally, I have been in two road rage incidents. It takes two to tango and I have found being silent and letting the other person rant and rave was the best thing to do in both situations. In one, the unhinged person got back in his car, and left spinning his tires. He cut across 4 lanes of traffic.

Overall, we must learn to deal with life's situations in a way that benefits us and strengthens our ability to deal with family and friends. Pick your battles wisely, and don't argue over no-win topics. Remember, political beliefs are usually deep seated and aggressively defended, like peoples' sports teams. So, determine what the probable outcome will be if you choose to bring the topic of politics into your next conversation. Chances are, you have already ridden that horse. Remember, sobriety must always be our goal in whatever we do. Mike C.

Celebrating 80...continued from page 3

In May 1956, The Gateway reported that on April 18 Naomi B., the State Delegate, attended the Global Service Conference to represent all Kentucky groups. In 1956, the General Service Office created a Public Information Committee to assume public relations area of A.A., which had previously been handled by Bill W.

In May 1956 the Gateway reported A Derby Eve Party, which occurred May 4th at the Token Club.

In May 1956, another special event occurred at the Beecher-Terrace Group in Louisville. Dr. Allen, who provided meeting space for that group in the clinic he managed, invited Dr. M., both a physician and minister, from East Africa to the meeting. Dr. M. was seeking information about the A.A. philosophy and steps for his people in Nyassaland. Since alcohol had become legal for Black people, alcoholism had become rampant, and Dr. M. needed a solution. The group presented the doctor with a Big Book and offered their support to his cause. ^{10 The Gateway, August 1956, May 1959}

In September 1956, The Gateway included the Delegate Report from the sixth General Service Conference. The most important event the delegate reported was the permanent adoption of the GSC, after its five-year experiment.

On New Year's Eve, the Token Club again held a New Year's Eve party for A.A. members, to offer fun and sobriety for a holiday considered by many to be a "dangerous holiday."^{11The Gateway, January 1957}

At the Kentucky State Committee meeting held in 1957, the State Delegate, Naomi B., reported that Kentucky contributed the most money to the GSO for 1956. "A feat like that can only be accomplished when we all work together..." ¹² The Gateway, July 1957

In 1957 the GSO created the first overseas General Service Board for A.A., located in Great Britain and Ireland. The book, Alcoholics Anonymous Comes of Age, was published in October, and it was estimated A.A. membership had reached over 200,000 with 7,000 groups in 70 countries and U.S. possessions. ¹³ Alcoholics Anonymous Comes of Age

In August 1957, The Gateway announced the first Gala A.A. Picnic, sponsored by the Token Club. The picnic was located at Reynolds Meadows and provided boats, beach, games, dressing rooms for bathers, babysitting services and an A.A. meeting at the close of the day.

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In September 1957, The Gateway reported that a Jefferson County, KY Alcoholic Rehabilitation Program was available for inmates. This program was started by Sheriff Bruce H.: Ten to 20 men were interviewed weekly and five selected and placed in a separate dorm for a week. Participants attended a daily class, a weekly, in-house meeting and read literature contributed from A.A.

On June 26, 1958, the Courier Journal reported on A new program in the Domestic Relations Court system assisted alcoholics. Defendants were assigned to A.A. meetings for a six-week period.

This program was spear-headed by an alcoholic named Hillary, who was a Jefferson County Deputy working in the Domestic Relations area of the court system. Seeing many alcoholics cycling through the system because they could not stay with the A.A. program, Hillary believed a combination of threat by the courts and persuasion by A.A. could reduce the numbers of these repeat offenders. ^{14 Courier Journal, "Fight Against} Alcoholism Gains: Court, A.A. Team-Up"

In 1958, the General Service Office cooperated in the production of a full-length TV program called The Days of Wine and Roses. Eventually, this program became a motion picture, which received A.A. cooperation as well.

In 1959, A.A. Publishing becomes A.A. World Services, Inc. ¹⁵ Alcoholics Anonymous Comes of Age.

On Saturday, January 24, 1959, the first Kentuckiana Quarterly Meeting occurred with over 400 in attendance. The meeting was held in the Auditorium of the Unity Church at 757 South Brook and featured Howard B. from Akron, Ohio as the speaker. ^{16The Gateway, January and February 1959}

In June of 1959 The Gateway reports on the Token Club Membership Drive to get more A.A. members involved in the fellowship. The club featured food, coffee, TV and air conditioning to lure in members. Dues are stated as being voluntary.

On July 25, 1959, the third Kentuckiana Quarterly meeting was held at the Elk Lodge at 212 W. Broadway in Louisville. The speaker was Art K. from Chicago, Illinois and the meeting offered air conditioning and hot coffee and fellowship. ¹⁷ The Gateway March 1959

In closing this decade of A.A. history in Kentucky, here are a couple numbers of interest:

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- In the Spring edition1959 of the A.A. world directory (groups registered with GSO) there were 863 members and 58 groups in Kentucky/southern Indiana listed.
- In the 1959 Gateway meeting directory for 1959, there were 30 meetings listed. An A.A. member could find at least one meeting to attend every day of the week.

Melanie P.

NOTE: the Area 26 Archives houses much information about the groups that opened their doors during the 1950s. If you are interested in learning more about your own home group or other groups you attend, you can contact the Area 26 Archives at: <u>https://www.area26.net/wp/archives-committee/</u>

Area 26 *Archives continues its mission to gather group histories for all the groups within the area. They have provided a simple form for a member of your group to complete as much information as you can and mail to them at <u>archives@area26.net</u>*

The form, **Your Group's History** – **What, When, Why, How, and to Where,** *is provided on the next two pages for your convenience. Please take advantage of this opportunity to enhance the valuable history of Area 26!*

A.A. Resources of Interest

- <u>Area 26 Website</u> The Area 26 website provides helpful information for newcomers and members with longterm sobriety. You can find the latest posting of events you'll want to attend, and it may answer many of your questions and guide you to additional resources. Take advantage of it!
- <u>Area 26 Committee</u> Read about the mission of your Area 26 Committee and follow the link to additional information.
- <u>Area 26 Meeting Information</u> Find out where to find a meeting near you at the time you need it. This link provides day, time, location and whether the meeting is online.
- <u>Kentuckiana News</u> read the current edition of the Kentuckiana News and find old editions of your Area 26 newsletter.
- <u>Your Local Central Office</u> You can find the A.A. Central Office located closest to you and access their website.
- <u>AA.org</u>- This is the official, worldwide website for Alcoholics Anonymous. It has an easy search for the website for finding and downloading free pdf versions of Global Service Conference approved A.A. literature.
- <u>A listing of all the Areas within the U.S. and Canada with links to their website</u>- this link will broaden your understanding of how other areas provide services to their members.
- <u>What's New in A.A</u> at this link you'll find the latest news from GSO. My favorite source on this webpage is Box 4-5-9.

SUMMER EDITION 2021

Your Group's History – What, When, Why, How, and to Where

Any Group's history can uncover facts and recollections that will strengthen its foundation, when viewed in the context of experience and local A. A. history. The facts can be relevant, humorous, eye-opening, and significant to a number of places: 1) to your Group itself 2) to your District Archives 3) to your Area Archives, and 4) to our Archives at GSO. Assembling a group history is easier than what a regular AA home group might think it would take to complete.

Group History Project Questionnaire

Prepared by:

Date submitted:

Group name:

Location (town, building, street address):

A.A.W.S. Group Identification Number (if known):

1. The estimated date the Group started meeting

2. The place, day, and time of first (or earliest) meetings, and the number of members:

3. Did the group separate from another Group, and why?

4. The type of meetings: speaker-led; closed discussion; open discussion; Big Book Study or other Literature Study; Step meeting; Traditions Meeting; etc. Has the format changed over the years? Please describe:

5. Does the group hold any public Open Meetings?

6. The Place, Day, and Times your group meets today and the number of members?

7. How many times has the Group moved? To what different sites, and under what circumstances? Please be specific as to locations, building name or church, the street address, town, and years the group occupied each address. If you can provide photographs of those locations, they would be appreciated.

7a. Has the group changed names, if so, why?

8. Early members, "founders," trusted servants and their recollections, or your Group's recollections of them:

9. Have any Group members rotated forward to District service? To Area Service? Did/does your group assist with any general service committee work?

10. What kinds of growing pains, problems, or any "feuds" happened, and what were the solutions? Did any particular member lead the Group out of difficulties toward any resolutions?

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11. How did/does your Group cooperate with outside agencies: Treatment Centers, Courts, Probation and Parole Boards, for example, and has this changed over the years?

12. Did/do you ever assign sponsors? Temporary contacts (from a volunteer list or Bridge the Gap list)? How did/do you welcome first-timers?

13. Could any Group members maintain contact with each other in between meetings? Did/ do you have a members' phone numbers list available? Is/ was there any linkage to your District's Answering Service?

14. How did/does your Group celebrate anniversaries, for both individuals and also the Group? Any annual dinners, picnics, or special events over the years?

15. Did /do you count off to break for discussion tables? How did / do you change the jobs for set-up (making coffee, setting out literature) and clean-up? How did/ do you change who chairs the meetings? Did/ do you have "greeters" at the doors? Treats or snacks at meetings? Do you take a smoke break?

16. Your Group's Seventh Tradition practices: have the 'passed basket' contributions changed over the years? Do you give away any books? Any fundraisers or special collections (events like holiday parties, picnics, weekend Conferences, AA Forums)? Describe the number of contributions...What amount of rent did/ do you pay? Did / does your Group support the expenses of your GSR and other trusted servants?

17. On our Seventh Tradition of sharing funds, how did/do you contribute to District or Area, and GSO (AAWS)? 60-30-10%?

18. Did /do you contribute literature to any libraries, hospitals, jails, or treatment centers? What percentage of literature purchases is in your Group's spending? What items and pamphlets are in your Group's packets for newcomers?

19. Your business meetings how were/are your trusted servants elected or selected? Your GSR, Treasurer, Secretary, Greeters, and so on, and how often? Outside of the regular finance discussion and votes, are current District, Area, and General Service Conference agenda items discussed for a Group consensus at your business meetings?

20. Generally, what has been your Group's linkage to A.A. as a whole, (with District, Area, and AAWS)?

21. Does your Group do a Group Inventory, what can you tell us about the process?

- 22. What makes your Group unique?
- 23. How does your Group keep long-timers involved?

Please include any other thoughts or memories not covered in the above questions. This history record is considered confidential and "For A.A. use only."

Once completed please send it to <u>archives@area26.net</u>. We will put it in your folder.

Area 26 Repository can come to you!

The present committee created a PowerPoint that was presented at the July Area 26 meeting.

Email or call the area 26 Archives Chair if you would want a virtual workshop in your District or Home Group



Kentuckiana Newsletter Information:

The Kentuckiana Newsletter is for all A.A. members. The newsletter includes both articles written by fellow A.A. members like you and some fun and information about what is going on in Area 26. We are always looking for articles from individuals in the fellowship. A general guideline for length of articles is about 500 words. Please share your experience, strength, hope, jokes and thoughts with all of us.

The 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 home group or district, please contact the Chair, Melanie P., Kentuckiana@area26.net.