

# Kentuckiana Newsletter

*Summer 2022*



Sharing our  
experience,  
strength & hope

# KNL SUMMER 2022 | FIND YOUR ANCHOR AS THE BROKEN PIECES FALL

When I first got sober and into meetings I did not expect the changes that have come my way. At first I felt sacred, alone and untrusting of others. The more I did the more the walls started coming down. I found my anchor in my brokenness. I found AA meetings, reading the Big Book,



a sponsor, working the steps, a fellowship, a God of my understanding and learning to love myself by helping another fellow.

All of these are my anchors even though a relapse, they loved me and helped me through it to stay sober. I never thought I would find such freedom as I have today, a year sober. Yes I had to break it down to one day at a time that's what works for me taking it one day at a time and using my anchors and tools a willingness to listen, learn, ask questions.

I have a strong sisterhood that has helped me get here. I am so grateful to AA and the freedom that it has offered me and so many others like myself. Today I have hope. Sober 6-11-2021

Linda B, a grateful Alcoholic

# KNL SUMMER 2022 | IT'S ALL PART OF GOD'S PLAN

Back in 1987, as I was being sentenced in Federal Court in Miami, Florida for international drug smuggling, I had to call my parents out in Arizona and let them know that I would be going away for a good bit of time. They had no clue what had transpired in my life, other than a beautiful marriage in 1983, the birth of our daughter in November of that year, and both were in total jeopardy of being lost. I was not even into explaining the situation with Mom when she stopped abruptly and said to me, "Curtis, we will assist taking care of Tina and little Natalie Marie the best we can, but we want you to know that we too will be there for you". Then Mom went on to explain to me that this was "All Part of God's Plan" for me, and one day I would understand. Understand I said, Mom, this is not a good plan!

Many years later, actually in August of 2009, and at the ripe old age of 56, that Plan began to become true. I was homeless, in the gutter of the Men's Healing Place, completely overtaken by alcoholism and I had no clue what had transpired or even happened over the past several years. King alcohol had taken my integrity, nearly cost me my life, wife, and beautiful daughter. Then something happened, and that thought came back as I heard it 22 years ago, this was "All Part of God's Plan" for Curtis.

You see, I had been successful at everything I had ever done, even international drug smuggling, until I was indicted. I was always able to adjust to every situation I had ever encountered. A smart young man with no intentions of hurting anyone, but had this idea that money, property, and prestige were to be the most important things in my life. This would turn out to be even more important than a beautiful and caring wife and a daughter that loved me, or I would not have gotten myself into the situation that hurt everyone in my life, and even many I never knew.

What I have just explained is alcoholism at its deadliest form. We have a self-centered, egotistical thinking mind that is the core of the alcoholic's life. I would lie to cover up the lie I just lied about, and then lie again because I forgot what I had lied about, and then lie again. And to relieve the situation I had put myself into, I drank to temporarily relieve the pain.

Alcoholism is a fatal disease of the mind, body, and spirit. As Dr. Silkworth mentioned in the Doctor's Opinion, "unless this person can experience an entire physic change (also known as a spiritual awakening) there is very little hope for his recovery." The alcoholic lives a life being irritable, restless, and discontent and no knows no other way. This experience then puts us into states of fear, hate and illusion and the only recourse for me was to drink myself to near death.

This is only a brief overview of a man that began drinking randomly at the age of 14 or 15, and then went on as daily drinker for the next 20+ years. My drinking was abruptly stopped when I served time with the Federal Government, but picked right back up and intensified for the next 12 years. Again, even coming out of prison, I was successful in everything I ever did. But then around 2004/2005 the disease took over and I lost control of everything I thought I ever was. I was in the grips of this fatal disease and had no way of getting out.

We talk about God in AA and the importance of a Power Greater than Ourselves to assist us throughout life. As a good Catholic, Mass almost every weekend, I thought I knew God, and if I did, why was this happening to me. Then came that moment of clarity where by the grace of a loving God, the fellowship of Alcoholics Anonymous, and you people, my life began to change. It was from the gutter at the Men's Healing Place that this miraculous change began. And I am thankful for that that today.

There is a Divine Spark that resides in each and everyone one of us, and yes, I truly believe that is God's Presence, that has, as my sponsor says, rocketed me into that 4th dimension of existence. Today, God is doing for me what I could not do by myself.

Sobriety began for me in August of 2009 and lasted for almost four years. Then after an encounter in a meeting, I didn't know how to accept, I walked away from the program for a year and a half, with only minimal drinking. This then turned out to be the loneliest time of my life. I had found the solution, and didn't recognize its importance. Returning on March 16, 2015, I came back into the program of Alcoholics Anonymous, got right in the middle, and have not looked back since then.

Today, Gods Presence has me sponsoring several men and even assisting many women. With the ZOOM era in place, I have had the opportunity to share my Experience, Strength, and Hope in over 12 difference countries worldwide. As well as a home group in Taylorsville, KY, I have sat on the Kentucky Man-to-Man Conference Board for the last seven years, and gotten the opportunity to speak at conferences in other states. And still today, I co-host a Saturday evening ZOOM Speaker Meeting that began when Covid shut the world down.

This wonderful Fellowship, as we have heard, is about "giving back in order to keep it." For me, I truly believe that is about giving back in order to understand this spiritual program. A fellow by the name of Father Richard R., who wrote the book "Breathing Underwater, Spirituality and the Twelve Steps", says that "one day, USA based Alcoholics Anonymous will go down in world history as the 20th centuries worldwide contribution to spirituality."

In closing, I would like to thank those who have come before me and welcome those who may be new. God has given me this Moment in my life, nearing the age of 70, and is the best it has ever been. That beautiful wife I talked about earlier, yes, we just celebrated 39 years

of marriage April 30th of this year. And our daughter, Natalie Marie, she and her husband have given us two of the greatest grandchildren we could ever ask for. Today I understand what Mom told be back in 1987, "It's All Part of God's Plan" for me and I know that to be true for you too. Don' miss the magic of this wonderful fellowship, enjoy life today with every breath you take, and experience life Now.

Curtis J.  
Taylorsville, KY

# KNL SUMMER 2022 | LIKE FATHER LIKE DAUGHTER

In the spring of 2003, my mom and dad asked if I would like to take a trip to New York City. At this time, I was in the grips of full-blown alcoholism and partying in New York City sounded like a grand idea! My parents told me we were going up to New York one week prior to some sort of AA convention. Dad had attended the convention the year prior, and mom did a lot of sightseeing while dad busted his butt in meetings. So, this year dad was going to go up a week early to sightsee.

I saw my dad do a lot of preparation for this convention up to the time we left for NYC. He had big binders with printed information and spent a lot of time in the basement studying these binders.

We headed up to NYC in April of 2003 and actually had a really good time. I made it all the way until that Friday without having a drink. Knowing Dad was there for an AA event definitely helped. But on that Friday, I headed down to the bar at the Crown Plaza hotel in New York City and tied one on at the start of the 53rd General Service Conference.

Two years later I found my way into the rooms of Alcoholics Anonymous. I can recall vividly telling Dad I attended my first AA Meeting. His response was “it’s about damn time” and laughed. Looking back, he never told me that I had alcoholism or chastised me, but he didn’t enable me either. What he did was help ensure Alcoholics Anonymous was there for me when I was ready.

Dad began inviting me to weekend long meetings around the state of Kentucky. Right off, he introduced me to the three legacies of AA. I got involved in general service almost immediately.

When the time was right Dad shared his story with me. It was about his daughter drinking at a bar at the Crowne Plaza Hotel the Friday right before 2003 GSC started. He was serving as Delegate for Area 26 – Kentucky. There was a balcony over the bar, and he recalled expectantly looking over to see his daughter. He was immediately reminded of why he was there: to help the still suffering alcoholic and I just happened to be the still suffering alcoholic that evening.

My journey continued in general service, and I was elected delegate of Area 26 in the fall of 2021. The same Area for which my dad served.

The 72nd General Service Conference was amazing. It was during roll call, I realized the importance of the work that was ahead of us that week. The full understanding that the fellowship of AA could be greatly affected by the decisions made in that week was clear.

The decisions made would affect Alcoholics Anonymous as a whole. I was very grateful to be a small part of that great whole; ensuring Alcoholics Anonymous was there for the still suffering alcoholic in the future because AA saved my life.

In a couple of weeks, I get to report back to Area 26 the events of the 72 nd GSC. My dad will be there!

Jennifer S.

Area 26 Delegate