

KNL WINTER 2022 – DOES YOUR ALCOHOLISM STAY AT HOME?

Does your alcoholism stay at home? continued

Although it is only a vacation, I do not want to forget how I got to the point where I could enjoy a vacation.

What I did for my sobriety in the beginning is no different from today. I may not go to meetings every day but I do go to at least 3 meetings a week and do my morning meditation and nightly review.

My point is, by doing what I do at home, I can joyfully do the same thing anywhere. Meeting new people in new places is a true joy. The way they conduct their meetings may be a little different but if I have an open mind, I can experience a new view on sobriety anywhere.

So, the next time you go on vacation, call ahead to the Intergroup or Central Office, find a meeting and meet people who can become part of your sobriety family.

In AA, there are no strangers, only friends we haven't met yet.

Curtis O. Gate City Group

Area 26, District 23

KNL WINTER 2022 – WITH NEW GLASSES I SEE

With New Glasses I See continued

The snow falling is beautiful and as it lands and starts to pile up, look at how the lights gleam off it when the sun hits like a beautiful ray of snow rainbows dancing off it. The joy of a snowball fight, building of snowmen, and as I go to meetings, sometimes I bundle up, sometimes I get a ride. The smile brought to my face of the different houses the decorations, inflatables, and some nativity scenes stays; sometimes hearing the laughter of friends and family.

I know myself I struggled with the holidays last year because it was the first holidays sober in which I ate with my dog alone. I did enjoy some of the silence. I did attend in person meetings until we switched to the lovely ZOOM, but I connected enjoying the tranquility and beauty of it all. The peaceful moments watching the cardinals play and fly their little red bodies; the only color against the fluffy white snow, the shimmer of sun light bouncing off the ice cycles, all of this beauty while walking my dog.

It makes me grateful to see all this through new glasses and the many blessings that have come my way this year. Sobriety, fellowship, friends. May we all see through new glasses in the new year, smile, laugh, and be grateful for all the small beauties we so often dislike and grumble about.

Linda B., Serenity Sisters, District 23

KNL WINTER 2022 – GETTING SOBER DURING THE HOLIDAYS

Getting Sober During the Holidays continued

That cozy atmosphere is not what the newcomer usually has just after joining Alcoholics Anonymous and completing Step One. Healing takes time for BOTH sides. But first, the alcoholic should focus on stabilizing her, or his, life. That requires shelter, food, and a place to sleep, otherwise known as, “Three hots and a flop”. It is implied that the hots, and flop, is in a shelter, whether it is a jail, tent, barn, half-way house, or sometimes, a relative’s house. Those basic needs being met (when combined with Alcoholics Anonymous and a sponsor) are essential for your successful entry into a life without alcohol.

Getting a job is another part of stability. For some, it is the first thing to do. For others, it is the next thing to do. For me, I started with low paying jobs and worked my way up into better paying positions, with more benefits. Whatever your profession is, or your capabilities and skills, will determine the kind of work you will look to do. However, your history with alcoholism will have an effect on what work you will be able to get. For example, arrested for DUI? Not good if you were a truck driver. Even less, if you were a school bus driver, or, an airline pilot. These professions may need all sorts of paperwork and references for re-instatement. But until then, being gainfully employed in a job (a related field or occupation, if possible) is needed to keep you stabilized, and on the mend, with family, friends, and employers.

Having good credit is a necessity for most people, like those who want to buy a car or a house. The great news is that, if you have been working steadily, you are addressing that need, too. In fact, several other needs are also being covered.

The most important thing you can do during this early period of sobriety is this: you have is must make time to go to meetings, find a sponsor who will guide you through the Steps, and meet new people who are sober. You should be having regular talks with your sponsor, on the phone, and in person.

As you continue your ongoing (never ending) recovery, your sponsor can help you to pick the time and the way to contact your family, friends and others for making amends. Your sponsor’s response will be based on what you have told him, and where you are in the Steps. It is up to you, to be truthful and do the things that will stabilize your life. It does not help to be hungry, standing in the rain, with no money. Your motivation is to keep that from becoming a reality.

If you choose to be a functional part of family and friends during the holidays, your sponsor and new A.A. friends will give you many helpful tips for keeping safe if seeing family and old friends triggers a desire to drink.

Mike C.

KNL WINTER 2022 – MESSAGE FROM THE INCOMING ARCHIVES CHAIR

KNL Winter 2022 – Message from the Incoming Archives Chair continued

Listed below are a few goals I have in mind for the next 2 years:

- Work with Archivist & Committee to establish guidelines for repository
- Make the Archives Repository POP!
- Bring Archives into the future

I will gladly share what these mean to me during our first committee meeting in January, and hope to hear some awesome feedback from other committee members as well.

Lastly, I am scheduled to host Open House at the Archives Repository each LAST SATURDAY of the month (10AM – NOON). Please be merciful as this is contingent on weather since I am driving from up here in Hoosierland to 3499 Landsdown Drive in Lexington – see how I dropped that address in there? Crafty, huh?

Hope to see ya there and if not there at least at the Area in January. OMG! face-to-face meetings again...I am soooo excited!

Joy Mc., Archives Chair

[EDIT](#)