

Kentuckiana Newsletter

FALL 2023



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WE CONTINUE

When I came into the rooms of Alcoholics Anonymous, at the age of 28, the idea of starting this whole new way of life seemed like the hardest concept imaginable. I was given literature, phone numbers, and what felt like a million suggestions from the people in these rooms. Those suggestions included things like: start calling other women, start going to meetings every day, start praying, start working the steps, start being grateful, start getting honest, and start being willing. I was at the lowest bottom I had ever experienced. I had been living in a state of perpetual chaos and insanity for so long. I didn't know much besides the fact that my best thinking was exactly what got me to the bottom I was currently sitting at. That bottom consisted of an aggravated DUI, a child endangerment charge, CPS involvement, losing my license and jeopardizing my job at the company I had worked at for 7 years...just to name a few. Life, as I had known it, was never going to be the same.



So I started. I started listening and I heard my story. I started showing up and I found my people. I started praying and discovered God right where I had left Him many years ago. I started working The Steps and I felt lighter. I started being honest and I found forgiveness. I started being grateful and suddenly what I had was enough.

Today I have gone through the steps, in their entirety, 3 times with the help of my sponsor and 2 step study groups I have participated in. Starting the program of Alcoholics Anonymous was without a doubt the most important decision I could have made 2 years ago. Today, the most important thing I can do as a member of Alcoholics Anonymous is to “continue”.

Step 10 says we “Continued to take personal inventory and when we were wrong promptly admitted it”. Step 10 challenges me to continue on with the work that I chose to start when I became a member of Alcoholics Anonymous a little over 2 years ago. The 12 & 12 talks about how, for almost all of us, pain had been the

price of admission into our new lives. If I am working Step 10 properly and doing an honest nightly inventory, I have a pretty good chance of staying ahead of the kind of the self-inflicted pain that consumed my life in the past.

Today I don't have to wait until I reach an agonizing and humiliating "bottom" to apologize, to correct my behaviors or to honestly appraise my character defects. Instead, I can curl up on the couch with a blanket and a notebook, in the comfort of my home, while my daughter drifts off to sleep in her bedroom down the hall. It is in those moments that I can humbly meet my Higher Power and continue on my journey to know God and His will for me.

Jessie B

LODGER LEDGER

LODGER LEGER

Does anyone know the story of the Lodger Ledger? Reprinted from the January-February 1969 Lodger Ledgers.

How does one describe the years of a life that were lived behind a curtain of alcoholism? A mind submerged in the murk of hate and fear, guilt and loneliness? A body with such an appetite, it seemed determined to carry itself straight through the portals of an open grave into hell. The sickness of mind and body during periods of sobriety. The mute desire for an unknown way of life. Finally the first exposure to the AA way of life. The first hope and fumbling of a mind that was awakening but yet had not the clarity of desire to understand. The vicious despair of returning to the bottle. The unawareness of the seed AA had planted. A seed that grew in strength and purpose amid continued drunks. Then the day sitting at the bar with a drink and suddenly knowing you don't want it. With no thought of anything else, you simply don't want it. Returning to AA and stripping away the curtains from the darkness your life has been confined to. To be your own man at last, not an object of disgust and anger. To find a measure of peace and know it rests in your own hands. For these things, I am responsible to the one that put his arm around my shoulder and guided me when I could not see the way. To AA that keeps me pointed in the right way. I can't describe my gratitude either. Failures are the fertilizer of life.

Bill F., 1969

Lodger Ledger Contributor

KEEP LOVE AND KINDNESS AND MY HIGHER POWER IN MY HEART

I am working toward hosting family for a couple of nights in a few days after a very busy summer of outdoor activities in which my house has barely been kept up. In getting ready I have realized so much gratitude for this program of recovery and the principles I have learned.

I was quickly becoming a frantic monster making lists, pushing my husband to do more, feeling distraught because I had not done better at keeping house, and feeling like a failure. There was so much fear in my heart that I would fail.

After taking time out of my busy schedule to attend several well-needed meetings and sharing about my feelings and fears I found peace freely shared among the members. Learning to let go is a huge part of service work on all levels.

I realized first of all I am so grateful my family wants to come visit and that I am so grateful for what we do have to share with them, that is a place for them to come visit. Realization hit that I or my house do not need to be perfect. I felt like everything needed to be perfect and I have no idea how to do perfect. I remembered other times we hosted, and it all went well, I realized this one will too. It has just been a while.

On the other hand, I also realized I was quickly becoming a person my husband would not want to be around and was going to ruin the event and all our memories if I kept on the path I was on. I wanted to make this time fun, each and every minute of preparing for and enjoying our visit. This is our life and I definitely needed to let go and let the joy trickle out.



I prayed to my higher power for strength and courage to face the task ahead of me. I started. One step at a time. I got off my husband's back and instead communicated with him about tasks and what he wanted to do. I asked for help when I needed it and pulled up my big girl panties when I did not need help but could tackle tasks on my own – even if I had to grit my teeth to do it!! It is still early in the week before, but I am feeling much better about getting this done. I am finding fun things to do each day along with the chores to get ready. I have my higher power with me and know it will be holding me up and keeping me moving forward. I realized these are some of my character defects that I get to work on and was able to take a more positive outlook on doing housework. I have once again been reminded to stay in the present.

We are getting close to the holidays. With Thanksgiving and Christmas right around the corner, I am hoping sharing my insight will help you to truly be able to enjoy your holidays and family with your higher power close by and lots of joy and love in your hearts rather than fear and dread. My motto has become to Keep love and kindness and my higher power in my heart as I enjoy the blessings of each and every day.



Peace,
Carla C

AREA 26 NEWS

FROM OUR DELEGATE

Hi guys, my name is Jennifer, and I am an alcoholic. Serving as your Area 26 Delegate. Thank you to Districts 6,14,18,21,32 for hosting this weekend's Assembly. On August 16, 2023, we had our first ever General Service Conference Sharing Session. This was because of a Conference advisory action to have at least 2 conference-wide online sharing sessions throughout the year. A full report from this meeting was sent via email. Some information may be touched on in this report.

On Saturday, August 26, 2023, I had the opportunity to participate in a Traditions Workshop, hosted by District 16. We had a wonderful turnout and a chili cook-off really set the day up for success.

I attended and participated in two picnics this quarter in which I gave my story. The first one was the Bill W. Picnic on September 9, 2023, at Yellow Creek Park in Owensboro, KY. The second was the 64th Friends of Bill Picnic, hosted by District 7, on September 10, 2023. It was a busy weekend but would not have missed it for the world.

On October 2, 2023, I met for the last time with the Conference Corrections Committee. It was bittersweet. Basically, fair wells were given to the 72 Delegates.

I also attended a training session on October 4, 2023, regarding On Board, the new platform that will be used for Board, General Service Conference, and World Service meetings beginning in October with the distribution of General Service Conference information. On October 5, 2023, I attended A South East Region Special Gathering Trending Topics with Tom H. our South East Regional Trustee. This gathering was focused on a sharing session to help clarify some of the current topics circulating around the Region. The invite was limited to Delegates, Alternate Delegates, Delegate- Elects, Alternate Delegate-Elects, Past Delegates and Past Trustees of the Southeast Region to enable enough time for everyone to share their questions, concerns, and observations.

The digital version of the Final Conference Report has been made available and this weekend the print version is being handed out. For the first time, an anonymity-protected version is on the aa.org website.

A reforecast budget was approved at the latest board weekend. YTD contributions are slightly above the YTD budget. The YTD gross literature sales are also above the budgeted amount and are greatly above last year's sales currently, this is because of an increase in sales in March before the April price increase, and strong sales in June. Cost of goods sold is still high, at around 48% of gross sales, but the costs are becoming more stable. Our YTD total operating expenses are over budget so far, as the cost for traveling expenses has been higher than expected. The reserve fund balance is approx. 12.5 mil, which is a little over 7 months' worth of expenses. Our operating cash has been steady every month from January until now, and it is 13,000 less than at the beginning of the year, so almost even. We have .37 months' worth of operating expenses in cash.

The Translations Licensing Connection virtual portal has been very successful with 50 international service structures using it to request and communicate about licenses to use our literature. It began with a backlog of nearly 1000 requests and using the portal and two temporary workers, it is 76% cleared and is expected to be up to date in the next 45 days.

The first 164 pages of the Big Book are being translated into Haitian Creole by an ad hoc committee. An active group in Haiti will participate in the reviewing process of the translation.

New "Editorial Project Manager" position created:

This coordinator role has been restructured to include more specifics regarding project management and provides focus on continuous accounting of all publishing items including development of new items and changes to existing items.

Currently, 85 titles are not in distribution or backordered, however, 44 of these have been either approved to print or are active in the reprint/revision process and will be back in distribution in approximately 30 days. The remaining 41 are under review by Staff or Publishing dept. to determine next steps. Hopefully, this will improve the large number of backordered items.

The board currently has 10 applications for Board chair and are following the normal procedure for filling that vacancy. They are also hiring a consultant to help them in their search.

Don't forget to book your flights and hotel for SSAASA coming up in November in Orlando. SSAASA (Southern States Alcoholics Anonymous Service Assembly) will be held November 17th-19th in Orlando FL. This event facilitates sharing sessions, panel discussions, and shared service experience between AA members & trusted servants. All AA members are welcome to attend to find out more about our Third Legacy – Service!

Lastly, thank you for allowing me to be of service to Area 26. This is my last Area Assembly holding a position. I was Chairperson prior to being elected Delegate and feel it's time for rotation. I attended my Districts picnic last weekend and was not on the agenda and was like.....this is what it feels like. It felt nice. I look forward to sitting in the back of the room and watching the growth. Speaking of growth, Area 26 has come a long way these past two years and I want to thank each of you that has played a part. Don't forget to dance in the rain while growing.

Jennifer S-J
Panel 72 Delegate
Area 26-Kentucky

ARCHIVE UPDATE

September 30, 2023

Last day of September already; next weekend is October Area...my how time flies! I haven't done much to prepare...I am such a procrastinator lol...so this week will be crunch time.

It has been a busy term...creation of our Area 26 Archives workbook, a few motions from the Archives Committee, trips to Lexington to open the Repository for visitors, writing Area reports and articles for the Kentuckiana Newsletter, developing mini movie histories to post on Area26.net and lots and lots of research! I wish I could retain all I have read about groups, districts, and the Area, and be able to spout it off at will. I would sound like a walking Area 26 trivia book, but I cannot, unfortunately. Hence, the reason I leave Area 26 with the online mini-movies...my gift to you for allowing me the privilege to pilfer through the Repository at whim. As I have said many times before it is a treasure trove. My grand hope is someone will continue creating histories for us to see, that our website continues to post them and that Area continues to show them during our weekend getaways...its an easy way to have a display for everyone – in person and out there in Zoomland.

Thanks to everyone who has been so supportive during my term: the Archives Committee for putting in the extra work on the motions, listening to hyped up workshops presentations and playing along with silly archives games, our Area Treasurer for frontin' me checks for lodging so I could attend, our webmaster for creating a space on Area26.net to post archive history videos, those who have listened to my archives spiels at the floor mic, those who have given useful feedback based on AA principles when I wanted to quit a kazillion times over, and, last but not least, my designated Area driver who has taken me to just about every Area since 2007! I couldn't have made it without any of you!!

Again, I'll be staying Friday and Saturday night at the hosting hotel; I am available if there's something you'd like to research together or if you just wanna chit chat.

Yours in service,
Joy McC., Archives Chair

YESTERDAY'S NEWS

New Albany, Indiana has been part of the “Louisville Area” since 1948.

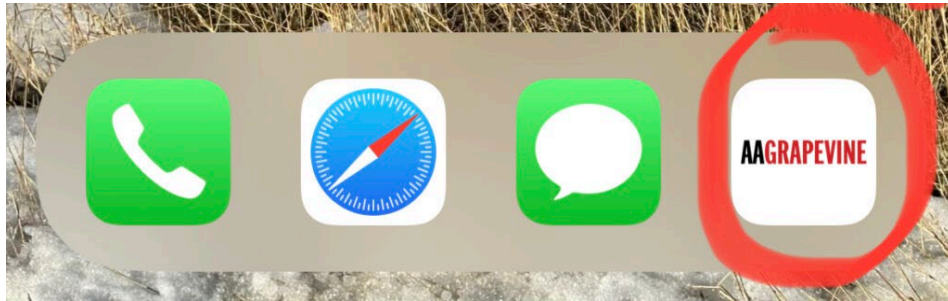
- GSO’s Spring ‘64 Directory lists the Jeffersonville Group for the first time under Indiana (Area 23)
- GSO’s Spring ‘72 Directory lists the Clarksville Group for the first time under Indiana (Area 23)
- Northside Group (New Albany), Jeffersonville Group, and Clarksville Group were part of the original District 10 and listed as such in the 1972-73 State Directory.
- Clarksville, Indiana became its own District (11) under Area 26 in January 1976.

HEARD IT FROM THE GRAPEVINE

Some people think that God made life just for happiness, but I find myself unable to share that view. I think he made life for growth and permits pain as the touchstone of it all. Happiness — at the least satisfaction — is a by-product of really trying to grow. And seasons of real joy are but occasional joy byproducts of the process. Which, in eternity, will be the eventual fulfillment. Meantime, we seem to be pilgrims on a road — one which you and I are completely confident leads to the arms of God.

AA Co-Founder Bill W. reprint July 1993 “Seasons of Real Joy” AA Grapevine

AA GRAPEVINE APP
Here NOW!
Download it on your device



WE ARE NOT A GLUM LOT!

To select a word on the puzzle, click the first letter of the word and drag the mouse to the last letter. Click again. The word is highlighted.

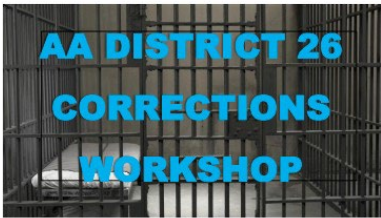


- ARCH
- TRADITIONS
- CONCEPTS
- SERVICE
- NEWCOMER
- PRAYER
- MEDITATION
- SPONSOR
- TWENTY FOUR
- SOBRIETY

Workshops, Events & More



COMING EVENTS AND WORKSHOPS



Carrying the message behind these walls

OCTOBER 15, 2023 @ 1:30PM

At: Rebo100 Higgins St. Hopkinsville KY 42240

Refreshments and beverages provided (nothing gourmet)

- ◊ SHARING FROM PEOPLE WHO FOUND AA ON THE INSIDE/ SHARING FROM THOSE WHO CARRY THE MESSAGE INTO FACILITIES TODAY
- ◊ CORRECTIONS CORRESPONDENCE AND PRE-RELEASE CONTACT PROGRAMS
- ◊ SIGNING UP TO GIVE BACK WHAT WE'VE SO FREELY RECEIVED

Contact: Wayne 321-443-2208 waynecabral@gmail.com

31st Falls City Convention

October 6-8, 2023
 Crowne Plaza Hotel
 830 Philips Lane
 Louisville, KY 40209

Full weekend experience!
 Speakers • Meetings • Meditations
 Service Workshop • Carnival • FUN!

\$30 Admission for 3 DAYS!
 Register Online • FallsCityConvention.com

Convention Speakers:
 Cindy M. Georgetown, IN

Inspire and Attract!

SSAASA7

Panel Discussions
 Service Workshops
 Share Your Service Experience
 Learn and Discover
 Volunteer Opportunities

South East Region Service Assembly
 Meet your peers around the South East Region
 Hosted by Area 14, North Florida

Southern States
 A. A.
 Service Assembly
 Orlando Florida
 Sheraton Orlando North
 November 17-19, 2023

Questions? Chai: ssaasa7@gmail.com SSAASA7.ORG Scan to go to website

3rd Annual AA Conference

FELLOWSHIP by the Falls

AT CUMBERLAND FALLS STATE RESORT PARK & DUPONT LODGE

Food & Fellowship
 Join us for a sober & spiritual experience and a chance to enjoy the beautiful views of serene Cumberland Falls. Fellowship with friendly folks from all over! FREE food Friday & Saturday nights.

Speakers & More
 Four wonderful speakers will be sharing their experience, strength and hope with us. There will also be more games, special meditations, a silent auction, workshops, and so much more!

Lodge Information
 Stay at the stunning Dupont Lodge! Room rates are \$225 per night plus resort fee and tax. Cottages are also available. Rates good until 9/15/23. Use Group Code 2809 at checkout. **LODGE PHONE NUMBER - 406-321-4121**

SPEAKERS

STACY G. San Antonio, TX

RITA J. Berea, KY

JEROD T. Lexington, KY

ANDY B. Chandler, IN

FRIDAY-SUNDAY
OCTOBER 13-15

for more info and to register visit
fellowshipbythefallswithjoyandlaughter.com



2023 TRISTATE CONVENTION
"YOUR IMAGINATION WILL BE FIRED"

BILLY N.
PALM BEACH GARDENS, FL.

CUSHING P.
MONTGOMERY, AL.

LARRY C.
MURFREESBORO, TN.

SHARLI R.
BOWLING GREEN, KY.

DEBBIE C. (AFG)
INDIANAPOLIS, IN.

NOVEMBER 3RD-5TH
Owensboro Convention Center
501 W 2nd St Owensboro, KY 42301

Register Online: <https://tinyurl.com/5axtrvey> Detach and mail this form with a \$40 check/money order, payable to Owensboro Host Committee: Owensboro Host Committee PO Box 516 Owensboro, KY 42302 One form per attendee.

NAME: _____ CITY/STATE: _____
 BADGE NAME: _____ PHONE: _____
 HOME GROUP: _____ EMAIL: _____

Hampton Inn & Suites Downtown Waterfront \$134/Night +tax
 401 W 2nd Street Owensboro, KY 270-685-2005 <https://bit.ly/TriStateAANov2023>



KCYPAA LOUISVILLE, KY
2023

The Effect was Electric

GALT HOUSE
11/17-11/19

MEETINGS • PANELS • FELLOWSHIP • FUN

THE KENTUCKY CONFERENCE OF YOUNG PEOPLE IN AA INVITES YOU TO JOIN US FOR A WEEKEND OF CONNECTION: MAKE NEW FRIENDS, GROW YOUR SPIRITUAL LIFE, AND LEARN SOMETHING NEW.

"THESE WERE REVOLUTIONARY AND DRASTIC PROPOSALS, BUT THE MOMENT I FULLY ACCEPTED THEM, THE EFFECT WAS ELECTRIC." PG 14

REGISTER ONLINE
KCYPAA.ORG



January 27 ~ 28, 2024
Area 26
Winter Assembly

Holiday Inn / Sloan Convention Center
1021 Wilkinson Trace, Bowling Green, KY 42103
Reservation Link: [Area 26 AA Assembly Conference](#)
Reservation Code: A26 ***Room \$104***
Setup Friday January 26 after 6 PM Central
ZOOM INFO: Meeting ID 213-070-4560
Password: service




SPRING
AREA 26
Assembly

\$10 BBQ MEAL SAT LUNCH

Paroquet Conference Centre
395 Paroquest Springs Drive
Shepherdsville, KY 40165

APRIL | 6-7th | 2024

Sleep Inn & Suites
130 Spring Pointe Drive
Shepherdsville, KY 40165
(502) 215-4956