

NORTHERN KENTUCKY INTERGROUP

THE MESSAGE

APRIL, 2023

IT'S NOT THEM!

Acceptance and Change

AA teaches us not to “let someone live rent-free in our head.” Resentments will kill us – or drive us to drink. As one friend put it, a resentment is “like a rusty nail in my soul.”

I must look at my part, how I am contributing to the problem. I must “pause when agitated” and practice “restraint of tongue and pen.” I’m not a victim. I can’t blame my parents, boss, or partner for all my unhappiness.

In close relationships, however, conflict is inevitable. Do I deal with it by throwing a temper tantrum? Or do I just “sweep the issue under the carpet?” When is the time to face a problem directly and how do I do it like a grown-up member of Alcoholics Anonymous?

Before I say something to the person I’m angry at, it helps to ask myself honestly: “Is it true? Is it kind? Is it necessary?” Should I “pick my battles?” How important is it anyway?

Is my goal just to “get my feelings out” and “speak my truth?” I call this “vomit therapy” – it makes me feel better, but it leaves a mess.

In AA, we try to live in the solution, not the problem. Maybe I need first to let the person know I respect them and am trying to understand their behavior or their feelings. Would doing inventory on myself be a smart idea before I tackle a “difficult conversation?” *“We should be sensible, tactful, considerate and humble without being servile or scraping. As God’s people we stand on our feet; we don’t crawl before anyone.”* (BB, p. 83)

Boundaries are legitimate; but boundaries can’t be reduced to saying, “Screw you!” I did not know how to compromise or problem-solve when I was actively drinking. I didn’t understand what a genuine partnership was all about. Sobriety helps me to face conflicts in a constructive way. I’ll never like everybody, but I can get better at knowing what I should simply “let go” and what I need to “change” – in myself or in a relationship.

-Kevin P., Northside Tuesday Night Group

INSIDE THIS ISSUE:

BE SMART, SEE YOUR PART	4
Is My House in Order?	5
IF THE SHOE FITS	6



HELLO! You have just opened a copy of Northern Kentucky's
A.A. Newsletter—*The Message*.

Inside you will find stories from local A.A. members, information about where to go to find help, service work opportunities, information on the twelve steps, upcoming events and more!

Please send your submissions Rhonda O. at nkymessage@yahoo.com.

Enjoy reading and please pass it on!

CONTENTS

COLUMNS, NEWS & INFORMATION

A.A. Organizational Contacts, District Meetings.....	Page 3
Intergroup Financials	Page 7
Anniversaries	Page 8
Service Opportunities.....	Page 9
Upcoming Events / New Meetings	Page 9
Central Office Information.....	Page 10

FEATURES & READER CONTRIBUTIONS

Acceptance and Change, Kevin P.....	Page 1
Be Smart, See Your Part, Mick S.	Page 4
Is My House in Order?	Page 5
If the Shoe Fits, Tim L... ..	Page 6

This newsletter is prepared for your enjoyment and is not endorsed by or affiliated with the fellowship of Alcoholics Anonymous. However, its hope is to practice the principles of A.A. and become an additional tool for maintaining sobriety. Thanks for making *The Message* self supporting through your contributions. We receive no money from Intergroup or any districts. We publish solely on money from subscriptions and fundraisers for *The Message*. Subscription form can be found on back inside cover.

Local Northern Kentucky Recovery Houses

Grateful Life Center	Erlanger	859.359.4500 (Men)
Brighton Recovery Center	Florence	859.292.9390 (Women)
Residential Treatment Center (WRAP, Droege, York Street)	Erlanger	859.491.4435

WHO TO CONTACT

NORTHERN KENTUCKY INTERGROUP

1545 SCOTT STREET

COVINGTON, KY 41011

(859) 491-7181

OFFICE HOURS: 10-5 (M, T, TH, F) 12-7 (W) +24 HOUR HOTLINE

EMAIL: MANAGER@NKYAA.INFO

WEBPAGE: [HTTP://NKYAA.INFO](http://NKYAA.INFO)

DCMs AND MONETARY DISTRIBUTION ADDRESSES:

DISTRICT 6 TREASURER, PO BOX 18731, ERLANGER, KY 41018

DISTRICT 18 TREASURER, PO BOX 721874, NEWPORT, KY 41072

DISTRICT 35 TREASURER, PO BOX 15462, LATONIA, KY 41015

DISTRICT 32 TREASURER, PO BOX 1585, FLORENCE, KY 41022

Area 26 Treasurer, P.O. Box 50542, Bowling Green, KY 42102

AA WORLDWIDE, PO BOX 459, GRAND CENTRAL STATION, NEW YORK, NY 10163

DISTRICT MEETINGS:

DISTRICT 6—1ST WED., LAKESIDE PRESBYTERIAN CHURCH, 6:30 PM

DISTRICT 18—1ST THURS., 1ST PRESBY CHURCH, 220 S. FT. THOMAS AVE, 6:00 PM

DISTRICT 32—1ST MONDAY, ST. ELIZABETH FLORENCE CONF ROOM- LOWER LEVEL, 6:00 PM

DISTRICT 35 - 2ND WEDNESDAY, 1545 SCOTT BLVD, COVINGTON, KY 6:00 PM

IF ANY OF THIS INFORMATION IS FOUND TO BE OUTDATED OR INCORRECT, PLEASE EMAIL
CORRECTIONS TO NKYMESSAGE@YAHOO.COM

Northern Kentucky Intergroup Meetings

3rd Wednesday at 6:00 pm, Central Office, 1545 Scott Street, Covington, KY
Send a representative (IGR) from your home group. Tell us what's new! Share what's happening at your meetings.

Be Smart, See Your Part

It's almost funny now to think about how many times and how many ways I could/would shift the blame for anything and everything to someone or something else. That false sense of superiority about myself always allowed me to be able to blame the world and not myself. It became a habit that was hard to recognize and harder to break. The worst part is the ease with which I could lie to myself.

I have gone through 2 iterations of Steps 4 & 5. The first time through I was still in so much denial that I could just barely see my part. Unfortunately, I could still justify my actions. Yes, I was wrong, but.. It took another, deeper look at my past to open my eyes and truly look at the fourth column.

That was difficult, but the real challenge is to be able to continue to look at my thoughts and actions and recognize that in a small way I am still partially blaming others when they just have a different view of things.

Example: Someone cuts me off in traffic. I get upset feeling that I'm going fast enough and that person is threatening my driving skills or ability. Reality: That person is in a hurry and has no thoughts what so ever about me personally.

Example: My wife leaves dirty dishes on top of the dishwasher. I get upset feeling that this requires 2 separate actions instead of 1. First to bring dirty dishes and place on top of the dishwasher and second to return and place same dirty dishes in the dishwasher. Reality: I must accept that it's not wrong to accomplish her way, just different. There can be 2 right ways to accomplish a task. What a novel idea!

There are so many things that occur each and every day that I find "somewhat" unacceptable. I must accept and love all of God's children exactly where they are and not judge them. They (as I) are doing the best they can at that moment. Just because I would do it differently does not make me right and them wrong.

One of our members (Tony D) passes out stickers that say **IT'S NOT THEM**. I put one of these stickers in my house where I can see it everyday. This helps for awhile.

PS: My wife thinks I should glue a sticker to the inside of my glasses facing my eye. Interesting theory.

-Mick S., Hardrock Group

Is my House in Order ?

Throughout the Big Book of Alcoholics Anonymous, Bill W. made a number of construction references which eventually lead to the building of an archway. The archway to freedom is complete after finishing the fifth step.

The Bedrock: We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built. (Twelve & Twelve, 21:3)

The Foundation: It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. I saw that growth could start from that point. Upon a foundation of complete willingness I might build what I saw in my friend. Would I have it? Of course I would! (BB 12:4)

The Cement: The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined. The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism. (BB 17:2, 17:3)

The Cornerstone: We needed to ask ourselves but one short question. Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built. (BB 47:2)

The Keystone: This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are his agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom. (BB 62:3)

The Foundation Stone: Helping others is the foundation stone of your recovery. A kindly act once in a while isn't enough. You have to act the Good Samaritan every day, if need be. (BB 97:1)

The Path to Freedom: Taking this book down from our shelf we turn to the page which contains the twelve steps. Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar without sand? (BB 75:3)

-Author Unknown

If the shoe fits wear it. If it doesn't, don't force it on.

These are the words I heard at my DUI bootcamp. It was in the late 80's and I got the DUI from a nice officer from Green Township. The equally nice judge gave me a 3 day vacation at a resort known as Drake hospital along with another 50 or so other offenders.

Included at this resort was alcohol education classes. Being the extremely intelligent super brain that I was, I took the earlier mentioned shoe and stuffed it in my ear. What a gift it would have been if I had gotten sober then as opposed to the 20 years later. But I wasn't ready and had to do some more research.

My research took me to many bars, some somewhat upscale and some disease ridden. They were located in several countries and included a good cross section of society. They could have a dress code or smell like the elephant house at the zoo. The one thing they had in common was they provided me with the potion that allowed me to escape from reality.

During my research, which by the way cost me thousands of dollars, I knew something wasn't right with my control of drinking. Hell, there wasn't any control. Why could some people have just a couple of drinks and stop when I couldn't? Why was I blacking out and not remembering the night before and where my car was? And why were bad things happening to me during and after drinking and almost never happened when I wasn't? I know what to do. Let's blame something or someone else!

So off I'd go to a counselor. It's probably my wife's fault! Maybe if she'd drink with me I wouldn't drink so much. Or maybe it was my upbringing. Everyone drank in my family. I'll blame them too. Oh yea, and what about the coworkers? Ex-wife? Stress? Global warming? You get the idea.

Why don't I outsmart it? Reading tons of books. Remember the one on controlling ones drinking? That was a good one. Or maybe one of the tapes that for \$29.95 this dude will tell you how he controlled his drinking. Or maybe studying how alcohol physically works on your body to deliver the buzz?

After all this research I came to one conclusion. Attention Dumbass! You are an Alcoholic! Your friends are alcoholics. Your family is full of alcoholics you are one too! And the sooner you accept it and get off your fat ass to do something about it you will continue to suffer the consequences. So what will it be Einstein?

Humility is a tough subject for me. I've read that it means accepting reality- for God didn't make us perfect. It's up to us to accept what we are, warts and all.

And as a great philosopher named Popeye once said, I yam what I yam.

-Tim L

11:05 AM
04/16/23
Cash Basis

Northern KY Central Office
Balance Sheet
As of March 31, 2023

	Mar 31, 23
ASSETS	
Current Assets	
Checking/Savings	
10000 · Petty Cash	111.00
10200 · US BANK OPERATIONS	11,371.47
10300 · US BANK CORRECTIONS	1,944.94
10400 · U S Bank PRUDENT RESERVE	8,000.70
Total Checking/Savings	21,428.11
Accounts Receivable	
11000 · Accounts Receivable	665.69
Total Accounts Receivable	665.69
Other Current Assets	
12000 · Inventory- LITERATURE	22,695.67
12002 · Inventory- GRAPEVINE	619.79
12050 · Inventory- WHERE & WHEN	191.55
12070 · Inventory- COINS	4,146.45
Total Other Current Assets	27,653.46
Total Current Assets	49,747.26
TOTAL ASSETS	49,747.26
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	
20000 · Accounts Payable	6,938.66
Total Accounts Payable	6,938.66
Total Current Liabilities	6,938.66
Total Liabilities	6,938.66
Equity	
32000 · Unrestricted Net Assets	6,250.09
39004 · Beginning Balance Equity	6,273.68
39005 · Retained Earnings	29,533.98
Net Income	750.85
Total Equity	42,808.60
TOTAL LIABILITIES & EQUITY	49,747.26

Meeting changes/updates/need support:

Walton Hillbilly has changed meeting start time to 7 pm on Saturdays.

Women's Emotional Sobriety now meets at Lakeside Presbyterian Church, Lakeside Park, 7 pm Friday nights in the Preschool room

Thursday Night Taylor Mill Group needs support. Taylor Mill Methodist Church, 5160 Taylor Mill Road. 7:30 every Thursday. First & Third week speaker meeting; all others open discussion.

Effective April 1, 2023, the Alano Club in Florence went non-smoking. The Club could use support. Stop by!

Anniversaries! March and April

Congratulations to all who celebrated anniversaries in the last two months. Below are a few who chose to be recognized in this issue. Please let us know of any **May or June** anniversaries and we'll add them in the next edition.

Submit anniversaries to nkymessage@yahoo.com.

March**Hardrock**

Ryan M., 7 yrs.

On Awakening

Erica J., 3 yrs.

April**Happy Joyous & Free**

Janet C., 40 yrs.

On Awakening

Mike N., 6 yrs.

THE MESSAGE format change Complete!

Effective immediately, The Message has moved to an online format which can be accessed through Intergroup's page at www.nkyaa.info/news. Those who still wish to receive it in print are asked to contact Mick S. at 859-609-0433 or mick3131us@yahoo.com.

Arrangements will be made to continue to send it via US mail for those who prefer the print version.

Intergroup Service Opportunities

Our central office web site is undergoing an update. Please have your group check to see if your meeting is listed accurately. If it is not, please contact Josh B. at 859-380-6831 or Jshbutts7@gmail.com as soon as possible with the correct information.

Does your group have an intergroup representative? Does your rep attend the monthly meeting? Intergroup reps from our groups meet the third Wednesday of each month from 6-7 pm at NKy central office, 1545 Scott St., Covington, Ky. If you have questions, please contact Josh B. at 859-380-6831 or Jshbutts7@gmail.com.

Events

April 29, 2023—Sponsorship Workshop presented by District 32. Grace Episcopal Church, 7111 Price Pike, Florence. Donuts & Coffee @ 9 am, Lunch @ noon.

June 3, 2023—NKY State AA Convention Committee Summer Picnic. Lincoln Ridge Park, 420 Independence Station Road, Shelter 2.

June 4, 2023—39th Annual Gratitude Breakfast sponsored by Cincinnati Area Intergroup @ Oasis, <https://aacincinnati.org/wp-content/uploads/2022/12/06-04-2023-Gratitude-Breakfast.pdf>

June 17—13th Annual Pig Roast sponsored by Oldies But Goodies. Memorial Park, Independence, KY, 1-7 pm. Lead TBA. \$5 per person. More info, contact OJ at orvillewilson1@yahoo.com.

August 11-13, 2023 Rule 62, Holiday Inn Airport, Erlanger, KY, Registration \$25 in advance or \$30 at the door. <https://rule62.eventsmart.com/events/rule-62-2023>. For more information contact Sonya S, 513.913.0357 or Michelle S. 513.680.4220.

August 25-27, 51st Annual SEIG Fall Conference, Clifty Falls State Park, Madison, IN. <https://www.seigaa.org/events>.

October 13-15, Fellowship by the Falls, Cumberland Falls State Resort Park. For more information and to register, visit fellowshipbythefallswithjoyandlaughter.com.

Save the Date:

February 16-18, 2024 Kentucky AA State convention, The Clarion, Lexington, 1950 Newtown Pike. Register online at www.kyaa2024.com. Early Registration \$25 until 12/31/23. For more information contact Samantha 859.490.0472 or kentuckyaacon2024@gmail.com.

The Central Office Mission Statement

The Central Office of Northern Kentucky, in partnership among AA groups in the community, has as its primary purpose: To assist these groups in their common purpose of carrying the AA message to the alcoholic who still suffers.

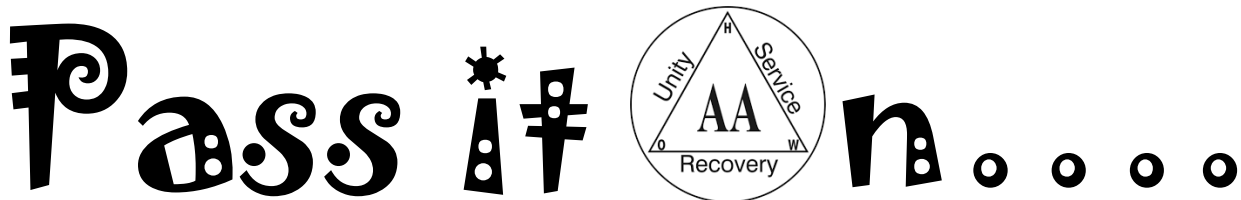
As a means toward accomplishing this end we receive, distribute and follow-up 12-step calls, answer inquiries about AA and cooperate with local public information committees. The Central Office also maintains information about local hospitals and recovery facilities for alcoholics. We make available local AA meeting directories and a newsletter. We also order, sell and distribute AA literature.

What does Central Office do?

- Aids the family members of suffering alcoholics by telling them of Al-anon and providing a meeting schedule for them.
- Easy access to literature, coins and AA approved books at reasonable prices.
- Office is available for meetings during the day and evening hours.
- Updates to *Where and When* kept current and published at least four times annually.
- Inform groups and AA members about upcoming event dates and times.
- Keep current and updated web page for information on meetings and events in our local area.
- Prints flyers for groups' local events at a discounted rate.
- Aids in organizing fundraiser for correction committee.
- Supports districts, groups, and members with information in regards to establishing registered groups and home groups.
- Provides out of town or visiting AA members with current information regarding meeting dates and times.
- Provides an open door for information to homeless and passersby about a solution to their problem with alcohol.
- A person (not a recording) answers the phone to provide information to the suffering alcoholic, family members, and other AA members regarding a solution 24 hours a day.
- Assists with The Message (local newsletter) by copying all pages for distribution.
- Provides location for library of historical AA literature.

Next Intergroup Meetings—May 17, June 21

We hope you've found this edition of The Message enjoyable, informative and insightful. As we are called to do in AA, please



Faithful Fivers

What is a 'faithful fiver?'

A Faithful Fiver is a member of Alcoholics Anonymous who voluntarily participates to contribute a minimum of \$5 each month toward the support of their Central Office, assisting its efforts of carrying the message.

The idea of Faithful Fivers is based on the fact that many of us wasted many times this amount of money each month during our drinking careers.

It is the Faithful Fivers that can assist in getting the Central Office of Northern Kentucky over the hump each month instead of wondering how we are going to meet our financial obligations. The contributions are also tax deductible.

Rule 62—Don't take yourself so damn serious!

I was addicted to soap once.
Now I'm clean.

There is no point in going to an acupuncturist, if you don't pin your hopes on him for full recovery.

My wife traumatically ripped the blankets off me last night.
But I will recover.

I used to be addicted to Thanksgiving leftovers.
I had to quit cold turkey.

I used to be addicted to time travel.
But that's all in the past now.

Two men were drinking and driving. And a cop pulled them over. Before the cop approaches the window, the passenger tells the driver, "I've got an idea! Hurry! Take the label off of your beer bottle and stick it on your forehead. Trust me."

So the driver complied. And when the officers approached the window, he shined his flashlight straight at the two men. "Hello! Have you two been drinking?"

"No sireee, Mr. Officer," the passenger replied with slurred speech, "In fact, we just got out of an AA meeting. As you can see, my friend here is on the patch."

THE MESSAGE
April, 2023
IT'S NOT THEM!

Non-Profit
Organization
US Postage PAID
Permit 913
Covington, KY

N.KY Steering Comm
1545 Scott St FL1
Covington, KY 41011