

THE MESSAGE

APRIL 2022

Spiritual Awakenings

Awakening to God

I had stepped away from God and prayer many years before I got sober, and at the end of my drinking I believed that God was there for everyone but me. It wasn't until I began building sobriety one day at a time and working the steps (especially the third one) that I realized that even though I had turned my back on God, prayer and anything related to either, God had never given up on me.

When I truly understood that God is the reason I willingly brought my sorry self to AA and that He had forgiven me for the mess I had made out of my life, I knew I needed to refill my spiritual cup. I had no idea how to start on that spiritual part of my new journey.

I was told early on that prayer and meditation are absolutely necessary in long-term sobriety. I know now that they keep my thoughts and energies in the here and now and allow me to understand what I can and can't control in the present.

I had to start easy, and that worked for me. I had no idea how to pray. The only prayers I knew were the ones I had to memorize as a child. I could recite them as well as anyone, but they were not coming from my heart. So I took a different approach, and thus began my conversations with God.

I tell Him anything and everything that is on my heart, even though He already knows. I ask daily for His guidance, because I already proved that I do better with a travel companion. This helps me to stay connected to my higher power throughout each and every day, no matter what kind of day I'm having. I thank Him multiple times a day for being with me, and sometimes for the silliest things such as finding a close parking spot when my knees are hurting.

Every sober day for me is a new opportunity for growth and to be of maximum service to God and others. I try to the best of my ability to remain teachable (as suggested by my first sponsor), and am perpetually seeking to improve. I keep coming back to God and AA for more.

-Gail C., Hebron Tuesday Night group

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Let go
and
let
God



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 to Co-Editors Gail C. and Rhonda O. at
nkymessage@yahoo.com.

Enjoy reading and please pass it on!

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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

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COVINGTON, KY 41011

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

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DCMS AND MONETARY DISTRIBUTION ADDRESSES:

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

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

DISTRICT 30 TREASURER, 137 SECCOND STREET, FLEMINGSBURG, KY 41041

District 35 Treasurer, PO Box 15462, Latonia, Ky 41015

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

Area 26 Treasurer, PO Box 18782, Erlanger, KY 41018

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 30—2ND THURS., HUNTER HOUSE, MAYSVILLE, 8:00

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 NKYMESAGE@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.

12th Step Promises

Will I ever get more of a “spiritual awakening” if I am not first “deflated at depth?” “Someone who knew what he was talking about once remarked that pain was the touchstone of all spiritual progress.” (12 & 12, p. 93) I do well for a while, then I mess up. I hurt the people I love, I fall back into old lazy and undisciplined habits, and I pick at the scabs of resentments and imagined injuries. One day I’m feeling like an enlightened saint; the next day I look in the mirror and see a criminal and a madman. Why can’t I control my emotions and consistently do the good I want to do?

The 12th Step promises that I will “tap into an unsuspected inner resource” (BB, p. 567) and that, if I lean on a Higher Power, I will “now become able to do, feel, and believe that which I could not do before on my unaided strength and resources alone.” (12 & 12, p. 106)

Recently someone close to me made a suicide attempt. It was gut-wrenching to get that call. Though they got to the hospital in time and had great doctors, I could not let go of my fear. I so badly wanted to fix everything – but I couldn’t. Waking up at 2 AM night after night worrying about my loved one in such a dark space, a small “spiritual awakening” was simply to put all the pain in the care of Someone or Something bigger than me. Saying those prayers also kept me from interfering in the situation, trying to control things, or giving unwanted advice. Painful, but it taught me more about “matching adversity with serenity.”

Similarly, I have had a number of strained relationships over the past months. The 12th Step reminds me that I need to do the other steps – especially inventory and amends – as a tangible way to “tap into that inner resource.” I have to clean my side of the street and put effort into repairing the damage. Only then can my Higher Power bring about healing and forgiveness and reconciliation.

“God does for us what we can’t do for ourselves” – but God won’t do for me what I can actually do for myself. I continually have to pick myself up again after falling and get “into action.”

-Kevin P., Northside Wednesday Night Group

Sometimes Quickly, Sometimes Slowly

This phrase is often spoken at the beginning of meetings as part of How it Works. In my case from a spiritual sense, it was definitely “sometimes slowly.” I didn’t want to come to your stinking meetings. I didn’t see the point and I was pretty sure I wasn’t an alcoholic. The phrase that got me was “Keep Coming Back.” I went to meetings just to keep people off my backside, not to hear a solution. It’s difficult to be willing to hear anything when you believe you already know everything and you’re angry at the world.

My spiritual experience came in phases. The Big Book talks about the term “WHO” which stands for Willingness, Honesty and Open-mindedness. After coming to meetings for a while, I became somewhat willing to hear some things at meetings. The best was prayer. Asking God in the morning to help keep me sober one day at a time and reviewing my day in the evening was my beginning. That along with working the first three steps started my relationship with my Higher Power. I heard early on that the catch phrase for these three steps is “I can’t, He can, I think I’ll let Him.”

During that time, I went to the 10 am Sunday Morning Breakfast meetings in Newport with two other alcoholics. We would go to this smoke-filled attic lead meeting and on the way back to Kenton County discuss what we heard. One Sunday the speaker gave my lead. He said exactly what I needed to hear and allowed me for the first time to honestly admit (100%) that I was an alcoholic. That opened the door to admit that maybe, just maybe, there were other things in my life that I was not honest about.

From there, I could now work the rest of the 12 Steps and try to practice these principals in all my affairs. Step 9 was enormously difficult for me since I had never in my life admitted that I was responsible for being wrong. My errors in judgment (screw-ups) were always someone else’s problem. The open-mindedness part allowed me to admit that I tried to not be responsible for anything. It was great to live your life as a 12-year-old and opt out of all responsibilities. Hopefully I’m better at this, but to this day I still have to work at admitting my part and be responsible for my actions.

Spiritual growth is an on-going responsibility that I take seriously through prayer and meditation. Dr. Seuss says “Today you are you, that is truer than true. There is no one alive who is youer than you.”

So with God and Dr. Seuss’ help, I try to keep myself willing, honest and open-minded.

-Mick S., Hardrock

Out of Sick Days

When working, I had so many sick days a year at my work. When I hit my bottom, I believe I ran out of sick days as alcohol quit working. In forward to the first addition it says, "Many do not comprehend that the alcoholic is a very sick person."

In chemistry class, you have a mixture and a solution. In a mixture when two liquids are stirred, they stay that way. In a solution the two will mix, but when left alone the two liquids will separate. I was a mixture when I came to AA. I had the mind of a chronic alcoholic. I would do absurd, incredible things while drinking. A real Dr. Jekyll and Mr. Hyde, as the book says. Insanity.

If you want to get over it, you may already be asking, "What do I have to do?" The huge emotional displacements and rearrangements of ideas, emotions and attitudes which were the guiding forces of our lives suddenly cast to one side and a completely new set of conceptions and motives begin to dominate them.

You told me it happens through a vital spiritual experience. Not in the religious sense or bolt of light but of the educational variety as when I heard the word God and the basket passed around. My first thought was here we go again.

They told me that we have no desire to convince anyone that there is only one way by which faith can be acquired. I needed to be willing and honest.

I needed to find a solution. If I don't drink I begin to separate myself from alcohol. I need to become a member of AA. The solution is the steps.

The book tells us that we are people that would not ordinarily mix. I would think it was true when we were drinking. In AA the exact opposite happens in that personal recovery depends upon AA unity. The solution (steps) to my problems keeps me from becoming a mixture again. You can be a mixture. Quit using the stirring stick (self will). Become a solution. Let you and alcohol separate. I say become a solution. Let God stir things in your life.

-Mark L., the Florida Flounder

4:47 PM
02/16/22
Cash Basis

Northern KY Central Office
Profit & Loss
January 2022

	Jan 22
Ordinary Income/Expense	
Income	
40000 · Sales- LITERATURE	757.85
40050 · Sales- WHERE & WHEN	24.00
40070 · Sales- COINS	614.00
40400 · Sales- THE MESSAGE NEWSLETTER	20.00
41400 · Contributions- GROUP CONTRIB	1,677.90
41500 · Contributions- INDIVIDUAL	2.75
Total Income	3,096.50
Cost of Goods Sold	
50000 · Cost of Sales- LITERATURE	593.22
50050 · Cost of Sales- WHERE & WHEN	15.68
50070 · Cost of Sales- COINS	259.51
57500 · Cost of Sales- FREIGHT	9.54
Total COGS	877.95
Gross Profit	2,218.55
Expense	
60000 · Computer Expense	18.00
60200 · Insurance- Office	-25.03
60800 · Credit Card Processing Fees	9.06
66001 · Payroll Expenses	840.00
66500 · Telephone/Internet Expense	159.07
66900 · Reconciliation Discrepancies	28.84
67400 · Rent- Office	750.00
67600 · Utilities- Electric	167.70
Total Expense	1,947.64
Net Ordinary Income	270.91
Net Income	270.91

Anniversaries! February / March

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 **April or May** anniversaries and we'll add them in the next edition.

JANUARY

On Awakening

Teresa S., 24 yrs.

Joel M., 2 yrs.

Hardrock

Allison M., 9 yrs.

On Awakening

Mark H., 32 yrs.

FEBRUARY

Grandview Group

Ray B., 17 yrs.

3L Group

Mandy N., 10 yrs.

The Phoenix Group

Hannah H., 7 yrs.

Oldies But Goodies

Shawn B., 1 yr.

MARCH

Women's Emotional Sobriety

Paula O., 18 yrs.

Grandview Group

Blaise H., 11 yrs.

Brad E., 11 yrs.

Hardrock

Ryan M., 6 yrs.

On Awakening

Dan Z., 9 yrs.

Dale, 2 yrs.

Erica J., 2 yrs.

Oldies But Goodies

OJ W., 11 yrs.

World Famous Florence

Chelsea T., 10 yrs.

Spiritual Dropout

Judy N., 30 yrs.

Local Face to Face Meetings

Information believed to be accurate but not guaranteed

DAILY

7a 10:30a Noon 4:30 or 5:30p 7p Oak St
7:00p Grateful Life Center for men
10a Mon-Fri, Island of Misfit Toys, 1607 Eastern

MONDAY

4:00p Design for Living, Lakeside Presbyterian
7:00p Destiny Care Group Newport Pool
7:00p Hard Rock Immanuel Methodist Lakeside Park
7:00p NKY Central Office, Women's Meeting
7:00p 3L Group, Grace Baptist Church
8:00p 1607 Eastern

TUESDAY

6:15p President's Park Edgewood - Adam's Shelter
7:00p Countless Vein Attempts Covington
7:30p Immanuel Methodist Parkside step mtg - Inside

WEDNESDAY

700p Latonia 11th Step, Latonia Baptist Fellowship Hall - Open Leads
7:30p 1607 Eastern Ave Covington
7:30p Vineyard Christian Church

THURSDAY

7:30p Oldies but Goodies St. Ann's West Covington
7:30p Taylor Mill Methodist - inside

FRIDAY

Noon Taylor Mill Methodist - inside
2:30p Spiritual Axiom 12&12, 1607 Eastern
7:00 Spiritual Sobriety Group, Generations Church - no childcare
7:00p Women's Emotional Sobriety, Lakeside Presbyterian, Barnabus Room
7:30p Grandview Crescent Springs Presbyterian - inside
7:30p World Famous Florence, Lakeside Presbyterian

SATURDAY

7:30a New Reality Church - Life Recovery Center
7137 Manderlay Florence
7:30p Mt Washington Open Lead - Mt. W Baptist Church
9:30a Immanuel Methodist Lakeside Park

SUNDAY

7:30a 1607 Eastern Ave Covington
9:00a 1607 Eastern Ave - 11th Step group
5:00p Sunday Serenity Latonia Baptist Fellowship Hall

OnLine and Face to Face Meetings can be located at www.aacincinnati.org or Download the Android or Iphone App 'Meeting Guide' for updated information

Upcoming Events

Eat & Meet, May 2, After the Shipwreck group, St. Paul's United Church of Christ, 1 Churchill Dr, Fort Thomas, KY. Eat at 6 pm, speaker (TBD) at 7 pm. Bring a side dish to share. Any questions, contact Josh B. at 859-380-6831 or Jshbutts7@gmail.com

12th Annual Pig Roast, June 18, sponsored by Oldies But Goodies. Memorial Park, Independence KY, 1-7 pm, \$5/person. Lead TBA. For more info, contact O.J. Wilson orvillewilson1@yahoo.com.

11th Annual NKY Music Festival, Sept. 10, sponsored by Oldies But Goodies. Devou Park, Covington, KY, 12-8pm. Free. For more info, contact O.J. Wilson at orvillewilson1@yahoo.com.

Intergroup Service Opportunities

Intergroup is looking for people to help with the prepping of The Message for distribution. This would be six times a year. If interested, contact Mick S. at 859-609-0433 or mick3131us@yahoo.com.

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.

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—April 13 & May 11, 2022

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

Pass **i**f  **n**

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.

The Message Subscription Form

Subscriptions are \$5 and are anonymous in delivery format (folded and stapled). Subscription is for a 1-year subscription (6 issues). Send form below with \$5 or a check made payable to:

N. KY Intergroup, 1545 Scott Street, 1st Fl., Covington, KY 41011

Name: _____

Address: _____

City, State, Zip: _____

Circle One: New Subscription Renewal

THE MESSAGE

April, 2022



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