

NORTHERN KENTUCKY INTERGROUP

THE MESSAGE

DECEMBER, 2022
ONE DAY AT A TIME

The 24-Hour Plan

How many times while still drinking, disgusted with myself, did I go through the house and pour out all the booze I had stashed away? How many times did I swear I was done for good? But inevitably I'd soon start to come unglued and scramble off to the store to replace what I'd just poured down the drain. I stopped many times – but I couldn't "stay stopped."

"Personally, I take the attitude that I intend never to drink again. This is somewhat different from saying, 'I will never drink again.' The latter attitude sometimes gets people in trouble... It is too much an act of will and leaves us too little room for the idea that God will release us from the drink obsession provided we follow the A.A. program." (As Bill Sees It, 16)

All I have are these 24 hours. I can't "get perfect by Thursday," as Bill W. used to say. The old-timers told me I could "play a trick on my mind." If it was 2 o'clock, I could say, "Help me, God, not to drink until 3... If I still feel this awful, I'll take a drink then." Who knows why this works? But it does – an hour at a time, sometimes 5 minutes at a time.

This works with emotional pain, too. I can hit a terrible spell of being "psychologically bombarded," as my sponsor calls it. A layoff at work, my child critically ill, the death of a loved one, a bad diagnosis from my doctor – tragedies and adversity will come. I get in trouble if I try to be an AA saint and pretend "I'm fine."

"In short, the 'all or nothing' attitude is a most destructive one. It is best to begin with whatever the irreducible minimums of activity are. Then work for an enlargement of these -- day by day. Don't be disconcerted by setbacks -- just start over." (As Bill Sees It, 308)

I can always start the day over, no matter how badly I've screwed things up or how miserable I feel. I have a Higher Power now, a "way out" of alcoholism, and my AA companions on the road. I don't have to do it alone any more.

"Anyone can carry their burden, however heavy, until nightfall. Anyone can do their work, however hard, for one day. Anyone can live sweetly, patiently, lovingly, purely, until the sun goes down. And this is all that life really means." (Robert Louis Stevenson)

-Kevin P.

Northside Tuesday Night Group

INSIDE THIS ISSUE:

IN THE MOMENT	4
12 THINGS I LOVE ABOUT BEING SOBER	4
SOBER HOLIDAYS	5



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

The 24 hour Plan, Kevin P... ..	Page 1
In the Moment, Mick S.....	Page 4
12 Things I Love About Being Sober.....	Page 4
Sober Holidays, Tim L.	Page 5

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 30 TREASURER, 137 SECOND 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, Area 26, P.O. Box 50542, Bowling Green, KY 42102-3742

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 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.

In The Moment

The famous statement that says “You don’t know what you don’t know, until you know” is on point when you examine the thought – Living One Day at a Time”. Of course, you only live one day at a time since that’s all anyone really has but do you really? Before sobriety, I spent an enormous amount of time and energy analyzing the mistakes and mis-queues from yesterday while also planning (scheming) my butt off trying to ensure that I would do better in the future. Yes, I am guilty of over thinking everything. But if I over think the past and the future, I leave no time for the present. I once had a gentleman ask (before sobriety) if I had a bucket list and if yes, what was on it. I told him that the only thing on my list was to learn how to fly an airplane. He replied quickly and emphatically “No, you shouldn’t do that, you are always planning the next step (process) and can’t stay in the moment.” When flying, you need to stay in this moment and not any other.

Well, needless to say I was upset with his answer but now being sober, I realize that he was correct. One of the true gifts from sobriety is the opportunity to be present in this moment. With that gift, you can actually listen to someone without thinking about your reply. Just listen and try not to solve.

At a meeting this morning they asked “What makes a successful day?” Sure, not drinking today makes that day a success but more than that, a successful day is when I can be present and helpful to those around me. When I can stop thinking about me and remember that God’s plan for me today is to be of service to my fellow humans. Even this morning when the topic was announced, I started to plan my response and then alter it while others were speaking. That’s fine, as long as I listen to those at the meeting since, whether they know it or not, they are the voices that will help keep me sober and useful today.

PS: I don’t have to worry about keeping sober tomorrow, Just today!

-Mick S., Hardrock Group

THE 12 THINGS I ABSOLUTELY LOVE ABOUT BEING SOBER

Sometimes I feel like sobriety’s Andy Rooney – the ironic, curmudgeon of the blogging set, pointing out the pitfalls and snafus that no one else will tell the world about quitting drinking. I have been known to sniff at the sophomoric crowing of those who extoll the benefits of living clean and sober. As if, like that other killjoy Groucho Marx, I do not want to join any club substandard enough to have me as a member.

Then two weeks ago, something really horrible happened. Someone I loved died unexpectedly and everyone else tiptoed around me, as if they thought it might be too much for me to take without going on a bender. It made me realize (like a cartoon POW!) that, sad and shocked as I was, I did not even think about drinking. Not once.

Which *got* me thinking, that after two years and three months of sobriety, so many aspects of my life have changed for the better, it is time to join the ranks of the blissfully temperate and tell you (without even a smidgen of sarcasm) what I love about my life now that I have put away the wine for good.

I am an alcoholic. At the end of my tenure as a drinker I was consuming three bottles of Chardonnay a day (sometimes more), and it controlled my life like a demanding stage mother – orchestrating every move and making inappropriate demands on my time and talent.

Three months ago I hit the benchmark called “Advanced Recovery” and suddenly things began to fall into place like they did not do in the early days of my sobriety. I do not mean to say it takes that long for everyone (I have always been a late bloomer), but for me the two year point marked the end of my resistance and the beginning of my overwhelming gratefulness.

-Cont’d on page 6

Sober Holidays

When I first got sober several years ago I had many of the same feelings that many of my sober friends have. Did I overreact? How am I going to enjoy life without alcohol? What will my friends and family think when I refuse a drink? Just how in the hell am I going to enjoy vacations, Christmas and New Years? So here I am in January of 2009 and I'm worried about partying in December. Typical alcoholic.

So here I was in my newly sober pity party when one of those stupid (or so I thought at the time) slogans resonated in my mind. One day at a time. So I thought, hey dumbass-listen to the slogan. So I did, and it helped most definitely in the short term of new sobriety.

I'm now going to answer the earlier questions starting with whether or not I overreacted. I was a binge drunk and didn't have to drink everyday to wreak havoc on my life or my family's. But not drinking everyday helped the committee in my mind justify my not coming to AA sooner. The last blackout sufficiently scared me to my first meeting. No I didn't overreact. I reacted to the reality that I am an Alcoholic,

As far as what my friends and family think was quite easy really. Some members of my family should be in the rooms with me and the ones that thought I didn't belong in AA were only afraid of their own issues and not owning up to them. Not my problem. The hard drinking friends are no longer my friends since when I quit drinking they didn't want anything to do with me and me with them. They are so annoying drunk-I can't believe I behaved like that but my wife tells me I was their leader.

The more recent Christmas, vacations and holidays remind me of when I was much younger. Being able to enjoy friends and family without hangovers and remorse is truly a miracle for me. I so don't miss the arguments with my wife that accompanied my being drunk on these events. Having fun now is sharing a meal and a cup of coffee and having a conversation that I can remember. I'm not spending all of my money and risking everything that that we've worked so hard for my own selfish needs.

So when you see those glamorous commercials with the beautiful people toasting champagne, drinking expensive liquors and drinking the latest fad on beers just play the tape forward. We will never see the commercials on the after effects such as hangovers, arguments with family, wrecked cars and lives and jails. But we sure as hell lived it. Haven't we?

-Tim L

recovery

[ri'-k(æ)v-ri'] *noun*

- a. An act or process of recovering.
- b. The restoration of something that was lost.
- c. The most important decision you will ever make.

Cont'd from Page 4

The 12 Things I ADORE About Being Sober:

1. **The Mornings:** My very favorite thing about being sober is the way I feel when I open my eyes in the morning. I am well rested, I remember what I did the night before without a sense of dread, and I feel great. Tony the tiger “GREAT!” and ready to start a new day.
2. **My Memory:** I had gotten pretty good at faking it, but I couldn't remember *anything* in my late stage drinking days – I was like a sham fortune teller, watching for body language clues to help me figure out what I was supposed to have done or said.
3. **My Looks:** Everything about my appearance is better: my hair, nails and skin; the whites of my eyes; and I finally lost the “Freshman 15” of sobriety – the weight I gained because I treated myself to anything but booze, including a newfound weakness for party-packs of Charleston Chews and Debby Snack Cakes...
4. **The Length of the Day:** Drinking three bottles of wine takes *time*. I'd go to bed with a glass of wine on the bedside table like a security blanket and in the morning I'd lean over and drink the dregs – starting the vicious cycle of a new, bleak day with too little time to do anything else...
5. **The Night:** If it happened after seven o'clock at night, I was not there. I missed weddings and funerals and the milestones of loved ones because I was too drunk to get up and go. There is such great joy now in an evening walk, or a party or just looking up at the stars.
6. **The Freshness of My Emotions:** Remember when the Grinch feels his face and it's wet from crying and he's like, “What *is* this?” That's me. I spent so many years anesthetizing my feelings, I am as raw and emotional as a toddler, and it feels *amazing*.
7. **My Energy Level:** Drinking makes you sleepy and dumb. I have started working again (after a 20 year vacation) and I am shocked every day by how smart I am – how eager to learn new things and contribute, how energetic I feel.
8. **Sleeping and Eating:** I have had a lifetime of insomnia, constipation and bulimia – the trifecta of “women's complaints” that have GONE AWAY now that I am sober. I eat. I sleep eight hours. I poop. Yay.
9. **My Relationships:** I think alcohol makes a person shallow and self-absorbed. I feel myself reaching out now: being friendlier and caring more about others than about myself. I have rekindled some relationships that were negatively impacted by booze, and I have formed many new friendships with those in the recovery community.
10. **How I Cope With Stress, Sorrow or Disappointment:** I used to deal with all my emotional triggers (death, taxes, lost love, slights, hurt feelings) by pouring a drink or ten. The way I handled the death of my friend, is the best way to emphasize the change in my behavior toward emotional setbacks. I dealt with it. In the moment and full on.
11. **Community:** I hate the term, but I think I was a “dry drunk” for a while. I transferred my alcohol addiction to processed sugar and coffee, I isolated and pouted. One of the saving graces of my sobriety has been my foray into community – (I'll admit it) I sometimes force myself to get out, meet with friends, attend meetings and be a part of the world, and magically, I feel better.
12. **My Faith:** I danced with the devil for many, many years. This is not a metaphor – I actually tangoed with some really bad guys who took advantage of my vulnerability and my deep-seated insecurity. Last, but certainly not least, I have found solace and joy and strength in prayer.

Those of you who know me, do not be alarmed. I will not become one of those recovery advocates who bray the word “amazing” like a verbal tic, or smile too vacantly at a baby, or post photos with kittens and daisies and aphorisms like “Sober is the NICE way to be!” I promise I will not begin to use double exclamation points. I might even have a day when I want to talk about something that annoys me about my newly awakened senses...

But know this: I am a grateful, happy, joyfully tearful, fortunate, sober person. And I am feeling every one of those emotions in this minute as I write. Maybe, just maybe that deserves an exclamation point. Or two...

-Reprint from Recovery Connection

Author: Marilyn Spiller

Northern KY Central Office
Balance Sheet
As of October 31, 2022

	Oct 31, 22
ASSETS	
Current Assets	
Checking/Savings	
10000 · Petty Cash	130.00
10200 · US BANK OPERATIONS	9,942.11
10300 · US BANK CORRECTIONS	4,346.07
10400 · U S Bank PRUDENT RESERVE	8,000.40
Total Checking/Savings	22,418.58
Accounts Receivable	
11000 · Accounts Receivable	1,587.66
Total Accounts Receivable	1,587.66
Other Current Assets	
11500 · Undeposited Funds	115.50
12000 · Inventory- LITERATURE	12,353.29
12002 · Inventory- GRAPEVINE	630.78
12050 · Inventory- WHERE & WHEN	160.68
12070 · Inventory- COINS	3,648.09
Total Other Current Assets	16,908.34
Total Current Assets	40,914.58
TOTAL ASSETS	40,914.58
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	
20000 · Accounts Payable	-717.51
Total Accounts Payable	-717.51
Total Current Liabilities	-717.51
Total Liabilities	-717.51
Equity	
32000 · Unrestricted Net Assets	-258.96
39004 · Beginning Balance Equity	6,309.68
39005 · Retained Earnings	29,533.98
Net Income	6,047.39
Total Equity	41,632.09
TOTAL LIABILITIES & EQUITY	40,914.58

**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**

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

Anniversaries! October & November 2022

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 **December and January** anniversaries and we'll add them in the next edition.

Submit anniversaries to nkymessage@yahoo.com.

OCTOBER

Women's Emotional Sobriety

Tammy C., 35 yrs.

Dawn L. 7 yrs.

NOVEMBER

On Awakening

Scott R., 13 yrs.

THE MESSAGE format change in the works!

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

December 24, Alano Club Alcothon, Christmas Eve through the night every 2 hours. Club will resume regular schedule Christmas Day. Same schedule for meetings beginning New years Eve, and Karaoke in main room from 9—1ish.

December 24, 25 & 26, 32nd Annual Eastside Area Alcothon! Holiday Inn Eastgate, 4501 Eastgate Boulevard. Meetings every 90 minutes and consist of Big Book, 12 & 12, Discussion and Lead. First meeting begins at 12:01 am on December 14th and last meeting begins at 10:30 pm on December 26th.

January 7, 2023, 32nd Annual Chili Cook-Off. Cold Spring Baptist Church, 4410 Alexandria Pike. Fellowship: 5:30; Start Serving: 6:30; Lead will follow Dinner. Speaker: Sheena C. from Lexington, KY. \$10 cash or venmo at the door. All chili entered in contest must arrive by 5:30. No charge for chili cookers.

February 24-26, 2023, 71st Kentucky State AA Convention. Crowne Plaze Hotel, Louisville. \$25 early bird ends December 31. Speakers: Lyle P. - Atlanta, GA; Harold L. - St. Louis, MO; Tony J. - Columbus, MS; Jane L. - Tallahassee, FL; James L. - Tallahassee, FL; Corrie L. - Wetumpka, AL (AFG). More info at www.louisvillehostcommittee.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.

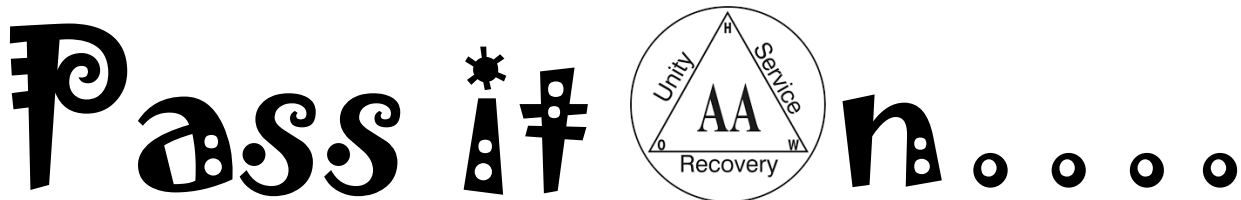
As a means toward accomplishing this end we receive, distribute and follow-up 12-step calls, answer inquiries about AA and cooperate with local public information committees. The Central Office also maintains information about local hospitals and recovery facilities for alcoholics. We make available 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—December 21, January 18

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.

"Yes, there is a substitute [for alcohol], and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you."

Once someone has gotten used to their sobriety, the freedom it brings can be truly life-changing. As the recovering person begins to grow beyond the old constraints of their addiction, they'll gradually realize all the ways they can find new happiness in life.

Much of this happiness will be found in relationships with other people and the world around us. *"We need to get out of ourselves,"* John says. *"We need to get involved and start participating in life. What that means is different for everyone, but we need to work up a support system and a program. And that program is all-inclusive. It's diet, it's exercise, it's prayer, it's meditation, it's giving back, it's receiving, and it's being able to ask for help."*

Finding new hobbies and interests that reflect who we are as individuals is also an important part of sober living. John continues, *"Maybe we take up playing the guitar again, or maybe we take up kayaking. Personally, I love being outdoors. Follow your heart. Because the disease wants to take the heart, too. We become everything we don't want to be. And then we get clean and sober, and we can go back to that innocence we had as a child."*

With time, practice and diligent 12-step work, a person in recovery will come to appreciate the freedom of sobriety for its own sake. As John Robertson says:

"Serenity and peace of mind is doing what I have to do because I want to. There's a freedom in that. There's a freedom in being able to say 'no' to a drink or a drug and not have to explain why. 'No, not today.' And that's enough."

THE MESSAGE
December, 2022

ODAT

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

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