

## NORTHERN KENTUCKY INTERGROUP

# THE MESSAGE

DECEMBER 2023

I came. I came to. I came to Believe.

### Christmas Miracle 2016

In June 2016 I returned to NKY from a seek and destroy myself mission that took me to the beautiful beaches of Florida, Houston, TX and darkest places of my soul. Squatting in my deceased mother's house, that was in the foreclosure process, I found the bottom of the bottle for the very first time.

While inside the walls of my mother's house I had electricity, shelter and 2 wi-fi signals that only existed inside that house. I roamed the neighborhood looking for the source to no avail. For 6 months I had everything necessary to spiral into the depths of misery and despair and I did just that.

By December, the few people I had left in my life were tired of watching me kill myself slowly and suggested that I enter a treatment program for alcoholism. Perhaps a hospital stay was necessary for me. Being the people pleasing man I am I took that suggestion and called a treatment center in Georgetown, KY and made arrangements for them to pick me up 2 days before Christmas 2016.

That morning a few hours before the van was scheduled to arrive I became nervous and scared. I was also out of booze, money, food and apparently options. Nevertheless I thought it best if I postpone my surrender till after that Christmas holiday, for who wants to be locked up in an asylum for Christmas?!?! How would Santa find me there to deliver my bourbon?

I grabbed my phone, which was only able to work while connected to the free God given wi-fi signals inside the house, but the signals were gone. In a panic I jumped from floor and threw off my sash desperately pacing the house to find the signal that had been readily available for months but was now MIA. Nothing.

Suddenly the electric heater shut off and the house went eerily silent. I peered out the window to find a Duke Energy truck pulling off the driveway. The jig was up and the electric had finally been disconnected. A car circled the cul-de-sac and a woman approached the mailbox, put something inside and drive off. When the coast was clear I retrieved the letter and it was a business card with a note that said: "Andy, call me I knew your mother and the house has been sold at the courthouse today."

Call her, how could I? I can't even cancel the order for a ride to rehab. What felt like a few short minutes later a white van pulled onto the driveway and gave a couple of honks.

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**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](mailto: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.

### 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](mailto: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 2407, JAMES FARLEY STATION, NY, NY 10116-2407

### 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](mailto: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.

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### **Christmas Miracle 2016**

I had 2 choices: 1. Go to treatment for Christmas. 2. Freeze to death for Christmas.

I guess I'll go to treatment for Christmas. Tho it was not my first or my last attempt at getting sober, it was indeed the beginning stage of a surrender that would produce the fruit that is my sober life of abundance I live today. Truly a miracle in every sense of the word.

I am reminded of that day every Christmas since and it's with gratitude and love that I thank the God of my understanding for that blessing.

God Bless us every one.

- Andrew M.

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### **Faith?**

When I came into AA, I was from a generation where most people had grown up within some type of religious environment. Today, researchers tell us that the majority of folks under 50 belong to the category of “nones” – that is, they were never exposed to religious practices in their family and have no set beliefs now as adults. We live in a “post-religion” culture and AA is not immune to that.

I had never gone fully over to agnosticism or atheism. I still believed in a Higher Power – but, as Bill said, “I couldn't let God into my life.” My faith, such as it was, had insufficient strength to help me out of my alcoholic unmanageability and chaos.

“Sometimes A.A. comes harder to those who have lost or rejected faith than to those who never had any faith at all, for they think they have tried faith and found it wanting.” (12 & 12, p.28)

My struggle was to align my behavior with my beliefs. My sponsor early on pointed out that I had been “a hypocrite” in my drinking – believing in a Higher Power while staying selfish and inflicting damage on others, through my anger and “reckless romancing.” How could I start acting on the values I professed?

AA helped me to find “a way out” that embraced both the Steps and a renewed appreciation for the religious heritage that had been passed onto me. Other alcoholics find everything they need in the fellowship and the 12 Steps of recovery. AA is a “big tent.” No one spiritual or religious practice is required.

There is less sharing in AA that has a bitter tone about early negative church experience. Fewer folks even go to church now. Yet we can help each other by telling our own stories of how some sort of “spiritual experience” has gotten and kept us sober. It never helped to hear someone bitterly describe being a “recovering Baptist or Catholic,” as if anyone who still attended religious services was ignorant and uneducated. Nor does it support anyone's recovery to impose my own beliefs. None of us gets or stays sober alone. We're walking on a journey together. “Love and tolerance is our code” – especially in these matters of faith.

-Kevin P.  
Northside Tuesday Night Group

## Morning Ritual

AA has some really good ideas about how to properly start your day. I agree with them but can't get myself mentally, physically or spiritually awake enough in the morning to accomplish them. For those of you who can hit your knees immediately upon awakening, I say, "God Bless You." You see, I'm getting old and my first thoughts are not about God but my body functions and aches.

I do believe that the important idea when starting your day is to create and prioritize some place and time in your morning routine that includes God. I don't think that God cares where, He just cares when. For me, once I've gone to the restroom, washed my hands and face and made a cup of coffee from our Keurig, I have a corner in the kitchen where I can lean against the counter, sip coffee and have my morning conversation with my God. I'm lucky enough that my wife sleeps in a little longer than me so this mono-mono is usually before she starts her day.

My morning prayer ritual is divided into 2 parts: the first is to thank God for this day (I believe in an attitude of gratitude.) Second is, I mentally go through a list of my family (AA and otherwise) and see if there is something I should add to my "Today List" for things they need. This could be anything from physical help, to prayers, and a phone call from me.

I then try to Stop, enjoy my coffee and listen to think if there is anything I missed that should be on my "Today List." I'm lucky enough to have heard Richard Rohr discuss meditation time and how he (and most everyone) will get thoughts about anything other than contemplation (meditation). He explained that this is normal and you should allow those thoughts to complete and then go back to meditating. It's okay that you think about you and what you want or what you're not getting or anything else as long as you don't stay there. God understands how difficult it is to stay focused.

-Mick S

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## Rule 62

Why did the coffee file a police report? It got mugged in rehab!

Recovery's like a broken pencil. Pointless? No, just needs a little sharpening.

Why did the tomato turn red? It saw the salad dressing in therapy!

"I'm on a whiskey diet. I've lost three days already!"

Why did the scarecrow win an award? He was outstanding in his rehab field!

"I told my therapist I broke up with my gym. We just weren't working out."

Why did the bicycle stand on its own? It was two-tired of addiction!

"I quit my addiction cold turkey. Now I'm just addicted to turkey."

Why did the computer keep freezing? It had too many open tabs in therapy!

"My therapist said I have a preoccupation with vengeance. We'll see about that!"

Why did the math book look sad? It had too many problems to recover from!

"I told my therapist I feel like a deck of cards. She said I should deal with it."

## **I Came. I Came to. I Came to Believe.**

### Understanding Step 2 of AA and Its Purpose in Your Recovery Process

“Came to believe that a Power greater than ourselves could restore us to sanity.”

As you embark on Step 2 of AA, you'll need an open mind. You need to envision a rebirth, as you end the behaviors of your past life and start fresh with faith in a higher power and the guiding principles of AA.

The time you spend on AA Step 2 will depend on different factors, such as your commitment to sobriety. This step may also take longer if you have a hard time believing in a higher power or forms of spirituality, but remember, this step doesn't mean you need to find religion.

AA Step 2 lays the foundation for the successful completion of Steps 3–12 and requires you to accept outside help—a higher power, a sponsor, a therapist, a friend, therapeutic treatment, or another type of greater power—to control their destructive drinking behaviors with an eye toward the long-term solution of recovery.

### What Does A Higher Power Mean in the Context of AA?

AA members may take innumerable, different routes on their quest for a higher power. AA Step 2 encourages you to discover your own path to faith, spirituality, or even religion. Determine what lights your fire to remain committed to your sobriety.

If you're unsure what “higher power” you want to believe and commit to, here are some examples:

**Believing in a deity or a god:** When you believe in this type of higher power, it's likely intricately linked to your religion. Whether your higher power is Akal Murat, Allah, Buddha, God, Shiva, or Yahweh, you're welcoming a helping hand to assist in your recovery.

**Trusting in nature:** Since the beginning of time, civilizations have tapped into the healing properties of nature. Nature has the potential to heal our mind, body, and spirit. When you consume alcohol, you're often disconnected from the environment. You can use nature as your higher power to awake your senses to your surroundings.

**Embracing the laws of science:** If you're keener to science than religion, you can use it to your advantage on your path to recovery. For the past century, scientists have been studying drugs and drug use. Science has broadened our knowledge of substance use disorders. You can use this knowledge to remind yourself addiction isn't a moral flaw or a lack of willpower. You can always embrace the science of drugs, brains, and human behaviors to help with your sobriety.

**Having faith in your moral principles:** Maybe you're driven by your moral principles, which might include the love of your country or your civic obligations, for example. You can take pride in being a nice person and citizen and let it change your relationship with the world.

**Placing your confidence in AA:** If you're reluctant to changing your beliefs or embracing religion, you can believe in the unity of your support group. This might be your friends, family, or even the people you meet in AA. You'll notice a lot of change and growth of members through AA meetings. You can use this as the power greater than yourself.

Whatever works for you as your “higher power,” use it and embrace it. This is the faith that'll drive your progress forward as you continue your journey through AA.

### According to Twelve Steps and Twelve Traditions

(1981), “...Alcoholics Anonymous does not demand that you believe anything. ... all you really need is a truly open mind” (p. 26). Whether you're a Christian, a worshiper of another religion, a humanist, or an atheist, there's still a place for you to recover in AA.

**Northern KY Central Office**  
**Balance Sheet**  
 As of November 30, 2023

1:38 PM  
 12/13/23  
 Cash Basis

	Nov 30, 23
<b>ASSETS</b>	
Current Assets	
Checking/Savings	
10000 · Petty Cash	111.00
10200 · US BANK OPERATIONS	4,723.37
10300 · US BANK CORRECTIONS	2,733.94
10400 · U S Bank PRUDENT RESERVE	8,002.88
Total Checking/Savings	15,571.19
Accounts Receivable	
11000 · Accounts Receivable	517.49
Total Accounts Receivable	517.49
Other Current Assets	
11500 · Undeposited Funds	478.34
12000 · Inventory- LITERATURE	18,763.59
12002 · Inventory- GRAPEVINE	490.61
12050 · Inventory- WHERE & WHEN	112.21
12070 · Inventory- COINS	4,827.74
Total Other Current Assets	24,672.49
Total Current Assets	40,761.17
<b>TOTAL ASSETS</b>	<b>40,761.17</b>
<b>LIABILITIES &amp; EQUITY</b>	
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	6,260.70
39004 · Beginning Balance Equity	6,273.68
39005 · Retained Earnings	29,533.98
Net Income	-589.68
Total Equity	41,478.68
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>40,761.17</b>

**Meeting changes/updates/need support:**

Russell Street group meeting needs support 12-1 every day of the week. Circle of Miracles from 5-6 p.m. at 1607 needs support Big Book Monday through Thursday and Friday is a 12&12. Please become a member of 1607 it is \$5 per month or \$50 per year. This helps keep the doors open for the newcomer.

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.

No Longer Belles of the Bar, Women's Meeting, Mondays, 7 pm at Central Office, 1525 Scott Boulevard.

Beginners Meeting, Fridays from 1:30-2:30 pm, PIER Recovery Community Center, 1002 Monmouth Street.

Seeking Spirituality 11th Step Meeting, Tuesday, 6-7 pm, Movement Church, 415 E. 8th Street, Newport.

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

## Anniversaries! November and December

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

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

Submit anniversaries to [nkymessage@yahoo.com](mailto:nkymessage@yahoo.com).

**November****On Awakening**

Scott R., 14 yrs.

**Hebron Tuesday Group**

Matt M., 10 yrs.

**December****Hebron Tuesday Group**

Patty M., 12 yrs.

Jack C., 10 yrs.

Jason K., 1 yr.



## *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](http://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](mailto: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](mailto: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](mailto:jshbutts7@gmail.com).

### **Events**

December 31—1607 New Year's Eve dance. 9pm-12 midnight. John H. will be DJ'ing. Admission is \$5 at the door.

January 6—33rd Annual Chili Cook-Off, sponsored by 2027 NKY State Convention Host Committee. Cold Spring Baptist Church, 4410 Alexandria Pike. All chili entered in contest must be there by 5:30 pm in order to be judged. No charge for chili contest entrants. Please bring a dessert. Let's See Which Homegroup Will Take the Win!!! Fellowship: 530; Start serving: 6:30; Lead by Chris R. will follow dinner. Cost \$10.

February 16-18, 2024 Kentucky AA State convention, The Clarion, Lexington, 1950 Newtown Pike. Register online at [www.kyaa2024.com](http://www.kyaa2024.com). Early Registration \$25 until 12/31/23. For more information contact Samantha 859.490.0472 or [kentuckyaacon2024@gmail.com](mailto: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.
- Provides location for library of historical AA literature.

Next Intergroup Meetings—January 17, February 21

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

**P**ass **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.

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### **AA History Tidbits**

**1950**

#### **AA's First International Convention**

In July 1950, Alcoholics Anonymous' 15th anniversary is marked with an international convention in Cleveland, with some 3,000 people in attendance. One of the most significant events is the adoption of the Twelve Traditions. The convention, held at the Cleveland Public Auditorium, also features the last public message to the Fellowship by Dr. Bob, who stresses, in his brief remarks, kindness and "keeping it simple."

#### **Denmark: From Ring i Ring to AA**

In 1948 a group belonging to a national temperance society called Ring i Ring is founded by Dr. Martensen, a doctor who treats alcoholic patients. It meets in a restaurant at Copenhagen's zoo. In the summer of 1949, A.A. member Gordon McD. and his wife visits Ring i Ring at a meeting place in Lyngby, a small suburb outside Copenhagen. The group changes its name to "Ring i Ring Danish A.A." in January 1950 and lists with the Alcoholic Foundation. In the next few years, other Ring i Ring members will break away and hold closed meetings based on the Twelve Steps and other A.A. principles.

#### **Peru's Inaugural Group**

After reading in Look magazine about ACE, a treatment for acute alcoholism, Percy N., an American living in Lima, writes to the Alcoholic Foundation asking for its view of the treatment. The Foundation responds by sending him three Alcoholics Anonymous pamphlets. In turn, Percy expresses his wish to become a member and start a group, which he proceeds to do in November 1950.

#### **The Death of Dr. Bob**

Dr. Bob dies of cancer on November 16, 1950. During the Akron physician's 15 years of sobriety, the Fellowship he started with Bill W. had transformed the lives of close to 100,000 men and women and their loved ones.

**THE MESSAGE**  
**December, 2023**



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

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