

## NORTHERN KENTUCKY INTERGROUP

# THE MESSAGE

FEBRUARY 2022

### Step 12—Carrying the Message

#### Are You Awake?

A spiritual awakening begins the moment a person can step back and awake to their life with a sense of being in the world. When the spiritual malady is solved, we straighten out mentally and physically.

For me to describe a spiritual awakening in a short article about my time in AA would be hard. A few short paragraphs describe what happened to me.

In *There is a Solution* (BB, pgs. 17-29), “We, in our turn, sought the same escape with all the desperation of drowning men. What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God. A new life has been given us or, if you prefer, “a design for living” that really works.”

From *Appendix II*: For me my spiritual experiences have been of the educational variety because they developed slowly over a period of time. They said take what you want and leave the rest. Well the rest is still there in the book. My attitude and outlook on life continues to change over time.

I feel connected with others and nature. I have gratitude. To think and act not from fears but spontaneously. Insist upon enjoying life. Improve my conscious contact with God. Take care of myself. Learn to let go. Explore new ideas. Peace of mind. An inward search for life and self.

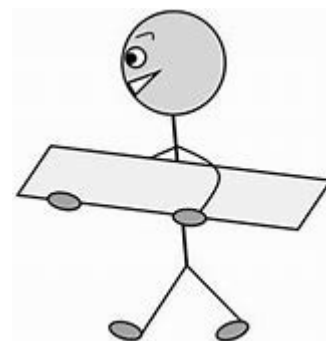
In *Working with Others* (BB, pgs.89-103): “Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends-this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.”

The Promises (BB, pgs. 83-84). When I pay cash for something I never get any change, They tell me change comes from within,

-Mark L., the Florida Flounder

#### INSIDE THIS ISSUE:

STEPPING OUT	4
SERVICE-GETTING DOWN TO BUSINESS	4
CITIZENS OF THE WORLD AGAIN	5
What's the Point?	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 to Co-Editors Gail C. and Rhonda O. at  
**[nkymessage@yahoo.com](mailto:nkymessage@yahoo.com)**.

*Enjoy reading and please pass it on!*

## CONTENTS

### COLUMNS, NEWS & INFORMATION

A.A. Organizational Contacts, District Meetings.....	Page 3
Central Office Information.....	Page 6
Intergroup Financials .....	Page 7
Anniversaries .....	Page 8
Service Opportunities.....	Page 9
Upcoming Events / New Meetings .....	Page 9

### FEATURES & READER CONTRIBUTIONS

Are you Awake?, Mark L. ....	Page 1
Stepping Out, Gail C. ....	Page 4
Service-Getting Down to Business, Mark L. ....	Page 4
Citizens of the World Again, Kevin P. ....	Page 5
What's the Point?, Mick S. ....	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](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 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](mailto: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.

## Stepping Out

Never say “No” to AA. Haven’t we all heard that before? I know I surely have. As a newbie in the program, I would (silently) roll my eyes and think, “Doesn’t he or she know how busy my life is?” I just didn’t get it then, but I know now how valuable that twelfth step is and how it continues to fuel my sobriety and serenity one day at a time.

Twelfth step work isn’t work, it’s a blessing and an opportunity for me to share my experience, strength and hope with my brothers and sisters in AA and it allows me to grow in my own sobriety. But more importantly, it brings me closer to my Higher Power and to others both in and out of the program. Doesn’t matter the type of Step 12 work I’m doing. Whether I’m working with another alcoholic, sharing in a meeting, doing a 12-step call, or editing this newsletter, I’m hearing and seeing what I need to remain a sober and grateful alcoholic who is able to give back to the program that which was freely given to me.

Like the step says, it’s only as a result of working all “these steps” (yes, that means all twelve) that we experience a spiritual awakening. I need that today more than ever in order to maintain my physical and emotional sobriety, to remain teachable, help others, and stay connected to my Higher Power.

-Gail C., Hebron Tuesday Night

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## Service ... Getting Down to Business

In tennis, as in life, sometimes you are the racket, sometimes the ball, and sometimes the net.

Tradition 4, “Each group should be autonomous except in matters affecting other groups or AA as a whole.” With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the Trustees of the General Service Board. On such issues our common welfare is paramount.

Tradition 8, “Alcoholics Anonymous should remain forever non-professional but our service centers may employ special workers.” We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. “12th Step” work is never to be paid for.

Tradition 9, “AA as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.” Each A.A. groups needs the least possible organization. Rotating leadership is the best. The small group may elect its Secretary, the large group its Rotating Committee, and the groups of a large Metropolitan area their Central or Inter-group Committee, which often employs a full-time Secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Traditions and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our magazine, “The A.A. Grapevine.” All such representatives are to be guided in the spirit of service, for true leaders A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

-Mark L., the Florida Flounder

## Citizens of the World Again

When we “carry the message” in Step 12, “we experience the kind of giving that asks no rewards... It is the kind of love that has no price tag on it.” (12 & 12, p. 106) Dr. Bob said that trying to help another alcoholic is a way to repay the people who helped us get sober and to “take out a little more insurance for ourselves against a possible slip.” (BB, p. 181)

I help by sharing my own experience, strength, and hope in meetings or one-on-one. I make myself available to take calls or give rides. I pitch in with little chores to keep my home group running.

Each of these action steps forces me to get out of myself. I must overcome my own inertia and selfishness, the urge to sit back and be just a spectator in AA. I like the definition of love by Scott Peck, the psychiatrist: “The will to extend oneself for the purpose of nurturing one’s own or another’s spiritual growth.... The act of extending one’s limits implies effort. Love is not effortless. To the contrary, love is effortful.”

12th Step work quickly shows me I can’t get anyone sober. Looking back, I have more “failures” than successes in trying to help other alcoholics. But the act of trying to help has kept me sober.

My sponsor also has always stressed that sobriety should empower me to live life more fully and to be of service outside of AA, as well as in the rooms. This is how Bill W. put it: “Each of us in turn - that is, the member who gets the most out of the program - spends a very large amount of time on Twelfth Step work in the early years. That was my case, and perhaps I could not have stayed sober with less work.

“I just know that you are expected, at some point, to do more than carry the message of A.A. to other alcoholics. In A.A., we aim not only for sobriety - we try again to become citizens of the world that we rejected, and of the world that once rejected us. This is the ultimate demonstration toward which Twelfth Step work is the first, but not the final step.” (Bill W. 1959 Letter, quoted in As Bill Sees It, p.21)

Whom did I try to help today? Am I giving all I should to my family, my coworkers, my friends outside of AA? When this past week did I stretch myself to consider others’ needs – and take action to be of service? These are questions I can carry into my daily inventory, trusting that my Higher Power will guide me to use my unique gifts to “carry the message.”

-Kevin P., Northside Wednesday Night Group

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## WHAT IS STEP 12?

In Al-Anon, the twelfth step reads "try to carry the message to 'others'" and in Alcoholics Anonymous it says "to alcoholics." But the principle is the same. In order to work all 12 of the steps, you must try to help others.

Carrying the message to others by sharing experience, strength, and hope reinforces the spiritual principle of the 12 steps in the person being 12th-stepped as well as the one doing the sharing.

But step 12 also calls for members to put the spiritual growth they have found to work—not only within the fellowship but it all aspects of their lives. It requires practicing these principles in all your affairs.

This too is doing 12th step "work" and makes the program work as one of attraction and not promotion. For many in the 12-step fellowships, working the 12th step is simply how it works.

## What's The Point?

Before joining AA, I never thought much about the big picture of life. What's the point of all this living. Do we just go through each day trudging along until we don't? Before AA, I did kinda go through the motions of participating and responsible actions. Sure, I played the role of husband and father, went to work every day, coached my kids in sports, and even went to church. But my heart was never in it, only my head. I did what I was supposed to do and looked how I was supposed to look. From the outside, I was doing all the right things but wasn't connected to anything but myself.

With the help of the first 11 Steps, I have been able to put the past behind me, not worry (too much) about the future, and try hard to stay in this day. This allows me to be in the moment and actually listen when someone else is speaking. Step 12 states that we try to carry the AA message to our fellow alcoholics and practice the principles of the first 11 Steps in ALL our affairs. Tall order, if you ask me, and probably not possible without daily help from my Higher Power (which I choose to call God).

There are two distinct parts to this Step. Carrying the AA message is the ultimate win-win. Not only can we hopefully help another alcoholic, but we also keep our head in the AA arena which therefore helps us. Sponsorship is the main way to carry the message, but not nearly the only way. Sharing before, during and after a meeting can help any number of fellow AA members. Just smiling, listening and being happy at a meeting makes a statement that there is hope on the horizon.

The second part of this step, "practice these principles in all our affairs," forces the alcoholic to seek to be more honest, tolerant, unselfish and loving with everyone we encounter. This reversal of attitudes from me me me to you you you gives me a completely different outlook on life. I can for the first time feel your pain and share your joy. I can be "part of" instead of just watching life go by. What an extraordinary gift and one I will forever be grateful to have received. Thanks AA.

-Mick S., Hardrock

## Benefits of Step 12

Step 12 allows people who have worked the program to work with others who are still struggling, which benefits both the person in recovery as well as those who are still going through the program. Being of service to others can:

- Remind you of the early days of recovery (and why you've worked so hard to move past that phase)
- Keep you accountable and prevent you from becoming complacent in your recovery
- Give you a sense of purpose
- Enhance your fellowship with others
- Inspire someone else to stay the sober path
- Help provide insight to someone else in recovery
- Allow you to become a trustworthy person for someone in recovery

## Making It Work

Twelve-step work isn't just going out to help the one who still suffers, but going to meetings and setting an example. Here are a few ways to work step 12 during an AA or Al-Anon meeting:

- Make coffee
- Speak up during comments
- Say "yes" when asked to do service work or speak at a meeting
- Offer to give a ride to those who otherwise would not go to a meeting

Follow-up is also an important part of a 12th-step call. Calling the person in a few days to see if they might want to go to a meeting with you shows that you are for real. A word of warning: Remember to carry the message, not the person with a substance use disorder.

12:32 PM  
01/15/22  
Accrual Basis

**Northern KY Central Office**  
**Profit & Loss**  
**January through December 2021**

	Jan - Dec 21
<b>Ordinary Income/Expense</b>	
<b>Income</b>	
40000 · Sales- LITERATURE	21,785.22
40002 · Sales- GRAPEVINE	120.00
40050 · Sales- WHERE & WHEN	1,589.25
40070 · Sales- COINS	3,983.75
40400 · Sales- THE MESSAGE NEWSLETTER	155.00
41400 · Contributions- GROUP CONTRIB	22,416.15
41500 · Contributions- INDIVIDUAL	481.51
41600 · Contributions- FAITHFUL FIVER	5.00
43000 · Other Income	22.24
<b>Total Income</b>	50,558.12
<b>Cost of Goods Sold</b>	
50000 · Cost of Sales- LITERATURE	16,403.88
50002 · Cost of Sales- GRAPEVINE	107.95
50050 · Cost of Sales- WHERE & WHEN	1,033.59
50070 · Cost of Sales- COINS	1,690.10
57500 · Cost of Sales- FREIGHT	54.00
<b>Total COGS</b>	19,289.52
<b>Gross Profit</b>	31,268.60
<b>Expense</b>	
60000 · Computer Expense	94.55
60200 · Insurance- Office	446.25
60400 · Licenses & Permits	15.00
60700 · Bank Charges	10.00
60800 · Credit Card Processing Fees	33.78
62300 · Website Expense	135.05
66000 · Supplies	307.14
66001 · Payroll Expenses	5,160.00
66500 · Telephone/Internet Expense	1,786.98
66900 · Reconciliation Discrepancies	15.40
67000 · Postage & Shipping Expense	347.60
67100 · Postage- Bulk Mail	300.00
67400 · Rent- Office	9,000.00
67600 · Utilities- Electric	1,077.34
68500 · Repairs & Maintenance	79.49
69500 · Publications	69.00
69800 · Uncategorized Expenses	3,750.00
77501 · Salary Expense	10,500.00
89000 · Other Expense	123.90
<b>Total Expense</b>	33,251.48
<b>Net Ordinary Income</b>	-1,982.88
<b>Net Income</b>	-1,982.88

**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](http://www.aacincinnati.org) or  
 Download the Android or Iphone App 'Meeting Guide' for updated information**

## Anniversaries!

### December / January

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

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

***December*****Hebron Tuesday Night**

Esta W. 34 yrs  
 Patty M. 10 yrs  
 Jack C. 8 yrs

**Hardrock**

Lee O. 37 yrs  
 Tom C. 36 yrs  
 Shelly E. 33 yrs

***January*****Hebron Tuesday Night**

Trish P., 45 yrs.

**Women's Emotional Sobriety**

Cheryl C., 35 yrs.  
 Ellie M., 30 yrs.

**Grandview**

Barb B., 25 yrs.

**Hardrock**

Doug B., 8 yrs.  
 Nathan S., 3 yrs.



## 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](mailto: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](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. At the November meeting, an election will be held to elect a new intergroup chairperson, co-chairperson, secretary and treasurer. If you are interested in being nominated for one of these positions or have questions, please contact Josh B. at 859-380-6831 or [jshbutts7@gmail.com](mailto:jshbutts7@gmail.com).

## News From Central Office

The new hours are as follows:

Sunday: Closed

Monday: On call from 10 AM – 5 PM

Tuesday, Wednesday & Thursday: On Call from 10 AM to 1 PM; office open from 1:00 PM to 6:00 PM

Friday: On Call from 10 AM to 12 PM; office open from 12:00 PM to 5:00 PM

Saturday: Closed, except for second Saturday of month open 10:00 AM to 2:00 PM

We recently added literature to our inventory:

- B-24 Large Print Abridged Big Book. This is the edition of the Big Book that only includes the first 164 pages of the program of Alcoholic Anonymous, the Doctor's Opinion, Bill and Dr. Bob stories, along with the appendices. Great book for Big Book studies. Sells for \$7.50.
- Did you know Central Office also stocks literature published by the Grapevine? There is a varied selection from which to choose. Stop in and check it out!

## Meetings

The Women's Emotional Sobriety group is now meeting at 7 pm on Friday at Lakeside Presbyterian Church, room 107, 2690 Dixie Highway, Lakeside Park, KY 41017

## Upcoming Events

2022 Kentucky State Conference, Feb. 18-20, Cincinnati Airport Marriott, 2395 Progress Dr., Hebron. Registration \$25 before Jan. 8, 2022; \$30 at the door. For additional information, email [nkyhostcommittee@gmail.com](mailto:nkyhostcommittee@gmail.com), call Erika R. at 859-663-0195 or Jarrod T. at 513-503-8412.

## 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—February 9 & March 9, 2022

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.

### **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

## February, 2022



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

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