

NORTHERN KENTUCKY INTERGROUP

THE MESSAGE

FEBRUARY, 2023

LOVE AND TOLERANCE IS OUR CODE

What's In It For Me?

I spent 50 years of my life with the mantra “What’s in it for me.” By my father’s actions, I was taught to look at life through these glasses and yes, he was an alcoholic. This is a sad way to go through life. The secondary issue is, “If I’m living my life that way” then I believe everyone else is also looking at life that way. With that attitude, you are always looking for the real agenda knowing that there is always a catch. That there is something more going on that I have overlooked and because of that, trust in another human is non-existent. It is impossible to trust when you are looking at every situation with a “Me Attitude.” My wife is a trusting person and until I got in AA, I made fun of her trusting attitude knowing she was going to get burned.

This attitude (like many for me) did not change when I got sober. Along with AA, it took years of love and friendship from family and friends for me to slowly understand that trusting another person and maybe taking the chance of getting burned is not only okay, but truly the way to go through each day. If I get burned that’s on them, not me and my action should be to pray for them and not look for revenge. Remember, we are only responsible for keeping our side of the street clean.

I have to also thank the good folks at a Delhi meeting who each week showed me that I am lovable and they can be trusted. Because of them today I would trust at least a dozen people from that meeting (and others) with my life. That’s huge. They didn’t teach me Love and Tolerance, they showed me Love and Tolerance. Now I can not only trust others, I can put my trust in God on a daily basis and let Him help with my decisions. For me to have love in my heart and tolerance for others, I must first not judge them. See them as God’s children and believe that at this moment, they are doing the best they can.

Thanks everyone for your continued love and help – I need it!

-Mick S

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TOLERANCE
mean that WE AGREE,
to share
IT MEANS: We make SPACE
for **OTHER** (DIFFERENT) (WRONG) (INTERESTING) (ODD) OPINIONS.
PEOPLES



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!

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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

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.

Love the Best in Others

“Love in action is a harsh and dreadful thing compared with love in dreams.”

That doesn't sound like something from a top 40 song or a Valentine's card, does it? But isn't it true?

As an active alcoholic, didn't I get irritated with my loved ones and hold onto hurts? How often did I think of their needs or put myself out to do some little kindness? Love only meant making myself happy.

In sobriety, I'm asked to practice “love and tolerance.” Sticking with an AA group gives me plenty of practice. Do I lose patience with the guy who talks too long, the folks with emotional problems, the cliques and gossips, or the power-drivers who want to “run the show?”

“Our first objective will be the development of self-restraint. This carries a top-priority rating. When we speak or act hastily or rashly, the ability to be fair-minded and tolerant evaporates on the spot.” (12 & 12, p. 91)

Ego deflation requires me to suspend my harsh and often-wrong judgments of others. How many times have I learned something from a person in AA I had decided to dislike?

Even though these steps were tough, a bigger challenge for me was to practice love toward the people closest to me at home. I can always find another AA meeting in order to avoid members who get under my skin. When I was drinking, I could just as easily cut off relatives, divorce (or cheat on) a spouse, ignore my kids. Can I still act that way now and stay sober?

AA gives me “a way out” out of selfishness, childishness, grudges, and retaliation. It's a steep climb for a basically unloving person like me. But worth it.

“Finally, we begin to see that all people, including ourselves, are to some extent emotionally ill as well as frequently wrong. When this happens, we approach true tolerance and we see what real love for our fellows actually means....'Let us always love the best in others -- and never fear their worst.'”

(12& 12, p. 92; As Bill Sees It, 203)

-Kevin P.

Northside Tuesday Night Group

Love and Tolerance (reprint from Cypress Recovery)

Love and tolerance are major tenets of recovery and it means treating others as you would want to be treated. Love and tolerance start with loving yourself, loving other people, and accepting a person as he or she is. Love and tolerance help you understand you can love someone without having to like everything about them. The person in the AA program must develop patience, love, tolerance, and an understanding of other people despite their differences.

Love and tolerance promote open-mindedness and freedom from judging others and their opinions. Love and tolerance help you to love yourself and forgive yourself. Self-esteem and confidence will begin to improve when you learn to love yourself first. When you love yourself first, loving others becomes a lot easier. Loving yourself promotes happiness, which positively contributes to your recovery progress.

It is important to be tolerant of other people from different backgrounds, beliefs, or political views. Everyone has his or her own perspective on everything, and tolerance will encourage patience. With tolerance, you can understand that mistakes, imperfections, and shortcomings of others will bother you less. People are living with their own struggles just like you.

-cont'd on page 6

Bits and Pieces

When I came into the program tweets just came from birds and cell numbers were for people in jail. People are more interested in game day, not God's day. When I was young drinking one beer and trying to tell everyone I had twelve. Then drinking 12 trying to convince people I only had one

Asking for help which I believe is everyone's bottom I began having a certain level of trust I began to understand that a person can recover in that he trust God and clean house
If I was willing and then believe, take action I got results and then faith. Men of faith have courage . Which is moving forward in the face of fear .

Holding on to old ideas, superstition tradition and fixed ideas kept me from growing . He dwells in me so I have my own personal God.

It's an inside job. If I fill different colored balloons with helium and let them fly. It's not what's on the outside that makes them fly . It's what's on the inside .

Prayer is more than words; it's seeing, feeling and listening.

Technology is changing but you can't change love. You can't outsmart the truth

Attitude of gratitude and humility . I had to understand where it came from . it's not mine, it's been given to me by the grace of god through the steps. To use what I have experience, strength and hope to help others . We have the ability to help others when no one else can.

Forgiveness when I learned that God loves us no matter what we can then learn to love ourselves and others we become channels . God wants to love the world through us . People don't care how much we know they want to know how much we care. Be of maximum helpfulness to others.

If you bring up my past after my amends I tell people my higher power has dropped the charges

God puts us in circumstances to make us better. Are you kind, gracious and caring? Through the steps this happens.

They told me that at times it wouldn't be easy but it would be worth it . Not the ease and comfort a few drinks would bring. (easier softer way).

My life is my actions but my actions are born in thought. It's a de-learning and relearning process. Thus I undergo a change of heart

My will is my thinking. Need to improve my conscious contact with God to change my thinking. Remember cool hand luke. We gotta get your mind right.

Practice restraining not complaining .Spend my life being a blessing instead of praying to be blessed
The steps change us from the inside out by changing the way we think

They Are 7 days in the week and someday isn't one of them . Imagine what your life could be. God made the tree it's up to me to make a table or chair

Nighty Night Alcoholic

Sleep, beautiful sleep. In these winter months with the electric blanket on or in the summer nights with hardly anything. After a hard day at work or on vacation with nothing accomplished.

Being able to close my eyes and drift off to the incredible world of sleep can be so extremely satisfying to me. You see, it wasn't always that way.

Drink, drink, drink pass out. Coming to, where am I and how in the hell did I get here? Where is my truck and my wife? Oh shit I'm late for work again. Maybe I'll call off or is it Saturday? My head is about to explode and my stomach is sour and I'd rather be dead than feel like this but I get up and start the lies and get on the merry go round again. And God I'm so tired.

When the circus left town and the village idiot sobered up I started taking suggestions. I heard the promises and being a newly sober alcoholic I was still making deals with God. The last deal I made was that I'll do these suggestions because I wanted these promises.

Get a sponsor, homegroup and work the twelve steps they told me and I listened. Those promises came true though I'm still a work in progress.

Soon I go to my wonderful warm bed. I'll know how I got there and where my wife and truck are. But first I'll say my prayers on my knees since that was suggested to me. I haven't lied today and I'm unaware of hurting anyone so my brain shuts down to allow me this beautiful sleep. Thanking God for a fantastic sober day and falling asleep. Beautiful, wonderful sleep.

-Tim L

Cont'd from Page 4

Love and Tolerance (reprint from Cypress Recovery)

When you learn to listen and not judge, you will see the beauty of the world. When you work through the program, you must learn tolerance. Learn to let go of things you cannot change, such as people. It is an ongoing process. The 'love and tolerance' code of AA comes from living life one day at a time, putting yourself at God's disposal, and having the ability to do anything and anywhere to help another person battling alcoholism. "*Love and tolerance* of others is our code. And we have ceased fighting anything or anyone – even alcohol" (AA).

With tolerance, you will not judge who to save and not to save. Do not rely on your limited perceptions and vision to see. There will be people you do not like, and some people will not like you. Love and tolerance teach you to respect yourself and others, not just at meetings, but also throughout your life.

9:42 AM
02/15/23
Cash Basis

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

	Jan 31, 23
ASSETS	
Current Assets	
Checking/Savings	
10000 · Petty Cash	111.00
10200 · US BANK OPERATIONS	13,035.01
10300 · US BANK CORRECTIONS	3,945.07
10400 · U S Bank PRUDENT RESERVE	8,000.59
Total Checking/Savings	25,091.67
Accounts Receivable	
11000 · Accounts Receivable	873.90
Total Accounts Receivable	873.90
Other Current Assets	
11500 · Undeposited Funds	351.50
12000 · Inventory- LITERATURE	13,212.20
12002 · Inventory- GRAPEVINE	619.79
12050 · Inventory- WHERE & WHEN	202.82
12070 · Inventory- COINS	4,000.33
Total Other Current Assets	18,386.64
Total Current Assets	44,352.21
TOTAL ASSETS	44,352.21
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	6,093.54
39004 · Beginning Balance Equity	6,273.68
39005 · Retained Earnings	29,533.98
Net Income	3,168.52
Total Equity	45,069.72
TOTAL LIABILITIES & EQUITY	44,352.21

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

Promises Club, Effective February 27, Circle of Miracles meeting is back. Club opens at 5 pm. Meeting from 5:30-6:30. Big Book—Monday-Thursday; 12&12 on Friday.

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

Effective April 1, 2023, the Alano Club in Florence is going non-smoking.

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.

DECEMBER**Hebron Tuesday Night**

Patty M, 11 years

Jack C., 9 years

JANUARY**Hebron Tuesday Night**

Trish P., 46

Women's Emotional Sobriety

Nancy D., 39 years

On Awakening

Joei M, 3 years

THE MESSAGE format change Complete!

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

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

Intergroup Service Opportunities

Our central office web site is undergoing an update. Please have your group check to see if your meeting is listed accurately. If it is not, please contact Josh B. at 859-380-6831 or jshbutts7@gmail.com as soon as possible with the correct information.

Does your group have an intergroup representative? Does your rep attend the monthly meeting? Intergroup reps from our groups meet the third Wednesday of each month from 6-7 pm at NKy central office, 1545 Scott St., Covington, Ky. If you have questions, please contact Josh B. at 859-380-6831 or jshbutts7@gmail.com.

Events

April 1, 2023—Clear Cut 12 Step workshop, 8:30-4:30, Cold spring Baptist Church, 4410 Alexandria Pike. \$25 in advance, \$30 at the door. Contact fots.midwest@gmail.com or Brad T. 606.375.1982 for more info.

April 14-16, Midwest CAMPYPAA 2023. Outdoor activities, fellowship, recovery. Still Waters Campground, 249 Strohmeier Road, Frankfort, KY. \$11.
Preregister at <https://mwcampypaa.square.site/>.

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

April 28-30, 2023 Dayton Women's workshop, Butler Springs Christian Camp, 3701 OH 41, Hillsboro, OH. For more information or questions, contact Connie D., 937.689.3602 or Melanie 937.600.8182, or email daytonww2018@gmail.com.

SAVE THE DATE

June 3, 2023—NKY State AA Convention Committee Summer Picnic. Lincoln Ridge Park

June 4, 2023—39th Annual Gratitude Breakfast sponsored by Cincinnati Area Intergroup @ Oasis

August 11-13, 2023 Rule 62, Holiday Inn Airport, Erlanger, KY

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.

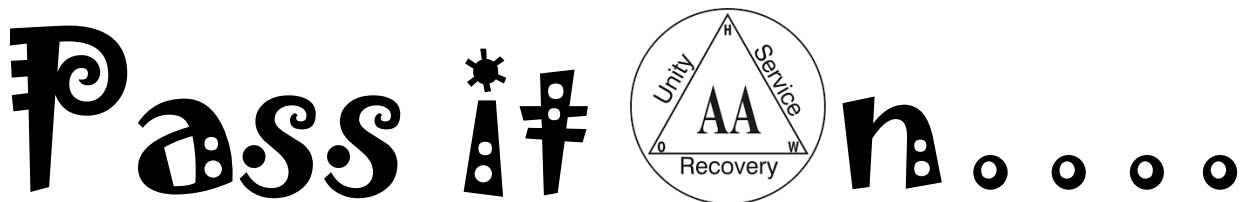
As a means toward accomplishing this end we receive, distribute and follow-up 12-step calls, answer inquiries about AA and cooperate with local public information committees. The Central Office also maintains information about local hospitals and recovery facilities for alcoholics. We make available 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—March 15 & April 19

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.

Love and Tolerance Quotes:

"In order to have faith in his own path, he does not need to prove that someone else's path is wrong."
— Paulo Coelho, 'Warriors of the Light'.

"In the practice of tolerance, one's enemy is the best teacher."
— Dalai Lama XIV.

"People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."
— Nelson Mandela, 'The Long Walk to Freedom'.

"Tolerance is the mindful capacity to love, respect, accept the differences that make people unique."
— Byron R. Pulsifer.

"Tolerance is the positive and cordial effort to understand another's beliefs, practices, and habits without necessarily sharing or accepting them."
— Joshua Loth Liebman.

"Tolerance and celebration of individual differences is the fire that fuels lasting love."
— Tom Hannah.

"Tolerance is the oil which takes the friction out of life."
— Wilbert E. Scheer.

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"It is not for me to judge another man's life. I must judge, I must choose, I must spurn, purely for myself. For myself, alone."
— Herman Hesse, Siddhartha.

THE MESSAGE
February, 2023

Love
and
TOLERANCE
of others
is our Code

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

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