

THE MESSAGE

JUNE 2022

Dealing with Anger and Resentment

Sometimes Quickly, Sometimes Slowly

When I went to my first AA meeting quite a few days ago, I didn't believe I was an alcoholic and didn't understand at all what good any of this could or would do. I was angry, had resentments against everything and everyone, and just wanted to be left alone in my tiny, little ego-filled world. I didn't jump into AA with both feet, it was more like I stuck my big toe in the water to test the temperature.

That's called denial. Because of that, it took months of me going to meetings just to finally admit to myself that I was (and still am) an alcoholic. Then it took many more months to get through Steps 4 and 5. My life was much better doing Steps 1-3 on a daily basis and I was content to stay right where I was. Since I didn't know that life could be so much better after I completed the rest of the steps, I drug my feet on those actions.

I feel that completing Steps 4 and 5 (the second time) allowed me to see that most of my anger and resentments could disappear once I realized that it wasn't them, it was me. I was forced to grow up and take responsibility for my actions. I now cannot justify my bad behavior by blaming everyone else's actions or inactions. I was willing (at least in theory) to begin to change myself, not them.

But just because I'm willing to let go of those things that are objectionable does not mean they will indeed go away. You have to be willing to see yourself differently. That means admitting that your thinking on some things (or most things) is not valid. You have to admit that you are not perfect and also be willing to change those actions. Some of my poor thoughts and actions have been part of my DNA for over 50 years and therefore not used to being questioned.

With a sponsor and a Higher Power's help, I began to realize that I have a thinking problem as well as a drinking problem. I must be willing to question ALL of my thoughts and subsequent actions to see if they are correct and I cannot do this on my own. I need outside help (sponsor, meetings, significant other, etc.)! This is an on-going task and will never be completed.

I still sometimes believe that I am right about a subject and I'm willing to go to war to fight for my belief. That's great if we're talking about nuclear war but not if we're discussing how to load a dishwasher. Most times it's better to be happy than to be right!

Mick S., Hardrock

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**THE
MESSAGE
has a new
ONLINE
format in the
works! See
page 9 for
details and
required
action.**



HELLO! You have just opened a copy of Northern Kentucky's
A.A. Newsletter—*The Message*.

Inside you will find stories from local A.A. members, information about where to go to find help, service work opportunities, information on the twelve steps, upcoming events and more!

Please send your submissions to Co-Editors Gail C. and Rhonda O. at
nkymessage@yahoo.com.

Enjoy reading and please pass it on!

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This newsletter is prepared for your enjoyment and is not endorsed by or affiliated with the fellowship of Alcoholics Anonymous. However, its hope is to practice the principles of A.A. and become an additional tool for maintaining sobriety. Thanks for making *The Message* self supporting through your contributions. We receive no money from Intergroup or any districts. We publish solely on money from subscriptions and fundraisers for *The Message*. Subscription form can be found on back inside cover.

Local Northern Kentucky Recovery Houses

Grateful Life Center	Erlanger	859.359.4500 (Men)
Brighton Recovery Center	Florence	859.292.9390 (Women)
Residential Treatment Center (WRAP, Droege, York Street)	Erlanger	859.491.4435

WHO TO CONTACT

NORTHERN KENTUCKY INTERGROUP

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COVINGTON, KY 41011

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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, PO Box 18782, Erlanger, KY 41018

AA WORLDWIDE, PO BOX 459, GRAND CENTRAL STATION, NEW YORK, NY 10163

DISTRICT MEETINGS:

DISTRICT 6—1ST WED., LAKESIDE PRESBYTERIAN CHURCH, 6:30 PM

DISTRICT 18—1ST THURS., 1ST PRESBY CHURCH, 220 S. FT. THOMAS AVE, 6:00 PM

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

DISTRICT 32—1ST MONDAY, GRACE EPISCOPAL, 711 PRICE PIKE, 6:15 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.

Manufacturing My Own Misery

My family said we had “Irish Alzheimer’s” – “You forget everything except the grudges!”

Growing up, I had relatives who had refused to talk with each other for 30 years. “Why can’t I stay mad when someone hurts me? Don’t I have a right to my feelings?”

I had to learn in AA that resentment is not a feeling, but an action.

My brain rehearses the injury, picks at the scab so that it won’t heal. I dwell on the injustice and why the other person would do such harm to me. I let that person “live rent-free in my head.” The longer I focus on the pain and view myself as a victim, the more I become “restless, irritable, and discontented.” I slowly block out the “sunlight of the Spirit” and I will eventually drink on that anger.

“If we were to live, we had to be free of anger.” (BB, 66)

While I can’t change my feelings very easily, I can do something about what I think and what I do. What if I pushed myself to look at the other person differently? Can I see them as a flawed, sick person like myself? Can I honestly review my relationship with this person who hurt me and search for what I myself did to contribute to the problem? I have certainly caused wreckage in others’ lives. The moment I grasp how much time and energy I have wasted clinging to my bitterness, I start to be free. Sane thinking leads to sane action. Our Book makes the radical proposal that I pray for the one who harmed me. And by trying to serve and help someone else, I escape my awful self-absorbed grievances.

There are some damages that seem impossible to get over. Abuse and neglect I endured as a child, betrayals by a partner, terrible crimes that leave me permanently traumatized – these seem beyond healing. Yet “God does for me what I can’t do for myself.” No one can expect me to forget damage done to me – especially when “my part” was only that I was there. Faith in a Higher Power means for me that enough grace and strength will be given me today that I do not need to be defined by the harm done to me. And I don’t have to drink over it.

-Kevin P., Northside Wednesday

Letting Go

“Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us.” BB, pg. 64

I thank God for the therapist who facilitated the IOP I planted my sorry butt into 31 years ago to see if I could let go of the drinking. I had lived in denial for most of my 25-year drinking career. After all, I still had a husband, children, home, car, job, etc. The only thing wrong with me (so I thought) was that when I started drinking, I could not stop.

This firm yet loving therapist, then and still a clean and sober member of our fellowship, keyed right in on two of my main character defects the first night of the IOP. They were anger and lack of self esteem.

For the duration of the IOP, I did intense work on both. But first, I had to pray for willingness to change. I wanted change so badly, but did not know if it was possible for me. I just wanted to learn how to love myself so I could care for others.

I learned that anger and no feeling of self worth both led to resentments,

Continued on Page 5.

Is it up to me or not?

Before AA, I got my wisdom from bumper stickers, bar stools, and bathroom walls. I tell people that if you met my family, you would understand.

There are days when I spend so much time on what's not up to me. Complaining about stuff, wishing stuff was otherwise, worrying about the future or things in the past, that I end up with an emotional hangover.

The book tells me:

“Lack of power, that was our dilemma.” (BB, pg. 45)

To “cease fighting anything or anyone.” (BB, pg.84)

“Acceptance is the answer to all my problems today” ... “Nothing, absolutely nothing, happens in God’s world by mistake” ... “I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.” (BB, pg. 417)

Am I spending time on things that might make a difference, inside and outside of AA?

God grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference. Just as important as in a meeting where we have both the serenity prayer and The Lord's prayer, I ask myself what am I doing between the next Lord’s prayer and the Serenity prayer? The time until my next meeting.

-Mark L., the Florida Flounder

Cont’d from Page 4

Letting Go

Page 552 in th Big Book says, "If you have resentment you want to be free of, if you will pray for the person or thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it everyday for two weeks, and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate, understanding and love."

The Big Book, page 66, tells us, “It is plain that a life which includes deep resentment leads only to futility and unhappiness.” “... this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit.” ... “If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison.”

Letting go of these and my other character defects, learning to trust God, and working the AA program to the best of my ability were the remedies for what ailed me.

“Just keep doing the next right thing, and you will heal,” my sponsor kept telling me. I still live by that mantra today.

-Gail C., Hebron Tuesday Night

Is it odd or is it God?

We've all had that bottom, You know, the one that was the last straw. The DUI, hospital visit, police visit, significant other leaving, job loss or in my case....the blackout that scared the shit out of me.

I've had many of these things happen. They didn't matter. I didn't drink "that much," or not as much as you know who. I'm just a social drinker with a blackout problem. Until the dreaded blackout of blackouts. I didn't get arrested. Since I was in Vegas without my wife, she didn't know. No hospital, bruises from falling or any extraordinary embarrassments. But the 4 Horsemen woke me that fateful day. Terror, bewilderment, frustration and despair. And I was tired. Tired of being somewhat normal until I take that first drink. Dr Jeckyll and Mr. Hyde, that was me.

Getting on my knees and asking God for help was the single best decision I ever made. After doing so, my Higher Power kept reminding me in his odd little ways.

I didn't know anyone well that was in AA but one acquaintance who happened to be a neighbor of my traveling companion did have an AA tattoo on his arm. He shared with me once that it saved his life although he wasn't active currently. I told my HP that I would look him up when I arrived back in town. So I stayed sober for the remainder of my trip and arrived back in town at 1am on the coldest day of the year. As I dropped off my passenger in a car I seldom drive, this gentleman was walking his dogs down the street and stopped at my car to see who was there at 1 freaking am. That was odd.

I took that as a reminder that I was to continue with my journey and seek out the help of AA. Reaching for the 50 pound phone I called AA and found a noon meeting at Florence Christian Church. But where in the world was this meeting at this large church? There was this man outside smoking a cigarette and I asked him. Follow me he said, that's where I'm heading. Odd.

I went into this meeting room sitting by myself. This rather loud older man yelled at "hey kid, come sit over here." I sat next to him and he seemed to interview me and he introduced all of these men to me and they gave me their numbers. He gave me a nickname (Timbo) that only he called me which was odd. But he gave me hope. Hope that this man that I didn't know and as loud and crazy as he appeared, could remain sober. Maybe there's a chance for me.

Looking back I feel these were God not Odd. It was my HP telling me to get my dumb ass to a meeting by the dog walker at 1am. The guy waiting for me was smoking a cigarette in the parking lot showing me where to find help. The man interviewing me and a nickname gave me hope that even I can find sobriety. There was no burning bush. There was a handshake and a cup of coffee.

-Tim L, KY Jaywalkers

Profit & Loss

April 2022

	Apr 22
Ordinary Income/Expense	
Income	
40000 · Sales- LITERATURE	1,750.15
40050 · Sales- WHERE & WHEN	317.25
40070 · Sales- COINS	327.25
40400 · Sales- THE MESSAGE NEWSLETTER	5.00
41400 · Contributions- GROUP CONTRIB	1,566.75
41500 · Contributions- INDIVIDUAL	6.85
41600 · Contributions- FAITHFUL FIVER	60.00
Total Income	4,033.25
Cost of Goods Sold	
50000 · Cost of Sales- LITERATURE	1,317.10
50050 · Cost of Sales- WHERE & WHEN	207.27
50070 · Cost of Sales- COINS	142.97
57500 · Cost of Sales- FREIGHT	12.00
Total COGS	1,679.34
Gross Profit	2,353.91
Expense	
60700 · Bank Charges	14.00
60800 · Credit Card Processing Fees	-0.75
66000 · Supplies	183.75
66001 · Payroll Expenses	840.00
66500 · Telephone/Internet Expense	159.07
67100 · Postage- Bulk Mail	265.00
67400 · Rent- Office	750.00
67600 · Utilities- Electric	68.08
Total Expense	2,279.15
Net Ordinary Income	74.76
Net Income	74.76

Anniversaries! April / May

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 **June or July** anniversaries and we'll add them in the next edition.

April

Hebron Tuesday Night

Christy V. 9 yrs

Grandview Group

Jeana M. 6 yrs

On Awakening

Mike N. 5 yrs

May

Hebron Tuesday Night

Sue H. 45 yrs

Gail C. 31 yrs

Happy Destiny

Mark L. 34 yrs

Women's Emotional Sobriety

Janet W. 38 yrs

Hardock

Julie B. 31 yrs

Cathy J. 25 yrs

Tom G. 18 yrs

Ricky F. 12 yrs

On Awakening

Susan S. 38 yrs

John A. 25 yrs

Ken H. 4 yrs

Laura C. 3 yrs

Tom W. 1 yr

“Never forget that resentment is a deadly hazard to an alcoholic.” – *Alcoholics Anonymous*

I was recently participating in an addiction recovery group Zoom meeting and the topic brought up was resentment – what it is and, more importantly, how can we best approach resentments when they arise.

Listening to those present in the meeting, it became clear there can be many ways to look at resentment; in other words, ‘resentment’ can have quite a few definitions or meanings:

- Harboring anger against a person, group or institution I feel has treated me wrongly or badly;
- The emotional upset experienced when someone or some negative event comes up in discussion or is brought to mind;
- The anger I feel over a past undesirable occurrence in my life;
- The residue left from not having forgiven or accepted someone or something;
- The result of unresolved feelings I’d been victimized by someone or something;
- Holding a grudge against someone or some institution I feel has kept me from fulfilling a sincere and heartfelt desire;
- The aftereffect of feeling heartbroken, but not ‘letting it go’ and instead blaming the other person

What I felt particularly impressed by – and grateful for – was the wide range of ways to address resentment, which the people in this recovery group offered up.

Quick “sidebar”: I mean, here were 15 fellows (it was a “men’s 12 Steps meeting”) who had been abject alcoholics and addicts, overcome and overwhelmed by the obsession and compulsion to drink or use drugs, no matter the horrible, self-destructive consequences... their lives, to a man, shattered and broken apart, and in most cases, destroying or bringing to the brink of destruction all the important and previously loving relationships they’d had prior to their “hitting bottom.”

However, each man in this group had either gone to treatment (rehab) for their substance use disorder (a.k.a., chemical dependency or addiction to alcohol or drugs) or joined and successfully maintained their sobriety in a 12 Steps fellowship, or both. And what they’d learned, practiced and shared in this meeting about resentment was—in my view—truly insightful, illuminating and enriching.

Here are some of the “nuggets of gold” I heard, which constitute ways to approach resentment when you cross its path in your own life.

1. Admitting and accepting you have some unhealed, unresolved anger toward someone, some group or some institution, and commit to getting rid of the resentment(s), no matter what is required.
2. Reflect on what causes resentment in you and write a “searching and fearless” inventory of such, including your part in each and what you can do different going forward.
3. Identify the “symptoms” of resentment you’re experiencing and focus—right then and there—on diminishing (if not resolving entirely) their impact on you, again, whatever it takes.
4. Write a “letter to God” (or whatever Higher Power you have) in which you detail your resentments, who they’re aimed at, and what kind of help you’d ideally like (for example, “Please remove these resentments from my heart and help me accept this person for who they are, right now and without conditions”).
5. Get together with a supportive person in your recovery network—perhaps your treatment counselor or 12 Steps sponsor—someone with whom you can share confidentially and openly your feelings of resentment, asking for their perspective and any suggestions they might have for addressing whatever resentments you’re carrying. (Note: You necessarily must bring as much open-mindedness and willingness to follow their suggestions as you can muster.)
6. If necessary, consider seeking professional help, i.e., therapeutic counseling from someone who is trained and certified in anger management. Someone from your treatment center may be able to help you or refer you to possible resources.
7. Hopefully, by following one or a number of these suggestions, you’ll find your way to resolving any resentment(s) you’re harboring, so you can live free of their influence and begin enjoying your life in recovery that much more!

THE MESSAGE format change in the works!

In the coming months, we will be moving The Message to an online format which can be accessed through Intergroup's page at www.nkyaa.info. 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.

Upcoming Events

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

July 22 and 23—3L Group Campout, Kincaid Lake State Park. Fishing, boating, swimming, golfing, camping ..Plenty of fun for the whole family! Friday at Campsite 73—Campfire meeting. Saturday-Multi Purpose Room-10 am open discussion with coffee and donuts. 2 pm Eat & Meet, 3 pm lead. Reserve your camp space at <http://parks.ky.gov/.../recreat.../Kincaid-Lake/default.aspx> or call: (859) 654-3531

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

Intergroup Service Opportunities

Our central office web site is undergoing an update. Please have your group check to see if your meeting is listed accurately. If it is not, please contact Josh B. at 859-380-6831 or Jshbutts7@gmail.com as soon as possible with the correct information.

Does your group have an intergroup representative? Does your rep attend the monthly meeting? Intergroup reps from our groups meet the third Wednesday of each month from 6-7 pm at NKy central office, 1545 Scott St., Covington, Ky. If you have questions, please contact Josh B. at 859-380-6831 or Jshbutts7@gmail.com.

The Central Office Mission Statement

The Central Office of Northern Kentucky, in partnership among AA groups in the community, has as its primary purpose: To assist these groups in their common purpose of carrying the AA message to the alcoholic who still suffers.


As a means toward accomplishing this end we receive, distribute and follow-up 12-step calls, answer inquiries about AA and cooperate with local public information committees. The Central Office also maintains information about local hospitals and recovery facilities for alcoholics. We make available local AA meeting directories and a newsletter. We also order, sell and distribute AA literature.

What does Central Office do?

- Aids the family members of suffering alcoholics by telling them of Al-anon and providing a meeting schedule for them.
- Easy access to literature, coins and AA approved books at reasonable prices.
- Office is available for meetings during the day and evening hours.
- Updates to *Where and When* kept current and published at least four times annually.
- Inform groups and AA members about upcoming event dates and times.
- Keep current and updated web page for information on meetings and events in our local area.
- Prints flyers for groups' local events at a discounted rate.
- Aids in organizing fundraiser for correction committee.
- Supports districts, groups, and members with information in regards to establishing registered groups and home groups.
- Provides out of town or visiting AA members with current information regarding meeting dates and times.
- Provides an open door for information to homeless and passersby about a solution to their problem with alcohol.
- A person (not a recording) answers the phone to provide information to the suffering alcoholic, family members, and other AA members regarding a solution 24 hours a day.
- Assists with *The Message* (local newsletter) by copying all pages for distribution.
- Provides location for library of historical AA literature.

Next Intergroup Meetings—June 8, July 13

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

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

Faithful Fivers

What is a 'faithful fiver?'"

A Faithful Fiver is a member of Alcoholics Anonymous who voluntarily participates to contribute a minimum of \$5 each month toward the support of their Central Office, assisting its efforts of carrying the message.

The idea of Faithful Fivers is based on the fact that many of us wasted many times this amount of money each month during our drinking careers.

It is the Faithful Fivers that can assist in getting the Central Office of Northern Kentucky over the hump each month instead of wondering how we are going to meet our financial obligations. The contributions are also tax deductible.

The Message Subscription Form

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

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

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Circle One: New Subscription Renewal

THE MESSAGE

June, 2022

Let it Go

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