

## NORTHERN KENTUCKY INTERGROUP

# THE MESSAGE

JUNE, 2023

**THERE'S NO ELEVATOR— YOU'LL HAVE TO TAKE THE STEPS!**

The Steps — All 12 of Them

I came into this program with a chip on my shoulder looking for a reason to bolt. I didn't believe I was an alcoholic and tried hard to discount or totally not listen to all the knowledge that was freely given to me. My sponsor at the time suggested that I concentrate on just the first 3 Steps. I didn't think I was powerless over alcohol, but my life was seriously unmanageable, so Step 1 was doable. Insanity was on my mind a lot and I had always believed in a Power greater than myself, so again, Step 2 was doable. I love how the founders of this program gave us the ability to pick a Higher Power as we understand him, making Step 3 agreeable. I went through many months using only the first 3 Steps and saying "I can't, He can, I think I'll let Him." With not drinking and following the first three Steps my life was noticeably better.

Then, as my God would have it, I heard an individual give *my* lead on a bright Sunday morning and understood that I too was an alcoholic. With my sponsor's help, I trudged through the other 9 Steps and my life was again getting better. After about a year and a half and with a new sponsor, we realized that when I did my original 4<sup>th</sup> Step I was not able to be totally fearless as the Step asks. So, with my new sponsor's help, we did the Steps again.

I'd say my life got better again but that would take away from the fact that my life (and all who fearlessly go through the Steps) gets better all the time.

Tony D has been passing out a small card these days that states the principles behind the 12 Steps and they are worth sharing: Step 1 – Honesty, Step 2 – Hope, Step 3 – Faith, Step 4 – Courage, Step 5 – Integrity, Step 6 – Willingness, Step 7 – Humility, Step 8 – Brotherly Love, Step 9 – Justice, Step 10 – Perseverance, Step 11 – Spiritual/Awareness, Step 12 – Service.

Using these principles behind the Steps, I can see what my heart is lacking each day and day by day make that Step the focus for the day. We hear it continually at meetings and it's true as life itself that the Steps have given my a life that is way better than I could have imagined. Thanks AA.

-Mick S

### INSIDE THIS ISSUE:

At Some of These we Balked	4
Stepping Up	5
Yo, Get a Sponsor	5
Stairway to Serenity	6
Elevator Going Down	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 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  
 Intergroup Financials ..... Page 7  
 Anniversaries ..... Page 8  
 Service Opportunities..... Page 9  
 Upcoming Events / New Meetings ..... Page 9  
 Central Office Information..... Page 10  
 AA History Tidbits ..... Page 11

**FEATURES & READER CONTRIBUTIONS**

The Steps—All 12 of Them, Mick S..... Page 1  
 At Some of These We Balked, Kevin P..... Page 4  
 Stepping Up, Gail C. .... Page 5  
 Yo, Get a Sponsor, Tim L..... Page 5  
 Stairway to Serenity, Andrew M., ..... 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.

**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.

**At Some of These We Balked**

To balk: “to be unwilling to do something or to allow something to happen... to stop, as at an obstacle, and refuse to proceed or to do something specified.”

“If you have decided you want what we have and are willing to go to any length to get it, then you are ready to take certain steps.... At some of these we balked.”

I can fix this by myself. I don't need anybody's help. Besides, it's not that bad.

Can't sleep. A nameless dread comes over me. Nightmares.

I look at myself in the mirror – “What the hell's the matter with me?”

Shame - I try to justify my bad behavior, but the scared faces of my kids accuse me.

Lie after lie, excuse after excuse. Empty promises to “get better.”

It's the last house on the block. Someone told me there might be hope there.

My defenses are up, even though these people seem kind.

“Trust no one. Never show weakness.” – ancient lessons for staying safe.

Have I suffered enough?

“When the last thing you lost or the next thing you're about to lose is more important than drinking – that's when you're ready.”

I believe in God. But does he believe in me? I'm all busted up inside.

Ok. I'll make this promise: I'll tell at least one person on the face of this planet everything. (But I know he'll be disgusted when he sees who I really am.)

Seeing how wrong I've been about everything.

Who knew there was anybody else who drank like I did, felt as bad as I have?

Learning to hate my bad behaviors without hating myself.

How many excuses I've used to justify hurting others!

Is there enough time left to repair the damage?

Quiet time is scary. Yet this “serenity” they talk about comes more and more.

How self-absorbed I've always been! Never thinking of helping anyone but myself.

“The only cure for a bad feeling is a right action.”

Now I have a coin in my pocket with a large Roman numeral.

How can I tell anybody I'm coming unglued inside again? I'll lose all respect.

“I fall down, and I get back up again. I fall down, and I get back up again.”

Progress. Daily reprieve. Maintenance. But I never have to do it all alone again.

-Kevin P. – Northside Tuesday Night Group

## Stepping Up

*“When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple spiritual tool kit left at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.”*

*(Alcoholics Anonymous, pg. 25)*

Maybe Bill W. was rocketed. For me it came slower, perhaps as a nudge and sometimes even a gentle kick.

I knew God and believed in Him, but didn't think He believed in me any more. I wanted to do Step Three with all my heart, but boy did I struggle. Step Two lit the hope in me, but when I was new to sobriety my lack of trust caused me to straddle the imaginary gap my alcoholic mind had created between the two steps.

How could I trust God when I didn't even know how to trust myself? I can't tell you the exact date this changed. All I know is that I had an abundance of hope brought on by utter desperation. That hope was my crutch in early sobriety. I had a death grip on it as I just kept working the program to the best of my ability. People told me that my life would change by working the steps, and I wanted that so much. I did whatever I was told, and just kept hoping and believing in that Higher Power.

My first spiritual experience wasn't one accompanied by angelic music and blinding light such as we see in the movies. It was a subtle realization that after 25 years of heavy drinking, I was staying sober. How was that happening? I had no idea, but I felt in my gut that I had nothing to do with it. That's when I awoke to the fact that it must be that Higher Power you all kept talking about.

I was so overwhelmed with gratitude that I was finally able to reach out toward God, that third step, and the rest of the steps. I have repeated that third step daily ever since. Today, I wouldn't want to go through a single day without my Higher Power's gentle nudges.

-Gail C., Hebron Tuesday Night

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## Yo, get a sponsor!

Like many men, sports play a big part in our lives. Especially when we are younger and more able to participate than being a spectator.

When I first came back to AA (back meaning my first 2 visits were unsuccessful) I thought I'd do something different like take suggestions. The bargain I made with myself was I'll do these suggestions but this shit better work. If not y'all a bunch of weird liars. And I'd know a liar! I also knew weird.

We all know of these suggestions. Big book, meetings, steps, service work and sponsorship. Of all of these I had the biggest problem with was sponsorship. Maybe a guy thing of asking for help. Perhaps a sign of weakness. Fear of rejection. Admitting my faults to another human being. Really? As a practicing alcoholic we just shove that crap deeper and cover it up with a healthy dose of booze.

Then a thought came. Why can't I look at a sponsor as a coach. Someone who knows this sport of AA better than me. He can look at my swing from afar and tell me to choke up on this bat or dribble the ball without looking at it. We have practice at AA meeting and coffee. Our teams players are my friends. Some of them stay on the team longer because they practice. If they get injured or relapse we welcome them back and offer our help and support. Teammates you could say.

Our opponent is very patient waiting to pick us off one at a time. If we play as a team we remain strong. If you show up for practice and work hard your skills will be strengthened. We have a great coach and he knows his shit.

So find yourself a coach. Hell, you ain't married to him you can always get a different coach or join a new team. There's a new league starting everyday.

See you next practice!

-Tim L

## Stairway to Serenity

As an alcoholic I have a perception deficiency... I can sit next to someone at church who shares the same beliefs I do and believes in the same Jewish carpenter that I do but if they do not have a head full of wiring like mine WE hear two completely different messages being preached. Therefore, I do not have the luxury of taking the elevator or even the escalator to God. I must take the steps. I have to take them one at a time, with someone holding my hand to guide me on each step. Making sure my footing is sound and stable before WE take the next step. This is an undeniable fact for me.

WE walk the steps together hand in hand to come face to face with our creator. Then together WE go back and gather someone else and assist them in their steps to God. I see the steps as a beautiful grand ballroom staircase that I walk up one step at a time with my sponsor holding one hand and me holding the hand of my sponsee. Like rock climbers we are tethered together for safety and security. That is how WE succeed. Together. When one of us falls WE all go down. WE pick each other up, WE dust ourselves off and WE try again. Together.

Together because WE can't do this alone and having climbed the glorious staircase a few times now, I couldn't imagine doing it any other way.

-Andrew M. (8.8.2020)

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## Elevator Going Down

If you are anything like me, you may have had an irreverent attitude towards life. I sure as hell did. Looking back, I never really cared about much that others seemed to take so seriously. Furthering my education or working towards some dream jobs were just passing thoughts like the liquor passing my lips. Always searching for the next person who I could manipulate to help me get to that next level. I mean sure, I would work, even hard at times. Always just enough though it seemed to have the elevator take me up one more floor. If I could just get up there things would be ok. Those tough decisions of which tequila to drink, much more important than the wife and kids. Full of fear wondering if I would make it home that night, or week for that matter.

As those years continued to pass, spiraling further and further, I couldn't see there had always been a solution. A simple set of steps that could take me to a floor higher than any elevator could. Full of self-pity and despair. Exacerbating myself day after day, pushing that elevator button just hoping it would at long last take me up.

Hopelessly glancing at the stairwell, certain I didn't have the strength to walk all those steps. Until one seemingly insignificant day, something clicked. For a brief moment, I was able to see through the clouds I had created. After all those years standing and waiting, pushing that big button to nowhere, I realized the elevator was never going to take me anywhere but down. I had to take the steps. That first step had looked insurmountable for so long, but finally I took it. For the first time in my entire life, it felt I was graced with some relief from myself. Forward progress. Man, what a feeling. Although much slower than the elevator, its deeply more fulfilling.

Not all days are perfect taking the steps as life still continues to happen. I can honestly say though, that it has turned out to be the best decision I have ever made. No longer living with the crippling fear that the elevator isn't going to show up. I can truly be happy, joyous, and free. Like an infinite sunrise, I'm consistently amazed by what the program of alcoholics anonymous shows me. Even in the worst of times it is always there to let me know I will be ok. Those hand shakes and cups of coffee do more than most regular people will understand. As I write this, I pray that I never lose the feelings I have today for the program. Strangers becoming family over a common goal just to not drink. It really is beautiful. One day at a time, I walk those steps and I'm granted a daily reprieve from the delusions I can so easily create. Will I keep it? Who knows, ask me again tomorrow on the steps of true freedom.

-Adam Hensley

12:54 PM

06/14/23

Accrual Basis

**Northern KY Central Office**  
**Balance Sheet**  
 As of May 31, 2023

	<u>May 31, 23</u>
<b>ASSETS</b>	
<b>Current Assets</b>	
<b>Checking/Savings</b>	
10000 · Petty Cash	111.00
10200 · US BANK OPERATIONS	4,485.85
10300 · US BANK CORRECTIONS	2,733.94
10400 · U S Bank PRUDENT RESERVE	8,000.89
<b>Total Checking/Savings</b>	15,331.68
<b>Accounts Receivable</b>	
11000 · Accounts Receivable	778.84
<b>Total Accounts Receivable</b>	778.84
<b>Other Current Assets</b>	
11500 · Undeposited Funds	837.59
12000 · Inventory- LITERATURE	21,105.47
12002 · Inventory- GRAPEVINE	619.79
12050 · Inventory- WHERE & WHEN	184.20
12070 · Inventory- COINS	4,416.91
<b>Total Other Current Assets</b>	27,163.96
<b>Total Current Assets</b>	43,274.48
<b>TOTAL ASSETS</b>	<b>43,274.48</b>
<b>LIABILITIES &amp; EQUITY</b>	
<b>Liabilities</b>	
<b>Current Liabilities</b>	
<b>Accounts Payable</b>	
20000 · Accounts Payable	-128.54
<b>Total Accounts Payable</b>	-128.54
<b>Total Current Liabilities</b>	-128.54
<b>Total Liabilities</b>	-128.54
<b>Equity</b>	
32000 · Unrestricted Net Assets	6,510.16
39004 · Beginning Balance Equity	6,273.68
39005 · Retained Earnings	29,533.98
Net Income	1,085.20
<b>Total Equity</b>	43,403.02
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>43,274.48</b>

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

Circle of Miracles meeting Monday-Friday from 5:30-6:30 at Promises Club.

Promises Club: Freedom Seekers Friday Night Grill Out, every Friday beginning July 14th (weather permitting). Eat at 7, Lead at 8.

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! May and June

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 **July and August** anni-

**May****Hardrock**

Julie B., 32 yrs.

Cathy J., 25 yrs.

Tom G., 19 yrs.

**Happy Destiny**

Mark L., 35 yrs.

**On Awakening**

Ken H., 5 yrs.

John A., 27 yrs.

Laura C., 4 yrs.

Mike N., 6 yrs.

**Hebron Tuesday Night**

Sue H., 46 yrs.

Gail C., 32 yrs.

**Women's Emotional Sobriety**

Janet W., 39 yrs.

**June****Hebron Tuesday Night**

Tom R., 7 yrs.

**Women's Emotional Sobriety**

Marilyn L., 30 yrs.

Darla S., 28 yrs.

Nancy A., 27 yrs.

Jennifer B., 17 yrs.



## ***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**

July 8, 9 am-2 pm, Oaklawn Big Book Group Too, Annual 12 Step workshop, Cold Spring Baptist Church. For more information contact Brad T., 606.375.1982.

July 14, Promises Club: Freedom Seekers Friday Night Grill Out, every Friday beginning July 14th (weather permitting). Eat at 7, Lead at 8.

July 16, 12-4, Tribe Church, 3rd Annual Don't Do it Alone Picnic, 2201 Madison Avenue, Covington. Eat at 2, Lead at 3.

July 28-29, 3L Group Campout at Kincaid Lake State Park. Friday at Campsite 73 Campfire Meeting. Saturday 10 am Open Discussion Donut Meeting, 2 pm Eat & Meet (chicken and drinks provided), 3 pm Speaker, Lisa B.

August 11-13, 2023 Rule 62, Holiday Inn Airport, Erlanger, KY, Registration \$25 in advance or \$30 at the door. [Flier](#). For more information contact Sonya S, 513.913.0357 or Michelle S. 513.680.4220.

August 19, 76th Anniversary Banquet, NKY AA. Celebrate our Long Timers, Cold Springs Baptist Church. Contact [nkyhostcommittee@gmail.com](mailto:nkyhostcommittee@gmail.com) if you are a Long Timer celebrating 20+ years. For more information contact Michelle, 859.803.3086, or Charity 859.982.2451. Sponsored by the 2027 KY State Convention Committee.

August 25-27, 51st Annual SEIG Fall Conference, Clifty Falls State Park, Madison, IN. <https://www.seigaa.org/events>.

September 9, Serenity Jam 2023, Noon to 7 pm, Seasingood Pavilion at Eden Park.

October 13-15, Fellowship by the Falls, Cumberland Falls State Resort Park. For more information and to register, visit [fellowshipbythefallswithjoyandlaughter.com](http://fellowshipbythefallswithjoyandlaughter.com).

### **Save the Date:**

November 18, 6:30—11:45 pm, 82nd Annual Thanksgiving Banquet sponsored by Cincinnati Area Intergroup @ Oasis Conference Center.

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.

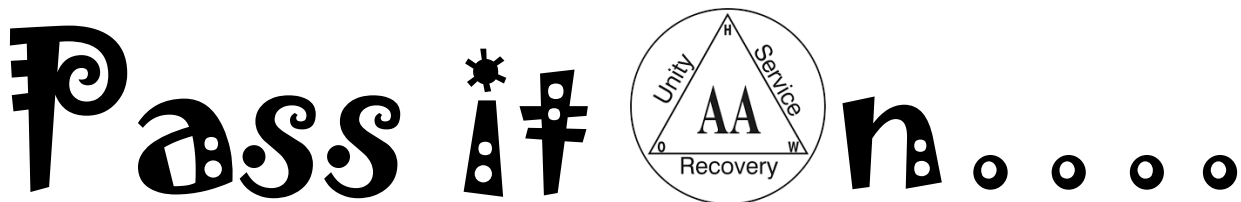
As a means toward accomplishing this end we receive, distribute and follow-up 12-step calls, answer inquiries about AA and cooperate with local public information committees. The Central Office also maintains information about local hospitals and recovery facilities for alcoholics. We make available 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—July 19, August 17

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.

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### **AA History Tidbits**

A.A. began in 1935 in Akron, Ohio, as the outcome of a meeting between Bill W., a New York stockbroker, and Dr. Bob S., an Akron surgeon. Both had been hopeless alcoholics.

Before their meeting, Bill and Dr. Bob had each been in contact with the Oxford Group. This mostly nonalcoholic fellowship emphasized universal spiritual values in daily living. The Episcopal clergyman, Dr. Samuel Shoemaker, led the Oxford Groups in the U.S. at that time.

Under this spiritual influence, and with the help of an old-time friend, Ebby T., Bill had gotten sober. Bill maintained his recovery by working with other alcoholics. Yet, before meeting Dr. Bob, none of these other alcoholics had actually recovered.

At the same time, Dr. Bob's Oxford Group membership in Akron had not helped him enough to achieve sobriety. When Dr. Bob and Bill finally met, the effect on the doctor was immediate. This time, he found himself face-to-face with a fellow sufferer who was succeeding.

Bill emphasized that alcoholism was a malady of mind, emotions, and body. Bill learned this important fact from Dr. William D. Silkworth of Towns Hospital in New York. Bill had often been a patient of Dr. Silkworth. Though a physician, Dr. Bob had not known alcoholism to be a disease. Responding to Bill's convincing ideas, Dr. Bob soon got sober, never to drink again. This sparked the founding of A.A.

Both men immediately set to work with alcoholics at Akron's City Hospital. One patient quickly achieved complete sobriety. These three men made up the nucleus of the first A.A. group (though the name Alcoholics Anonymous was not yet used.)

# THE MESSAGE

June, 2023



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

N.KY Steering Comm  
1545 Scott St Fl1  
Covington, KY 41011