

NORTHERN KENTUCKY INTERGROUP

THE MESSAGE

OCTOBER 2022

Sometimes Quickly, Sometimes Slowly

The first time I read (or heard) the 9th Step promises I thought they were just words that somebody thought might build me up spiritually—not really believing that they could or would come true in my life. It's impossible to think about your life getting better when you cannot look forward at all. I was struggling with Step 1 so how can I even fathom promises after Step 9.

As I say in my lead, "Sometimes quickly, sometimes slowly – for me it was always SLOWLY." I fought AA and the steps everyday until the light went on and I could start believing that the AA way was the best way for me. Once I started working the Steps and then hearing The Promises at almost every meeting, I got a glimpse at one of the Promises and thought – I am somewhat different. The Promise that first got me was "Our whole attitude and outlook on life will change." Wow!

All of the Promises have come true in my life but in varying degrees. Some of the Promises have come true 100% while others maybe 90% or 50% or just maybe a little less. The one that still bothers me most often is "We will not regret the past nor wish to shut the door on it." That's totally true if I'm working with another alcoholic but not so much when I'm thinking about my family. With my family, I do regret the past but I cannot allow it to put a cloud on my actions today. Same goes with losing interest in selfish things or comprehending the word serenity. This is where I realize the words "progress not perfection." I do everyday feel a new freedom and a new happiness, have way less fear of people and economic insecurity and I'm better at handling day to day situations. With that last one, it's good to check your thoughts with your sponsor.

Lastly, I know I'm better at being less self-pitying and self-seeking and know that I have to look at the last Promise "We will suddenly realize that God is doing for me what I could not do for myself." This is the action part of the Promises. I must actively seek His help on a daily basis to give me the strength and courage to keep doing the right actions so the percentages will keep rising on those Promises that aren't up to 100% yet.

Thanks for your help today God.

*-Mick S
Hardrock Group*

INSIDE THIS ISSUE:

BIG FAT LIARS	4
FREEDOM IN SOBRIETY	4
WE'RE BETTER NOW	5
MY INSTINCTS	5
FREEDOM FROM, FREEDOM TO	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.

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

FEATURES & READER CONTRIBUTIONS

Sometimes Quickly, Sometimes Slowly, Mick S.	Page 1
Big Fat Liars, Tim L.	Page 4
Freedom In Sobriety, Declan M.	Page 4
We're Better Now, Kevin P.	Page 5
Freedom From, Freedom To., Rhonda O.	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	Erlanger	859.491.4435
(WRAP, Droege, York Street)		

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

E-MAIL: MANAGER@NKYAA.INFO

WEBPAGE: [HTTP://NKYAA.INFO](http://NKYAA.INFO)

Districts 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 42102-0742

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.

Big Fat Liars

At age 48, the Four horsemen came to my house and beat on my door. Terror, bewilderment, frustration and despair was the soup of the day. But they weren't ringing the doorbell. They were pounding on my noggin like the head beatings from a bad Three Stooges movie.

I won't bore you with the details, but I knew then and there that there had to be a change. For a person who thought he had his stuff together, my life had become unmanageable. King Alcohol had taken over and had appointed me the village idiot.

With my tail between my legs, I started my AA journey Version 3. The first two attempts were half-assed even by my standards. Looking around the rooms I saw many differences but one common trait. All of them were sober and that's what I wanted.

I once read that in business a person doesn't have to have either superior intelligence or any great original idea to become successful. One just has to copy the person who is. Realizing I'm not the brightest bult on the tree, I've done this in the past with some success. Why not apply this to AA?

Not having rules but having 'suggestions', I decided I'll take them. Hell, I'll even pay attention during these meetings. I keep hearing about these promises — These Ninth Step Promises. The promises that kept my interest and had me coming back for more. I'll even do these suggestions in order for these promise to work in my life. And being the alcoholic that I am, these promises better come true or AA is full of Big Fat Liars.

Have the promises come true for this Alcoholic? Incredibly so! Life still happens while we are in the program. Loved ones still get ill and die. Money comes and money goes and planet earth spins round and round. Only difference is I remember now these things. I now appear to have a knack for doing the right thing. And when I don't, my conscience lets me know about it. Then I get to make an amends.

For those of you who haven't worked all of the steps, please give them a chance to work. I know that I couldn't have remained sober if it weren't for my Higher Power and this program with it's many moving parts including the Ninth Step Promises. Get into action and 'keep coming back—it works if you work it'!

-Tim L.

Freedom in Sobriety

I was honored to be asked to write a submission for the "Message" on "Freedom In Sobriety".

Immediately my mind went to the famous last scene in the movie "Braveheart" where William Wallace just before death by a brutal execution, cried out "FREEDOM".

That was me (in a round about way) in an ICU room at U.C. Hospital in July of 2015 after having two heart attacks, five heart stints, cardiac ablation and suffering Congestive Heart Failure as a direct result of my progressive alcohol abuse. Having been brought back to life by a talented triage medical team, laying alone in the room, instruments and monitors beeping and whirring, I heard the voice of God asking me if I was DONE. I vividly to this day remember my reply, "I Am Done". My freedom from the death grip of active alcoholism.

Freedom also encompasses choice. Choice free from hindrance, subjection or control. By Gods grace my freedom of choice had me in a meeting of Alcoholics Anonymous that night directly after discharge from hospital and the choice to immediately get a sponsor at that meeting and begin to work the steps as aggressively as we could to gain a solid footing as a member, not a visitor in this wonderful organization.

Continued on page 6

We're Better Now

I had to learn that sobriety meant more than *not drinking*. "Meeting-makers make it," but I had to do more than sit in a chair for an hour in a church basement and socialize a little at the coffee bar. Only doing the 12 Steps with a sponsor made the Promises start to come true.

I didn't believe these two promises were possible for me -- "*We have ceased fighting anyone or anything*" and "*We pause when agitated*." I too often am impulsive, irritable, argumentative. A dear friend called me "often wrong, but never in doubt!" Doing inventory, working on character defects, and making amends have helped me be a bit less reactive and judgmental. And I catch it earlier now and can keep my ego from doing quite as much damage.

One of the biggest examples of this change has been with my now-adult sons. I cringed when I first read what the Big Book says about children of a drunken father like me: "*Without saying so, they may cordially hate him for what he has done to them and to their mother. . . . They cannot seem to forgive and forget.*" (BB, p. 134) I despaired of ever rebuilding a bond with them.

You told me not to give up. You coached me on how to listen and stop giving unwanted advice to them. You showed me how basic and crucial it was to "show up," instead of going missing in action. I listened to how other now-sober Dads and Moms slowly re-connected with kids they feared they had lost.

The AA promises have far exceeded my expectations. "*Sometimes quickly, sometimes slowly. . . . A price had to be paid. It meant destruction of self-centeredness.*" I couldn't just stay "dry" if I wanted my kids to *want* to be around me. They had to see with their own eyes over a long period of time that their father not only was not drinking, but that he was learning at last how to love.

-Kevin P.

Northside Tuesday Flight Group

My Instincts

The process of the steps revolutionizes our entire attitude toward life toward our fellows and God. Our basic instincts of life are social, security and sexual. We all have basic instincts which create self. Socially I want COMPANIONSHIP wanting to belong or to be accepted. PRESTIGE wanting to be recognized or to be accepted as a leader. SELF-ESTEEM what we think of ourselves high or low. PRIDE excessive and unjustified opinion of oneself self-love or self-hate. Relationships with other human beings and with the world around us. Ambitious plans to gain acceptance, power, recognition, prestige. I want SECURITY. Material Security: wanting money, buildings, clothing etc. to be secure. Emotional Security: some tend to dominate and some overly dependent on others. Ambitious plans to gain material wealth dominate or depend on others SEXUAL Acceptable by society, Hidden contrary to society, God or our own principles. Ambition our plans regarding our sex lives either acceptable or hidden .

When we retire at night, we construct or faithfully review our day. Were we resentful dishonest or afraid? Do we owe an apology? The question is 'was my day filled with self-will or Gods will'? Here are a few to ask yourself : Was I selfish or self-seeking or have an interest in others? Dishonest or honest? Frightened or have Courage? Inconsiderate or considerate? Proud or Humble seeking gods will? Greedy or giving or sharing? Lustful or what can I do for others? Angry or Calm? Envious or have gratitude? Lazy or take action? Gluttony or moderation? Impatience or patience? Intolerant or tolerant? Resentful or forgiving? Hate or Love? Concern for others harmful acts or good deeds? Self-Pity or self-forgetfulness? Self justification or humility? Seek Gods will? Self-importance or modesty? Self Condemnation or Self forgiveness? Suspicion or trust? Doubt or faith?

Being aware of your basic instincts and yourself can help you on your journey to self-discovery, and give you more control in situations in the future. Creating a better balance in your life can give you greater harmony and allow you to thrive as your true self. Be yourself everyone else is taken.

-Mark L the Florida Flounder

Freedom From, Freedom To

While out in the madness, I thought I had freedom to do what I wanted – when I wanted. I didn't think much about how that would affect my work or my homelife or the people who loved and cared for me. Oh, I did just enough (sometimes more than enough) so that I could keep this very dark and secret existence from the world outside. I served at church, I taught Sunday school, I coached my son in sports, and I volunteered on numerous committees. I was a woman who had it all together. I needed you to think highly of me, but mostly I needed you to **not** see the 'real me'.

Slowly things started falling apart. I'd be so hung over from Saturday nights that I could barely drag myself to church, let alone teach a class of children. The events I volunteered to help with became secondary to what I 'needed' to do, so I'd end up drinking during them and toward the end of my drinking, I had to leave before the events were even concluded.

I stopped answering the phone on my hangover mornings which often stretched into hours or even days. I was basically hiding out in my home and didn't dare let anyone know where I was, so they didn't show up. I would muster up just enough energy to do the bare minimum around the house to keep my husband off my butt, but that was it.

And then I found AA. My goodness what a difference. Just as little by little my life became nearly too hard to endure, it became a little easier every day to manage. I found hope. I had more energy, my head was clearing, I could actually show up for work on time, honor my commitments, cook dinner, get to a meeting and be a contributing member of society. Our friend Bert always used to say, "the good news is it gets better fast. The bad news is it gets better fast." I was cautioned by the giants who came before me to take it a day at a time and not try to be cured by next week.

I'll be forever grateful for the freedom sobriety has afforded me. Today **I am free** to look people in the eye. I get to bed at a decent time and get to the gym before work. **I am free** to make commitments and honor them. **I am free** to be of service to God, my community and most importantly my family. **I am free** to go anywhere I want with my head held high knowing that today I am the best version of myself, but also that I am a work in progress with more work to be done.

Thank God for AA, the steps, a loving sponsor, and a network of friends who love me. Today I enjoy the freedom from the darkness. Today I enjoy the freedom to enjoy this beautiful thing called life. Today I am free.

-Rhonda O.,
World Famous Florence Group

Continued from Page 4

Freedom in Sobriety

So much could be written about "Freedom In Sobriety", but for this alcoholic that freedom came through Gods Grace in University of Cincinnati Hospital in 2015. A personal experience with the God of my understanding and a true Spiritual Awakening.

Please never take for granted OUR freedom in sobriety, embrace the change, get in the middle, be of service, live the principles, pass-it-on.

"We gave up everything because of one thing – we got sober and gained everything by giving up one thing".

-Declan M.
On Awakening Group

Northern KY Central Office
Balance Sheet
As of August 31, 2022

	Aug 31, 22
ASSETS	
Current Assets	
Checking/Savings	
10000 · Petty Cash	150.00
10200 · US BANK OPERATIONS	11,921.28
10300 · US BANK CORRECTIONS	4,346.07
10400 · U S Bank PRUDENT RESERVE	8,000.27
	24,417.62
Accounts Receivable	
11000 · Accounts Receivable	551.59
	551.59
Other Current Assets	
11500 · Undeposited Funds	345.00
12000 · Inventory- LITERATURE	11,899.86
12002 · Inventory- GRAPEVINE	630.78
12050 · Inventory- WHERE & WHEN	178.32
12070 · Inventory- COINS	3,488.13
	16,542.09
Total Current Assets	41,511.30
TOTAL ASSETS	41,511.30
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	
20000 · Accounts Payable	-717.51
	-717.51
Total Current Liabilities	-717.51
Total Liabilities	-717.51
Equity	
32000 · Unrestricted Net Assets	-258.96
39004 · Beginning Balance Equity	6,309.68
39005 · Retained Earnings	29,533.98
Net Income	6,644.11
	42,228.81
Total Equity	42,228.81
TOTAL LIABILITIES & EQUITY	41,511.30

**OnLine and Face to Face Meetings can be located at www.aacincinnati.org or
Download the Android or Iphone App 'Meeting Guide' for updated information**

Meeting changes/updates/need support:

Walton Hillbilly has changed meeting start time to 7 pm on Saturdays.

Anniversaries! August, September 2022

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 **October or November** anniversaries and we'll add them in the next edition.

Submit anniversaries to nkymessage@yahoo.com.

August

On Awakening

Declan M., 7 years

Grandview Group

Annette B., 21 years

Bruce S., 26 years

Cheryl M., 35 years

Hardrock

Victoria B., 30 years

Kristen O., 5 years

September

On Awakening

Tony P., 14 years

Paul F., 15 years

Tony H., 20 years

Grandview Group

Scott M., 16 years

THE MESSAGE format change in the works!

Effective immediately, The Message has moved 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.

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.

NOTICE:

Did you know you can submit your story for consideration in the 5th Edition Big Book? Due by Oct 31, 2022. Your GSR or DCM should have the info. If not, please email Erika R. at erika.ryle@gmail.com for information.

Events

November 19, 6:30 pm, 81st Annual Thanksgiving Banquet sponsored by Cincinnati Area Intergroup. Location: Oasis Conference Center, 902 Loveland-Madeira Road. Doors open 6:30, Dinner 7:15, Speaker: Edith P. from Omaha, NE. Advance Tickets \$30 through October 31st. More information contact Cincinnati Central Office 513.351.0422.

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—October 12 and November 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

Pass it  h.....

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.

"Yes, there is a substitute [for alcohol], and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you."

Once someone has gotten used to their sobriety, the freedom it brings can be truly life-changing. As the recovering person begins to grow beyond the old constraints of their addiction, they'll gradually realize all the ways they can find new happiness in life.

Much of this happiness will be found in relationships with other people and the world around us. *"We need to get out of ourselves,"* John says. *"We need to get involved and start participating in life. What that means is different for everyone, but we need to work up a support system and a program. And that program is all-inclusive. It's diet, it's exercise, it's prayer, it's meditation, it's giving back, it's receiving, and it's being able to ask for help."*

Finding new hobbies and interests that reflect who we are as individuals is also an important part of sober living. John continues, *"Maybe we take up playing the guitar again, or maybe we take up kayaking. Personally, I love being outdoors. Follow your heart. Because the disease wants to take the heart, too. We become everything we don't want to be. And then we get clean and sober, and we can go back to that innocence we had as a child."*

With time, practice and diligent 12-step work, a person in recovery will come to appreciate the freedom of sobriety for its own sake. As John Robertson says:

"Serenity and peace of mind is doing what I have to do because I want to. There's a freedom in that. There's a freedom in being able to say 'no' to a drink or a drug and not have to explain why. 'No, not today.' And that's enough."

Reprinted from Tara Recovery blog

THE MESSAGE
October, 2022

freedom

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

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