

DISTRICT 3

NEWSLETTER

A LOOK AT SOME THOUGHTS OF ALCOHOLICS ANONYMOUS MEMBERS
AND EVENTS IN SOUTHERN KENTUCKY, AREA 26 DISTRICT 3.

WINTER 2016

IN THIS PUBLICATION:

THOUGHTS ON HONESTY, HOPE, FAITH, AND HOME GROUP
HIGHLIGHTS.

The thoughts expressed herein are solely those of the members that submitted them, they do not represent AA, Area 26, District 3, The District 3 Newsletter, or the District 3 Newsletter Committee as a whole.

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Newsletter, published quarterly.

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to; ***a26d3newsletter@gmail.com***

Hello,

I sincerely apologize for the delay in this publication. It is the hope of this committee that this newsletter is an enjoyable reflection on thoughts from members in our district. In the following pages you will find a collection of articles on the topics of honesty, hope, faith and home group highlights. It is our goal to bring you thought provoking articles in each publication as well a few highlights of local home groups. We are blessed to have many meetings in this district and our goal in offering the home group highlights is to promote a greater awareness of each of these home groups. Don't forget to sign up for our email list to receive each issue which will be published on a quarterly basis. The email address given on the front page (a26d3newsletter@gmail.com) can be utilized to add yourself to our email list but also to submit articles for the upcoming issues or to add events to our event section. On the last page you will find the topics for the next publication feel free to write and submit any articles on these topics. May this newsletter serve as a forum for thought in our sobriety and only aid in the strengthening of our unity as a fellowship.

Respectfully,

Shane G.

Home Group Highlight- The Way Out Group

I willingly admit that I have a special place in my heart for The Way Out Group of Alcoholics Anonymous in Bowling Green, Kentucky. When I first came to this city to get sober, I began going to this meeting 5 days a week, so I could work closely with my sponsor. The first ten months of my sobriety this was my homegroup, and the meeting in which I learned what it was to truly give of yourself so that others may recover. On the side of Nashville Road sits the Universalist Unitarian church in which the Way Out meets, every morning at 7:30, every day of the week except Wednesday and Sunday. I walked into this meeting the other day and it is funny how it still feels familiar, I know the home group members and they are even gracious enough to talk after seeing me in my craziest time upon coming into this program. The meeting got underway and it never ceases to amaze me the kindness and wisdom that this meeting has and freely offers to any who wish to attend, they also serve Starbucks which is a definite plus in an early morning meeting.

As usual I was able to speak with one of the home group members in reference to home groups. He told me that this was his home group now because it fits with his schedule, working midnights it is excellent for people who want to go to a meeting after work and before they go to bed. This gentleman told me that originally this became his home group because it was a meeting that his sponsor attended so he was able to see him and work with him there. Upon the inception of this group he made a commitment to attend for a year and after this time he found himself in the midst of another service commitment, which is one of the beautiful things about home groups, they provide an environment in which service is introduced and nurtured.

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He went on to say that within a home group you become close to the other members and build a kinship with them. Early on and even later this can be beneficial in getting to know people. He likened his home group to his home, within his home he feels a level comfort that isn't matched in any other house, this is true for his home group meeting also. He told me he can be comfortable anywhere and in any meeting, but his home group has a higher level of comfort for him. If you don't have a home group, I would encourage you to check this one out. If you do, I'd still encourage you to check this meeting out, it is at 7:30 in the morning but what better way to start your day than with quality sobriety and Starbuck's coffee.

"For the wise have always known that no one can make much of his life until self-searching has become a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong. – Bill W."

HONESTY

Not A Natural Practice

I didn't come into AA by being honest. It was through this program that I became honest. It wasn't a practice that was natural to me; it felt foreign, odd, and left me feeling vulnerable a lot of the time.

When I began to practice AA and work with my sponsor I soon learned we are only as sick as our secrets. Working the steps, I developed a relationship with my higher power. A power to which I cannot lie. My guilt, shame, and remorse ease as I get rigorously honest daily.

Brittany M.

The True Meaning of Honesty.

I never knew honesty until I entered the program of Alcoholics Anonymous. I could admit things about my life, but always seemed to blur the details; either making myself seem worse or better in every situation. Once I came to the program, broken and desperate I learned the principle behind the first step was honesty. At this point knowing that I could not drink successfully, and that my life was unmanageable was where the limit of my ability to be honest ended.

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Over time in the program, working the steps with a sponsor and daily practice of the principles with the help of a loving God, I have learned the true meaning of Honesty. Without all the steps, and the continual effort of applying them in my life I would continue to lie to myself and others. Honesty is essential in my recovery today and as long as I grow spiritually. Without honesty, I could never have the gratitude I have today or the life I've been given, through trying to work an honest program to the best of my ability.

Michael D.

HOPE

A Divine Province

Hope is by definition an expectation. Expectations, in general, have a bad connotation in the vernacular of the alcoholic. However, when combined with spirituality hope becomes a divine province that becomes the path to the light at the end of our tunnel.

I believe that hope can neither be given nor taken away It simply exists. We may not be able to see it for ourselves, but hope presents itself when God puts people into our lives that already have acquired it. Once that condition is met it is our part to take the action necessary to turn our new-found hope into reality.

Mark R.

Hone Group Highlight- The Newcomer's Group

The Newcomers' Group

Sunday is usually my day to sleep in, and I do so enjoy this luxury. However, I am capable, sometimes, of thinking beyond myself as a direct result of this program so I opted to attend the Sunday morning meeting of the Paragraph Group. I walked in, as the people from the previous meeting were filing out, and selected a seat. People began to show up and I was quickly joined by a home group member. The meeting started and alcoholics began to share their experience, strength, and hope one with another focusing on the solution. The atmosphere was a bit timid at first but then the ever present "something", this spirit that I associate with alcoholics united for our common welfare, took over. People were sharing and in sharing they were caring for the sobriety of others which benefits their own sobriety. Hope was a recurring theme in this meeting, as it often is in so many, and this built to a beautiful crescendo as the spirit got greater and the meeting drew to a close.

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After this meeting, I was fortunate enough to get to talk to the home group member who had joined me at the beginning. I asked him why this had become his home group and he told me that his schedule permits him to make more weekend meetings. The Newcomer's Group of Alcoholics Anonymous has four meetings a week. Friday night and Saturday night, they hold a speaker meeting at the Thirteenth Street Clubhouse at 8 O'clock. Sunday Morning, they have an open discussion meeting at 10 O'clock and another open discussion meeting on Monday night, both of which are also at the Clubhouse. I went on to discuss home groups and the importance thereof with this gentleman, who related to me that within his homegroup versus other meetings he feels a familiarity and comfort that enable him to grow closer to the other members. He also spoke of the importance of his homegroup giving him the opportunity to be of service and chair meetings. The Newcomers' Group not only hosts a variety of meetings but also provides Big Books to people who might not be able to afford them. If you are looking for a home group and a place to get involved and give back I would suggest you try this group, even if you already have a home group check out their meetings.

FAITH

A game we used to play as a child was to stand backwards in front of another child and hope to fall into his arms. Although I was a bit fearful every time, I continued to play, because someone always caught me. It required faith in another. We would all get back in line as well as taking our turn to catch others: it was fun, until one day I was not caught. I fell to the ground, slightly stunned, and I ran away to play a different game.

Life continued, and again, I guess one could say, I was dropped and again I ran from life. I decided to play other games—games that didn't require faith. Not realizing it, I was falling out of faith. Although I was unsure of myself and of other people, these games seemed fun despite my insecurity. But, I wanted to play, and boy I did! I played and played and played until I couldn't play anymore. The fun had disappeared and was replaced by fear and this fear was a monster. Unknowingly, I had entirely rejected my faith and fear filled that void.

Yes, the great monster of fear took over and I could play no more, so I began to run. I ran and I ran and I ran. I ran from people, places, and things. Sometimes, I only slightly felt the breath of the monster, yet it was there. Continuing to "live", I would often look over my shoulder, due to this lack of faith, but it was there: camouflaged, hiding in trees and around corners—sneaky, a subtle foe, cunning and baffling. I ran faster, as fast as I could, until the monster of fear caught me. I smashed into a brick wall and broke completely. Gripped with fear, I knew the game was over. I could live no more; there was no way out. I don't have to name this cunning, baffling, and powerful monster that stalks us in different forms yet has the same effect. We all know and we all have been caught by it, and it brought some of its gifts of fear for us: bewilderment, frustration, and despair; yet, this lack of faith would drive me to fear, and I would drink.

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It took me many years to realize that this lack of faith was my spirituality not in practice. It wasn't until I understood how important spirituality was to my well-being that I could see how I must stop fighting these people, places and things I had once been so insecure of, to find some semblance of peace with

the God of my understanding. (My) God has done everything; he has done the impossible: he was made flesh. His all-powerful love has accomplished something which surpasses all human understanding: the Infinite has become a child, has entered the human family. And yet, this same God cannot enter my heart unless I open the door to him.

It can still sneak up on me, this thing called fear, although not as frequently, but I have tools now: the 12 steps of AA. The steps require work, as we know, and I must carry these tools out into my daily life, or I will succumb to the monster once again. AA is a spiritual program. I must persevere in my faith: strive to pray and to meditate and to put the principles of AA into all my affairs. God does everything well, although we may not see the reason of what He does and why we must be willing to follow.

A friend in the program and I once debated the difference between faith and spirituality. To me, I now understand that faith is COMING TO BELIEVE in a power greater than myself. Once that power is established, spirituality IS EXERCISING THAT BELIEF IN MY DAILY LIFE, whether it is an interior exercise through prayer and meditation or an exterior exercise through living the 12 steps outside the rooms. Edward Dowling (a great friend of Bill Wilson, the founder of AA) had discovered himself, through an alcoholic friend of his own, the similarity between the Spiritual Exercises of Ignatius of Loyola (1491-1556), and the twelve steps of AA, recognizing that those twelve steps are pretty much the releasing of oneself from the things that prevent one's will from choosing God—God's will as one understands Him.

(www.ignatianspirituality.com/8765/the-spiritual-exercises-and-the-12-steps).

Once the compulsion to drink is removed, I do not have to think about it; I am able to live through my faith. I intuitively understand situations that used to baffle me—as a result of knowing God's will for me. This is one of the greatest aspects of faith I can achieve. Often I hear someone laugh in the rooms when I start to share by saying, "I was thinking..." I now know what that means! Today, I don't rely on myself; I rely on the faith of the God of my understanding and the will to carry it out.

- Kathleen B.

TO BE VITAL, FAITH MUST BE ACCOMPANIED BY SELF SACRIFICE AND UNSELFISH CONSTRUCTIVE ACTION.

DISTRICT 3 MEETINGS TAKE PLACE ON
THE FIRST SUNDAY OF EACH MONTH AT
THE CENTRAL OFFICE, THEY START AT
1:30. WE WOULD LIKE TO ENCOURAGE
EVERY GSR FROM EACH HOME GROUP
IN OUR DISTRICT TO ATTEND. THEIR
PARTICIPATION IS GREATLY
APPRECIATED, AS THEY REPRESENT
THEIR HOME GROUP'S CONCENSUS AT
THE DISTRICT LEVEL.

A FULL SCHEDULE OF MEETINGS CAN BE
FOUND AT

WWW.bowlinggreenaa.org

This publication can also be viewed at
this site.

IN THE NEXT PUBLICATION

We will be offering thoughts on the topics of ***Courage, Integrity, Willingness, and Unity***. Would you like to share your thoughts on one of these topics? If so simply write an article of 2-3 paragraphs length and submit it to

a26d3newsletter@gmail.com

All articles will then be reviewed. In the event, that many are received (given space within the newsletter is not unlimited), those received first will be published. ***Please submit articles by March 15th for the Spring Publication in April.*** This newsletter will be published on a quarterly basis in January, April, July, and October. If you would like to receive a copy of this newsletter by email, please send us an email requesting to be put on our list to the address above. Any upcoming events as well as questions, comments, or concerns can also be sent to that address.

Don't forget that you can also find this publication on our District 3 Website.

www.bowlinggreenaa.org

UPCOMING EVENTS IN OUR DISTRICT

Every Sunday Veterans and Friends in Recovery Meeting @ the Clubhouse 12-1.

2nd and 4th Sunday each month- Service Work Study Group meets 4:00 at Clubhouse

Sunday March 5th District 3 Meeting, all GSRs are encouraged to attend so that your group is represented at the District level.

Sunday March 12th Sponsorship Rally Host Committee Meeting 2 o'clock at the Clubhouse.

Sunday April 9th 2 o'clock The Auction to benefit the Sponsorship Rally will be held at the Clubhouse, on this day you can register for the rally for the discounted price of \$20.

Memorial Day Weekend May 26, 27, & 28 SPONSORSHIP RALLY at the Sloan Convention Center.