

Al-Anon helps members reach beyond their fears

Families and friends of alcoholics can find hope and help in Al-Anon/Alateen

April is Alcoholism Awareness Month and the following news release is a wonderful opportunity for carrying the Al-Anon message to families and friends of alcoholics.

Those who live with alcoholism often live in fear, fear of abuse, fear of anger, fear of trusting others. Al-Anon Family Groups (including Alateen for younger members) is a source of understanding, help and hope to families and friends of alcoholics. The following story, originally published in the August 2002 issue of Al-Anon's monthly magazine, the forum, illustrates some of the fears experienced.

My pattern of isolation began in childhood when my mother's abusive behavior became a source of sadness and embarrassment. I coped by being a good little girl and keeping my feelings to myself. Years later, while I suffered from my son's alcoholism, I withdrew again. When the pain became intolerable, I decided to try Al-Anon.

It was scary walking into a room that was full of strangers, so I put on my everything's okay mask. Then the members began to share their stories. Everyone's words carried such depth and honesty that I began to feel hopeful. I thought maybe I could let my guard down, too, maybe somebody would finally understand.

Continuing to attend meetings, I confronted longtime habits of self-protection that kept me stuck in misery. It was pretty difficult to feel alone and sorry for myself when I sat with people whose experiences were the same or even worse than mine.

When I was little, I often blamed

myself for Mommy's anger. Later, I felt somehow guilty about my son's alcoholism. Al-Anon told me I did not cause the disease and that I could not control or cure it, either. The only thing I could change, I learned, was my own response. As I gradually let go of guilt, I felt a new sense of lightness and freedom.

Sometimes I still find myself sliding back into isolation, but now I have a choice. I can stay in a dark, lonely place, if that's what I choose. Or I can keep coming back to this program, into the healing light of intimacy with my fellow travelers on this journey we call life.

Kathy S.
(Al-Anon members maintain personal anonymity in print)

From Long Ago

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The following first appeared in the Mount Vernon Signal on March 5, 1909. It was recently transcribed from microfilm of that issue of the Signal. With these submissions, I am sharing these gleanings with the Signal's present readers.

PERSONAL NEWS

J. Fish, the clothier is in Louisville today. - J. J. Wood, of Conway, is reported very sick. - Will Ballard spent Sunday with his mother at Goodland. - Mrs. Essie Painter is spending a few days here with friends. - A. M. Hiatt and Manly Albright were in town Sunday evening. - J. H. Brannaman was over from Conway yesterday on business.

Al-Anon members, like Kathy, may have several relationships to alcoholics: children, parents, spouses, partners, family members and friends of problem drinkers. All are welcome in the over 26,000 Al-Anon (including Alateen for younger members) meetings held in 115 countries. Local meeting information can be obtained by calling 606-678-4474, 606-679-2082 or 606-676-9052, or the national (US and Canada) toll free meeting line, 1-888-4-ALANON (1-888-425-2666, Monday through Friday, 8 a.m. to 6 p.m. ET. Additional information is available on the Al-Anon/Alateen Web site, www.al-anon.alateen.org or for Kentucky listings and meetings www.ky.al-anon.org.

- Mr. J. W. Vanwinkle is spending a few days with friends in Berea. - John Robins was down from Brodhead between Train Wednesday. - Dr. P. Benton is thought to be some better but is still a very sick man. - Mrs. Jane Bloomer has been very sick all week and her condition is but little changed. - Mrs. Jane Meadows and children spent Saturday and Sunday Hutcherson was here for a few hours Tuesday to see his sister, Mrs. M. B. Salin. - G. W. Gentry Jr. will move his family from Seagay Creek to the Carter property on West Main Street. - Misses Essie Pike and Ruth Painter, of Livingston, entered the Brown Memorial School Monday. - Mrs. Jones was called to Conway Wednesday on account of the serious illness of her son-in-law, J. J. Wood. -- Mr.

G. W. Anderson, of near Orlando, who has been confined for sometime with heart trouble, is able to be out again. - Dr. E. J. Brown was up from Stanford Tuesday to see Dr. Benton. He is hopeful that the doctor will pull through. - Messrs. George Parsons, W. T. Taylor and Robert Taylor, three of the good substantial citizens of the Glades section, were here Wednesday. - Jailer O. V. Jarret and G. T. Johnson left Saturday morning for Hot Springs, Ark. Mr. Johnson returned Monday. Mr. Jarret will remain at the springs for sometime for his health. - A. W. Stewart is here from Madison. - A. B. Furnish is in Cincinnati this week on business. - Mrs. Vess Moore and children, of Lebanon Junction, came down Sunday to attend the funeral of her cousin, Miss Bessie Miller.

LOCAL NEWS

"Fish Brand" Slickers and Suits at J. Fish's. - Dr. W. A. Jones bought a 4-year-old horse at McKee last week for \$135. - The bricklayers are here ready to commence work on the Cox Brother's building. - R. B. Sams has moved his restaurant from the Fish building to the Adams building near the livery stable. - F. Krueger & Son have begun work on the courthouse at Stanford. They are now taking the old one down. - F. R. Asher has sold a one-half interest in his store to T. N. Noe. Mr. Asher bought Mr. Noe's interest in the Daily property. - A. J. Fish is having a glass front put in his building, bought of J. Fish on Church Street. Steve Proctor and Fred Hayes are doing the work. Mr. Fish expects to open up as soon as the carpenter's work is completed. - There were 175 attended the Christian and Presbyterian Sunday Schools at this place last Sunday. The Christian Church had 117 with a \$2.23 collection and the Presbyterian 56 with \$1.20 collection. The Christian Church Sunday School has started a Red and Blue contest and their attendance has increased from 48 in 1910. The Sunday school is the place for children. Send them. - The Mt. Vernon baseball team will present the big 4 act comedy called "Breaking His Bonds" at the Court House in Mt. Vernon next Friday night March 12th and at Brodhead in the hall over the bank on Wednesday night March 17 and at Livingston on Thursday night March 18th. This is a good play, well

gotten up and if you want to get your money's worth and help the boys get their uniforms come and see it. Don't forget the places and the dates. - DEAD: One of the saddest deaths that ever occurred in our little city, was that of Miss Bessie Miller which came about 9:00 o'clock Saturday night. In December, when her nephew, Miller McCoy, was taken with small pox, she took charge of him and waited upon him during his sickness. About the time he started to recover, she was taken down herself. From this she did not fully recover when fever set in and in her weakened condition she could not resist the strain. All that could be was done for her, but to no avail. Miss Bessie was an exceptional girl and had many friends who deeply mourn her death. Her remains were laid to rest Sunday afternoon in Elmwood cemetery to await the resurrection

COVE NEWS

Round Stone creek has been higher Wednesday than it has been for many years. - John Treasday who has been working near Corbin for sometime is with homefolks this week. - Mrs. Sam Bryant who has been very low is slightly improved. - Miss Minnie Riddell was in Mt. Vernon shopping Thursday. - Elder and Owens are instructing a class in vocal music at Chestnut Ridge. - Jasper Owens and his sister attended church at Maple Grove Sunday and were the guests of Mr. and Mrs. Charley Hillon. - Mrs. Jesse Bullock is recovering from a sick spell. - Mr. and Mrs. Phlem Parrett visited Mr. and Mrs. Edd Bullock near Buckeye Saturday night and Sunday. - E. S. Owens has moved to Orlando. - Emmet Bryant and sister, Miss

(Cont. to A10)

"What Saith the Scriptures"

Today we hear a lot about homosexuals demanding and asserting their rights. We want to consider the "Homosexual Bill of Rights" that are found in the word of God.

1. They have a right to hear the gospel of Christ, Mk. 16:15-16, 1 Cor. 9:9-10, Luke 24:47, Mt. 28:19.
2. They have a right to know that their conduct is sinful before God, 1 Cor. 6:9-10, Romans 1:26-27, 1 Tim. 1:10.
3. They have a right to know that God does not regard homosexuality and/or lesbianism as an "alternate life style". Heb. 13:4, Rom. 1:26-27.
4. They have a right to know that they will suffer in their own bodies & personalities the consequences of their sin, Romans 1:26-27.
5. They have a right to know that the Bible calls them "Dogs" Deut. 23:17-18, Rev. 22:15.
6. They have a right to know that their companion (husband/wife) has a God ordained right to put them away because of their sin, Mt. 19:9, Jude 7, Gen. 19:4-5.
7. They have a right to repent and turn from their sin, Luke 24:47, Acts 2:38, 1 Cor. 9:11.
8. They have a right to know that homosexuality is not a disease, nor an alternate gender of life, but a sinful way of life that can be changed by the gospel of Christ, 1 Cor. 6:9-11.
9. They have a right to know that they were not born homosexuals, but through lust fell into this lifestyle, and changed "the natural use into that which is against nature", Rm. 1:26-27.
10. They have a right to be accepted and forgiven, when they repent and enter the body of Christ, 1 Cor. 6:9-11, 11 Cor. 2:7-11.

PROVIDENCE CHURCH OF CHRIST

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Web Site: www.WhatSaithTheScriptures.com
Time of Services: Sunday 10am Bible Study, Worship 10:40 & 7:00pm, Wednesday 7:30pm Radio program, Sunday 8am, 1460 AM



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