



CARRYING THE MESSAGE

January 2007

Volume 4, Issue 1

Anyone interested in receiving the
LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER

Via eMail please send request to newsletter@NALouisville.org

AREA NEWS

Louisville Area NA
Helpline 502-499-4423

—Open Service Positions—

LASCNA: RCM, RCMA

Newsletter Subcommittee:
Secretary, Vice Chair.

Need Support: There is a great need for women with recovery to help spread the message to newcomers in Southern Indiana area. A few to mention is Wednesday Night Hope (meets Wed nights at Northside Christian Church (no association) at 7:30 PM and Keep Coming Back meets Friday nights 7:30 PM at Wellstone (no association)

New Meeting: 'Reality', meets Sat. nights from 6-7:30pm at 2973 Wilson Ave.

New Time: 'Serenity Group' now meets at 7pm until 8:30pm. Still on Monday, still in the "Pink Patio" room.

New Meeting: 'Old School Recovery'. Fridays at 5920 Bardstown Rd. Fern Creek. @ 8pm-9pm. Contact Jack B. at 231-6468. Leave a message!

New Meeting: New meeting in Hardinsburg, KY Breckinridge County at the county Annex Building every Fri. night. 7pm local time, 8pm Lou. Time.

Meeting Moved: 'Lose the Desire' has moved to 1:30pm, Central Presb. Church, 318 W. Kentucky St.

Interested? In a Chronic pain and Addiction Focused meeting? Please call Cheryl R. at 744-8296

New Meeting: 'Steppin' To Freedom' 1st meeting will be Wed. Oct. 11 from 7:30-9:00 at the Vineyard Christian Church

This Month's Topic is:
Opening the Door to Recovery

Opening the Doors To Recovery

The first thing I remember is the first hugs I got in Narcotics Anonymous, Which was the most welcoming feeling. For someone to say "I have been where you are and here is what I did." To feel so lost and someone to know the fears and helplessness I had. To know I was no longer alone and there were others who had been able to quit drugs and find a better way of life. I remember walking into NA because my family had enough and no matter how hard I tried to die I just wouldn't. Now days I still learn from those that who came before me and stayed, I need to hear their experiences, after all that is how we stay clean. I make a point to welcome any newcomer I see to let them know they don't need to feel lost anymore. At first to me an open door is the open arms of a hug. Then it was it was up to me to be honest, open-minded, and willing
Don't forget to attend the Narcotics Anonymous convention January 19-21, 2007 you will find many new doors to recovery. Last year was my first and we all are still talking about the fun we had.

Kelly C

LOSING CONTROL

Can there be a more frightening situation than losing control? I know that when I am driving to fast on an icy road and hit a slick spot, that sense of powerlessness can be overwhelming. And all the control I can muster may not solve the problem. I may have to just let go of the wheel and prepare for an impending doom. That is certainly how I felt when I first came into the rooms. I was sliding to the ultimate doom as a result of my using. It was only after admitting my powerlessness over my using and hearing the experience, strength and hope of other recovering addicts that I was able to let go and find the help to stay clean just for today. Although my life was sliding toward disaster, I found that all the self-will I tried to muster to stop the slide was not enough. I had to let go, honestly accept my addiction and myself as an addict. Then and only then could I actually see that I was powerless to fight the disease of addiction on my own and that my life had become completely unmanageable, out of control. That acceptance of reality, perhaps for the first time in my life, led me to find the courage and willingness to ask for help from other recovering addicts. And the help that was so lovingly given to me, encouraged me to find the faith, the

willingness and the acceptance not to use just for today.

Frazier M

The spirit of NA Unity was in full swing at the 19th Annual Holiday Feast hosted by the Another Chance group of Shelbyville on December 2nd. Many folks from Shelbyville, Frankfort, Lexington and Louisville came to feast on a huge spread provided by the Another Chance home group. The Holiday Feast was a great way to kick-off the holiday spirit in Kentucky. Many thanks to Another Chance home group for an evening of recovery and celebration.

Eighty-Four Days

"My name is Habib and I am an addict. Greetings to all the addicts at the Central Prison of Qazvin, and to all NA groups around the world.

I am writing this letter as I pass the final moments of my life. I am very close to death. I wish to send a message to all fellow members: I got clean through a Narcotics Anonymous meeting in jail, and through attending these meetings, I stopped using drugs. I have become very close to God, I feel good, and I am at peace with myself and the world. I have accepted the will of God.

I'd like to ask you fellows to stay clean and be of service. Try to help other addicts stay clean physically, mentally, and spiritually. Please continue this path to save other addicts. I have nothing else to say. My name is Habib, and by dawn my life will end. I will be hanged for the crimes I committed, but I have been clean for eighty-four days beside you. I wish success for all addicts...members and non-members. God bless.

Habib, Qazvin, Iran"

Reprinted from NAWay Magazine
October 2006, vol. 23, no. 4

We keep what we have, by giving it away.....

I sit here in shock, Waiting for the feelings to feel. I found out good news that an addict is alive today. Good news, Right? Well, for the last 16 months I believed they were dead because of what I was told. I spoke and shared over and over of how I have the fear of death because of them dying and me living because of NA I was able to walk away, having guilt of me be having life and their kids not having a parent. Now we are only responsible for our own recovery this I know. Funny thing though I fought guilt and anger for the last 16 months because I felt the addict would be alive if I had only drove to a meeting. Cried many of nights, thought

Carrying The Message

Based on the interview of Tony M. by Kevin P. The 1st Step

Continued from page 1 Column 2

Kevin: How many times have you formally written a 1st step?

Tony: Three times. I kept switching sponsors. I was misled, misguided and misinformed by the misled, misguided and misinformed. As I started awakening, I realized that I needed to change sponsors because they were talking the talk but not walking the walk. I learned that just because they've been her awhile doesn't mean they're practicing principles in all of their affairs.

Kevin: Did you identify with the powerlessness right away the first time?

Tony: Yes my history has shown me that my way wasn't working.

Kevin: Did you identify with the unmanageability right away the first time?

Tony: Yes this was my second time around. Losing everything apparently wasn't my bottom...the threat of prison was.

Kevin: Which is most prominent in your recovery today, the powerlessness or the unmanageability?

Tony: The powerlessness. The unmanageability isn't as major anymore. Its still there, I still have problems, but they are of a much higher quality.

Kevin: Has that changed over the years?

Tony: It has changed. When I first got here everything was in disarray, so the unmanageability was more dominant. Today I have "luxury problems" today I focus more on what I can take care of and I surrender the things I am powerless over.

Kevin: What principles has the 1st step taught you to practice in your life?

Tony: Surrender, honesty, open-mindedness, willingness, acceptance and humility. Humility is the major stumbling block of self-honesty for me.

Kevin: What do you have for the newcomer?

Tony: You can't save your ass and your face at the same time. Don't let ego, pride, Fear or denial get in the way of your recovery. I didn't know enough to know That I didn't know. Today I know enough to know that I don't know. Keep coming back. Don't quit 5 min before the miracle.

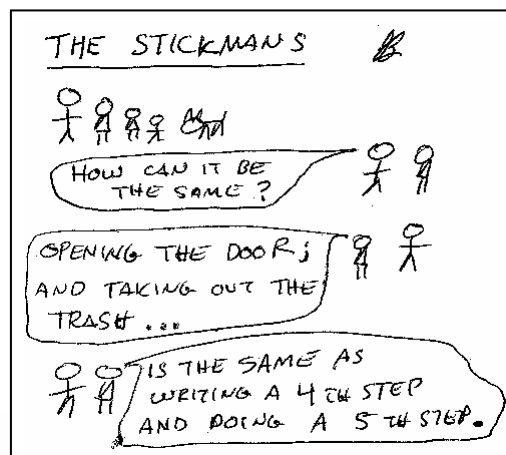
Kevin: Thank you for being of service.

over and over in my head what I should have done different, Had several pages in my 4th step over this matter. To find out they are alive, I should be happy and I am, But I have fear,anger,confusion. So now there are the feelings now time to deal with them. You see there when I get jammed up I just use the tool of journaling. I just have to remember this program is a simple,spiritual non religious program when we use our steps and advise of those whom have came before us and have found a new way to live. To be thankful I haven't had one thought of using over it. Which keeps me on the road of recovery. -Five days later and several phones calls later- I have realized my biggest feeling was fear that I would try to "save" an addict and risk my recovery. Except we can not "save" an addict, we can only carry the message. I realize how self-centered I still am and need to continue to work on that character defect. I am happy that a burden that I shouldn't have had in the first place is not in place anymore and know that even though this is a helping program I must do it from a far and remember that old people are still just that and all I can do is to continue to live the program to show it works.

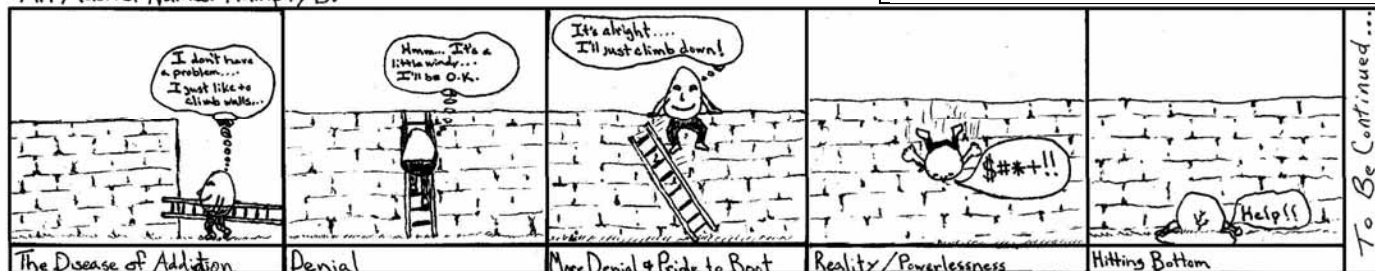
ANONYMOUS

Merry Christmas, and Happy holidays to you all. Just wanted to say thanks for being there. Hoping to see some of you in Texas this year. Please stay connected, I need ya.

With much love and respect,
Teachable Tim Watson



An Addict Named Humpty D.



-Area Service Committee Meeting
1st Sunday of Every Month, 3:00pm
Bardstown Rd. Presbyterian
Church
1722 Bardstown Rd.

-Activities
Call the Helpline for Information

-Helpline & Public Information
3rd Friday of Every Month, 6:30pm
1101 Cherokee Rd.
(where Highland Peace meets)
Contact Helpline:
helpline@NALouisville.org

-Hospitals & Institutions
3rd Wednesday of every Month,
6:30pm Green St. Baptist Church
519 E. Gray St.

-Literature Distribution
Call the Helpline for Information

-Newsletter
1st & 3rd Saturday of Every Month
2:00pm
Token III Club, back room
4014 Dutchman's Ln.
(where AGAPE meets)
Contact Newsletter:
newsletter@NALouisville.org

-Policies & Procedures
2nd Thursday preceding Area
Service Meeting
7:00pm
Louisville Main Library
301 York St.

Narcotics Anonymous isn't affiliated
with any outside agency or facility
that may host N.A. meetings.

These Groups are in need of your support.

Just For Today: Friday 12pm
2600 Virginia Ave.

Miracle on 22nd: Sunday 7pm
8:30pm 2115 W. Jefferson St.

Point of Freedom: Mon. & Wed.
10:00p.m. 1034 S. Jackson St

We Too Recover: Tues. 7:00p.m.
2011 St. Xavier St.

A Vision of Hope: Wed. 12:00p.m.
2200 W. Muhammad Ali Blvd.

Day by Day: Thurs. 7:00p.m. 519
E. Gray St

Reality: Sat. 6pm-7:30pm 2973
Wilson Ave. (Michelle S).

**Come out and help spread the
message of NA.**

January 5- 7th, 07'

The Columbus
Formerly Adams Mark Hotel
50 North Third Street
Columbus, Ohio 43215
614.228.5050 or
1.800.417.1057

January 11th-14th, 07'

Hyatt Regency Chicago, 151
N Wacker Drive Chicago, IL

January 19th-21st, 07'

Marriot, Downtown
280 W. Jefferson Street
Louisville, KY 40202

February 2nd-4th, 07'

Ramada Inn of South Beloit,
200 Dearborn Ave.
South Beloit, IL 61080
815-389-1812

February 16th-18th, 07'

Clarion Hotel - Westgate,
3536 Secor Rd. Toledo, OH
419.535.7070

March 2nd-4th, 07'

Marriott East Hotel, 7202 E
21st Street; Indianapolis, IN
800.228.9290

March 2nd-4th, 07'

Marriott Cleveland Airport,
4277 W 150th Street;
Cleveland, OH 44135
800.228.9290

Central Ohio Area Convention XVIII: Uncover, Discover, Recover:

Rooms are \$99 + \$50 Incident charge (Refunded).
Programming Committee is asking for workshop Topics,
Workshop Chair People, Workshop Speakers, & Main
Speakers. Look for more details through your home group.
June 1st is the deadline for topic suggestions. July 31st is the
deadline for speaker tapes. Registration Flyers also available
from "Carrying the Message", email a request to
newsletter@NALouisville.org

Chicagoland Regional Convention XIX:

Chicagoland Region; web: www.chicagona.org
312.565.1234 : 312.848.7343 : 630.774.9853 : 773.718.0794 :
773.972.8390 : 708-526-4038 : 773.415.1166

LACNA XVII Convention:

For hotel reservations call (800)
533-0127 or (502) 627-5045 Room rates: single, double, triple
and Quad \$119.00 + tax/night. Mention LACNA XVII for
reservation discount. Registration: \$25.00. Registration
Contacts: LaTonia B.(Chair) 502-819-1630, Yolanda S.(Vice-
Chair) 502-693-8670, Glynnetta H.(Secretary) 502-472-6857
Convention Functions: Talent Show on Fri. Jan. 19th from 9
~ 10:30. The talent show is free And on Sat. Jan. 20th LACNA
17 Comedy Show presenting Spike Davis, cost is \$10. Contact
Crystal C. for Info at 836-1153 // Banquet Dinner served Jan.
20th at 6:00pm More Info on page 2 above.

Rock River Area Convention XVI: Event Information:

815.721.7714; Event Registration: 815.494.5102; Speaker
Tape Information: 815-912-2472; Rock River Area; RRCNA;
Box 8495; Rockford IL 61126-8495

Toledo Area Convention of Narcotics Anonymous:

419.474.4704: Paul C; 419.340.5524: Mary W; 419.469.0567:
Carla J

Indiana State Convention XIV: Information: 765.759.0924;

Event Registration: 765.649.4873; Indiana Region Convention
Corporation; Box 501481; Indianapolis, IN 46250-1481; web:
www.isnac.com

Cleveland Area Convention IV: (216).531.5069:

(216).268.5460 : (216).332.1426 : (216).991.0631 :
(216)761.3720 : (216).534.4414; Cleveland Area Convention
Of NA; Box 603730; Cleveland, OH 44103-0730

Special LACNA XVII Announcement

There will be a Banquet Dinner Served at LACNA XVII on
Saturday night January 20th 07' at 6:00pm. The deadline to
buy tickets for the banquet is Fri. January 12th 07'. It costs \$25
and tickets can be purchased from any of the LACNA XVII
executive committee members and Vicki C. (hotel & hospitality
vice-chair). Contact Meme D. for more info. The menu will be:
Chicken Breast, Steamed Vegetables, Roasted Red Potatoes,
House Salad, New York Style Cheese Cake, and a beverage.
There will also be a vegetarian dinner served.
The Hotel & Hospitality subcommittee is also asking for non-
perishable item donations from the area's home groups.
Please contact Meme D. at 931-3901

CARRYING THE MESSAGE

LOUISVILLE AREA
NEWSLETTER
SUBCOMMITTEE

CONTACT US:

IN PERSON/BY PHONE

Jack B. 502-231-6468
Mike C. 502-772-3336
Nathaniel R. 502-296-4974
Kevin P. 502-356-8130
Cheryl R. 502-744-8296
Frazier M. 502-797-3036
David M. 502-271-7825
Kelly C. 502-876-1030

NA NEWSLETTER
SUBCOMMITTEE
MEETINGS

NEED YOUR HELP!!

1st and 3rd Saturdays 2pm
Token III Club (Backroom)
4014 Dutchmans Lane

EMAIL

newsletter@NALouisville.org

ASC MEETING

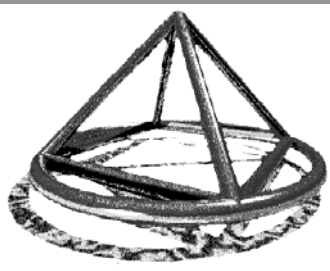
The First Sunday of Every Month
At 3pm
1722 Bardstown Road

We're on the Web!

See us at www.nalouisville.org

Download Your Favorite Issues

Just Click on '[newsletter](#)'



Louisville Area NA
Helpline
502-499-4423

THIS IS YOUR NEWSLETTER! YOUR SUBMISSIONS MAKE IT HAPPEN!

◆ FEBRUARY'S TOPIC OF THE MONTH ◆

"We Came To Believe"

◆ SUGGESTIONS FOR OUR NEWSLETTER ◆

◆ TELL US ABOUT IT! ◆

**Had fun at a Convention, a Function, or enjoyed something else about Recovery?
Write in and Tell Us About It!**

When submitting, please remember space is limited and should be sent in by **January 26th**.
You can email submissions to newsletter@NALouisville.org or call and we will make arrangements to pick it up. Any addict with a day clean and some willingness can contribute!

CLEANIVERSARIES

If you would like your Cleaniversary listed here: Contact us by phone - Contact us by email - Submit by GSR at ASC Meeting - Submit by home group report at ASC: We list this month's Cleaniversaries as well as the last 15 days of the previous month and the first 15 days of the next month.

We apologize for any Cleaniversary that we forget, or misprint!

Mechille T.	December 15 th	7 Years	Stopping Point
Ken W.	December 15 th	21 Years	Highland Peace
James P.	December 16 th	11 Years	Reach for Recovery
David D.	December 17 th	12 Years	Serenity on Sunday
Freda T.	December 17 th	4 Years	Walkin & Talkin Recovery
Darren L.	December 18 th	9 Years	Against All Odds
Mark K.	December 21 st	2 Years	Enough Is Enough
Kevin P.	December 21 st	2 Years	Recovery Today
Mark M.	December 22 nd	1 Year	Wednesday Night Hope
Melissa R.	December 22 nd	2 Years	How It Works
Audrey L.	December 23 rd	10 Years	Just Us
Kelly D.	December 23 rd	3 Years	Lose The Desire
Kim H.	December 23 rd	9 Years	Reach for Recovery
Terrie D.	December 23 rd	3 Years	Lose The Desire
Josh P.	December 25 th	1 Year	Serenity Group
Tommy U.	December 25 th	1 Year	Why Are We Here
Maggie B.	December 30 th	19 Years	Just Us
Scotty H.	January 2 nd	3 Years	Sweet Surrender
Stephanie	January 4 th	1 Year	Day By Day
Brent B.	January 4 th	1 Year	Cool Changes
Stephanie A.	January 6 th	18 Years	Lose The Desire
Alison T.	January 7 th	3 Years	NA Meeting
Tommie V.	January 8 th	1 Year	Why Are We Here
Cat S.	January 9 th	5 Years	Sweet Surrender
Alice T.	January 12 th	8 Years	The Stopping Point
KJ	January 14 th	2 Years	Out Of Control
Kim K.	January 15 th	3 Years	Why Are We Here
Annisha H.	January 22 nd	6 Years	Why Are We Here
Jeff S.	January 26 th	11 Years	Out Of Control
Kevin S.	February 1 st	11 Years	Gratefully Dedicated
Angie S.	February 5 th	6 Years	Why Are We Here