

CARRYING THE MESSAGE

February 2005

Volume 2, Issue 2

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER

Email subscription: send your email address to
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Topic of The Month: Unconditional Love

Unconditional \ adj 1: not limited: ABSOLUTE, Unqualified 2: Unconditioned

1Limit \ n 2a: something that bounds, restrains, or confines b: the utmost extent 4a: a determining feature or differentia in logic

2Limit \ vt 1: to assign certain limits to 2b: to curtail or reduce in quantity or extent

Conditional \ adj 1: subject to, implying, or dependent upon a condition 4b: established by conditioning as the stimulus eliciting a conditional response

Love \ n 4a: unselfish loyal and benevolent concern for the good of another

(Taken from Webster's New Collegiate Dictionary copyright 1977)

Unconditional love begins with loving ourselves. If we can not love ourselves, we can not truly love another or truly let another love us. Let alone unconditionally. What of our world is unconditional? Nothing? God is the limitlessness all around us and in us at the same time that we humans want to explain, judge, and most of all dictate our so called control over. Is there anything that is absolute? Some have said that we have to pay taxes, but in reality we do not. We have the choice not to; we just might not like the outcome of such choice. Some say we have to die, yet God promises eternal life and therefore death is too can be unconditional.

You might notice a pattern emerging here. Nouns that no one can place their finger on have the appearance of being unconditional. These things also are often closely or can be closely associated with a higher power. A loving, caring, and sharing higher power. That it has been said about, through meditation and prayer will give freely and without reservation, a personal will of good. One by which a human being could share unconditional love through.

God is unconditional, as long as he is with you. Or is he? That is the choice God gave to us here on Earth, to make and see our own will. But afterwards forgive you, when you have rid yourself of your own conditions, guilt for your self. If you can forgive yourself through being humble enough to accept another's forgiveness, you're giving yourself again the right of your own perception to carry the higher powers will rather than your own. You will be continuing to grow toward having unconditional love, a love that has no direction. A love that has no limit to what it can reach or accomplish.

-Nathaniel R.

A Promise Kept!

There was but one promise; freedom from active addiction and that was exactly what I wanted from NA.

I realized that I was powerless to stop using the drug of my enslavement and I needed help. You suggested that if I really wanted to get free I should come to the meetings and not to use between times.

I was told that to learn how it worked I needed a sponsor and a home group to help me along the way, so I did that: and as I keep coming I heard that the solution to recovery was in working the steps of the NA program. I was open to suggestions and now I can use a vision of hope for a new beginning, and as self-centeredness is released and God-consciousness is increased, I am becoming more acceptable to myself and willing to live by principles in all my affairs. I am evolving into an acceptable, responsible, and productive person just for today as more is revealed.

- Thanks NA,
A Newcomer

Tag You're It!

Stick up, stay up, shut up. Let go, give it up, what's up? You all up in yourself, don't feel like helping anyone else. Don't be afraid to fail, get up out of the hell, here take my hand, get a good strong grip, hold on and don't you dare let go! Sometimes you'll hurt, feel like dirt. Close your ears to that flirt, it'll call you no doubt with a whisper or maybe a great shout. You're no dummy you don't have to feel scummy, get your freedom – all the drugs, you don't need them. You're not using them, they use you, check yourself and break yourself, give up self. Surrender self. You've been beat, can't sleep, don't even want to eat. Walk tall you still got feet. Come on, call out to the God of your understanding, there's no demanding. He is ever expanding, there is room for one more. Tag you're it!

- Anonymous

Experience, Strength, and Hope

Change Your Life With A Daily Inventory

Using the I.P. Living the Program is a great way to get into the habit of inventorying. The questions one answers are instructive and educate us regarding the kinds of queries a person uses to inventory themselves. An inventory, however, is not a homework assignment to be completed each night - it is a lifestyle. More on this in a moment...

If you're like me you are always on the lookout for a shortcut or a quick fix - a magic solution, if you will. I have certainly approached the steps in this manner, as in "Okay, I've completed that...now I'll go back to living however I want." I call that paradigm the "Homework Assignment Approach".

Remember when you were in high school and you had homework? If you were like me you usually didn't care about learning the information, you just wanted to do the assignment so you could get the grade. So you wrote, read, or studied as much as was required to get the grade you wanted; you didn't care if you were absorbing or learning the information.

It's easy for me to treat the steps the same way. They can easily become an assignment to be completed for no other reason than to allow me to think "I did that", or to be able to tell my sponsor that I did it, or to tell myself that I've done my NA "homework". Of course, treating the steps like this results in about as much real change in my life as the learning I received from treating my school assignments the same way. Zilch...Nada...Zero.

This phenomena is a big reason why we often hear that the desire to stop using and the desire to change are not synonymous. If you came to NA in enough pain that you were willing to begin changing immediately, then you were blessed with a gift of greater desperation than I was. When I got to NA, once I lost the active, physical desire to use drugs, I went right back to "business as usual" regarding how I thought, acted, and lived my life.

The results of my "business as usual" paradigm? I found myself riding to a meeting one night, coming up on three years clean, thinking wistfully that there was no real reason for me to go on living. The saddest part of this scene, in retrospect, was how common that thought was for me - how hopeless my life really was on a daily basis and how much I relied on things outside myself to make me feel okay, happy, serene, cared for, and successful.

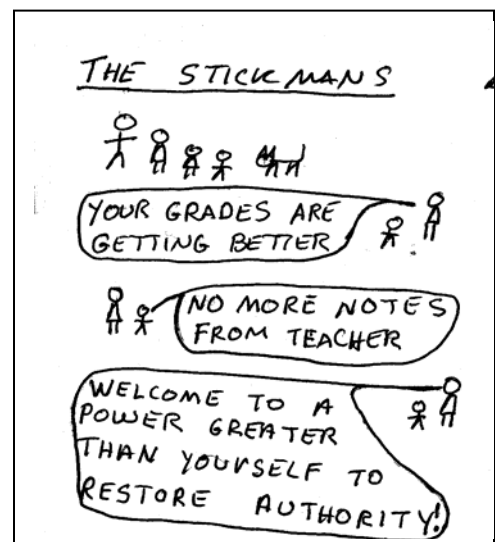
These feelings, occurring on a regular basis, constitute symptoms of "business as usual" living. Symptoms are a wonderful thing, they identify problems for us (how would we know that our foot had a splinter if it didn't exhibit the symptom of pain?). But, if you're like me, you tend to beat yourself up when you discover symptoms like hopelessness, despair, helplessness, victimization, resentment, anger, etc.

You wouldn't beat yourself up for feeling pain when you had a splinter; don't make the mistake of beating yourself up for your spiritual pain either. Remember one of the first things we learned when we got here: we are not responsible for our disease, we are responsible for our recovery. We are not responsible for the symptoms of "business as usual", we are responsible for changing our "business as usual" approach to life (if we don't want those symptoms any more).

And this is brings us back to our inventory. An inventory is a handy method of honestly examining the results of our ideas, actions, and recovery today. Do we like the results we're getting; are our actions, ideas, and recovery getting us closer to the person we want to be and the places we want to go? If not, we can delete them, change them and/or replace them.

So get in the habit, using our I.P. or by whatever means your sponsor suggests, of inventorying every day. But remember that if you treat it as a lifestyle, not an "assignment", that inventory can actually change you life!

- Hope this helps
Greg K.



NA Conventions and Functions

- February 11-13, 2005
Holiday Inn
French Quarter
Perrysburg, Ohio
- TOLEDO AREA CONVENTION OF NA (TACNA) VIII
Thru the Steps Our Message is Hope & The Promise of Freedom.
Pre-Registration (before 12/31/04) \$20, Registration afterwards \$25
Hotel is \$89/night + 10% tax = \$97.90 (mention TACNA 8) Toll free number: 800-465-4329
Contact Registration Chair Tyrene Mc. (419) 537-0073, or Convention Chair
Tony F. (419) 902-8330, or Convention Information Kelly A. (419) 729-1931
- February 26, 2005
2203 Dixie Highway
Louisville, Kentucky
- SERENITY ON SUNDAY HOME GROUP 18TH ANNIVERSARY
Speaker Jam from 2pm-12am!! Speakers every hour, food, and a dance to follow at
9pm-12am. Dance is \$3 person/\$5 couple
- February 24-26, 2005
Goa India
- BOMBAY AREA CONVENTION OF NA (BACNA) XII
www.nabombay.org or email bacna@nabombay.org
P.O. Box No. 1953, G.P.O. Mumbai, Maharashtra, India. 400 001
- March 11-13, 2005
Holiday Inn Conference Center
2480 Jonathon Moore Pike
Columbus, IN 47201
- INDIANA STATE NA CONVENTION (ISNAC) XII
"Freedom to Surrender"
Registration \$20. Hotel is \$85/night (does not include suites) Number: (812) 372-1541
Contact Registration Chair Mark P. (317) 787-5414, or Convention Information
Dwight S. (317) 884-0984, or Convention Chair Mark I. (812) 371-9967
- March 25-27, 2005
Executive West Hotel
830 Phillips Lane
Louisville, Kentucky
- KENTUCKIANA REGIONAL CONVENTION OF NA (KRCNA) XIX
Come join our Celebration of Recovery!
Pre-Registration (before 2/28/05) \$20, Registration after 2/28/05 \$25, Sunday Brunch \$12
Hotel is \$65/night + tax (mention KRCNA) Call (502) 367-2251 toll free 1-800-633-8723
Contact Registration: Katy D. (502) 807-1862, Programming: Debi B. (502) 290-1164 or
Hotels & Hospitality: Dick S. (502) 931-8903 for more information
- April 22-24, 2005
Bermuda
- BERMUDA ISLANDS AREA OF NA SERENITY IN PARADISE 5
"Keeping what we have!"
Pre-Registration (before 4/1/05) \$20, Registration afterwards \$25, Buffet Boat Cruise \$25,
Banquet Buffet, Main Speaker Meeting and Dance \$65, Resort Rates: single/double \$99
Convention contacts: Email: naserenityinbermuda5@yahoo.com
Telephone: David D. (441) 295-5300, Glen B. (441) 541-1974
Convention website: www.bermudanaconvention.info
- June 10-12, 2005
Clarion Hotel
3333 South Glenstone Ave.
Springfield, MO
- SPRINGFIELD MISSOURI REGIONAL CONVENTION OF NA (SMRCNA) XX
Spiritual Confinement to Spiritual Freedom
Pre-Registration (before 5/2/05) \$15, Registration afterwards \$20, Sunday Brunch \$10
Saturday Night Banquet \$20, One registration per person please, Be sure to mention
SMRCNA for the group discounts on hotel rooms!! Contact info: David B. (417) 626-8171,
Jean B. (417) 234-4266, Bill W. (417) 525-6180, Dale S. (417) 782-1108
SMRCNA_XX@yahoo.com
- July 22-24, 2005
Dublin, Ireland
- EUROPEAN CONVENTION & CONFERENCE OF NA (ECCNA) 22
www.eccna.org
- September 1-4, 2005
Hawaii Convention Center &
The Hilton Hawaiian Village Resort
Honolulu, Hawaii
- WORLD CONVENTION OF NARCOTICS ANONYMOUS (WCNA) 31
One Fellowship Many Friends.
Pre-Registration (before 6/1/05) \$65, Registration afterwards \$70. See the official website
for more details on travel plans, hotel rates, and other registration offers: www.na.org

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LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

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SUBCOMMITTEE MEETINGS

WE NEED YOUR HELP!!
1st and 3rd Mondays 6pm
West End Baptist Church
4th St. and Magnolia Ave.

EMAIL

newsletter@nalouisville.org

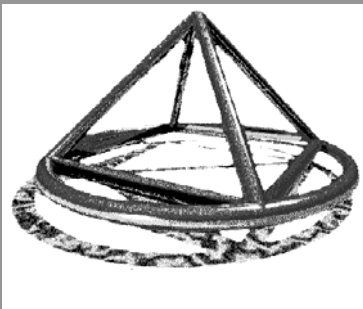
ASC MEETING

The First Sunday of Every Month
at St. Ann's, 3pm
1511 Algonquin Pkwy.

We're on the Web!

See us at:

www.nalouisville.org



Louisville Area NA
Helpline
502-499-4423

ANNIVERSARIES

If you would like your anniversary 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 anniversaries as well as the first half of the next month's. We apologize for any anniversaries that we skip, forget, or misprint!

Brenda E.	February 1	17 years	Sweet Surrender
Troy R.	February 2	16 Years	Take It EZ
Harold W.	February 3	7 years	Enough Is Enough
Jason H.	February 4	3 years	Out of Control
Pam F.	February 5	2 years	Lose the Desire
Audrey W.	February 5	17 years	Just Us
Tony S.	February 8	14 years	Sweet Surrender
Tijuana B.	February 9	1 year	Unity of Hope
David McL.	February 10	9 years	Cool Changes
Theresa W.	February 12	5 years	Just Us
Angie S.	February 13	2 years	Serenity On Sunday
Dick S.	February 13	2 years	The NA Meeting
Dan M.	February 15	18 years	Sweet Surrender
Elaine D.	February 16	1 year	Escape From Denial
James W.	February 16	3 years	Take It EZ
Andre Q.	February 17	7 years	Another Chance Group
John P.	February 20	10 years	Serenity On Sunday
Kanda P.	February 21	5 years	Serenity Group
Greg K.	February 22	13 years	Sweet Surrender
Deidra M.	February 23	1 year	Unity of Hope
Larry B.	February 26	12 years	Saturday Nite Live
Duane S.	February 28	1 year	Serenity Group
Sue C.	March 1	1 year	Sweet Surrender
Marion C.	March 2	7 years	Unity of Hope
Cathy S.	March 5	3 years	Lose the Desire
Rebecca S.	March 6	1 year	Walkin and Talkin Recovery
Judy T.	March 8	12 years	Sweet Surrender
Greg	March 13	11 years	Walkin and Talkin Recovery
Bernard P.	March 14	6 years	Restored to Sanity

The views expressed in this newsletter are those of the authors and do not necessarily represent, and should not be attributed to, the Newsletter Subcommittee or Narcotics Anonymous as a whole.