

CARRYING THE MESSAGE

March 2005

Volume 2, Issue 3

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER

Email subscription: send your email address to
carryingthemessage@louisvilleareana.org

Topic of The Month: Powerlessness

How to Use the Often Overlooked, Other Half of Powerlessness to Change Your Life

"We are not responsible for our disease." We know that statement is true - we read it in the Basic Text and we live it every day. But we also know there is a complimentary phrase which completes that statement: "...but we are responsible for our recovery." That second phrase is just as important as the first and, we have found, is an essential component of our recovery. Would anyone disagree that without the phrase "...but we are responsible for our recovery", "We are not responsible for our disease" would merely set us up for a life of blaming and victimhood?

Thank God we are told we are responsible for our recovery! Being responsible for our recovery gives us a way out of the horrors of addiction and instills in us the message that we can recover. While it is tempting to play the victim and focus only on not being responsible for my disease, being responsible for my recovery is a vital statement that sets me free from my self-imprisonment!

But just as with the aforementioned responsibility phrase, I find it seductively easy to only use the first part of the powerlessness phrase: "I am powerless." I know I'm not alone because I hear powerlessness talked about 1,000 times more often than its corresponding, and just as important, complimentary statement. Just as it's alluring for me to grab hold of the cop-out of "I am not responsible for my disease" as a stand-alone statement, it's just as easy for me to use the cop-out of "I am powerless" as a stand-alone statement. There is an often overlooked, other half to this phrase; saying "I am powerless" without also talking about this other half is painful, and even deadly, for me.

I am most definitely powerless over some things in my life: my disease, the results of my footwork and, in a manner of speaking, my life. When I try to be in control of any of these things my life automatically becomes unmanageable. I've found that these areas of my life are controlled by God and when I edge God out, pretending that I have control, my life always becomes unmanageable - every time without fail.

But the phrase "I am powerless" is incomplete and ineffectual without the phrase that completes it: "I have power." I know that "power" is sometimes a four-letter-word to us, but I do have power over my actions, attitudes, ideas, and recovery. There is no denying that when I abscond my power over my actions, attitudes, ideas, and recovery my life becomes unmanageable just as surely as when I pretend I have power over God's responsibilities. In other words, while I may be a victim of circumstance, I am always a master of response!

The reason that completing the powerlessness phrase, by including what I have power over, is so important is that my recovery is a half-measure without it. Every time I feel unmanageability in my life, I know exactly where to look for its source and, if I remember to include both statements in the powerless phrase (what I'm powerless over and what I have power over), I can solve the dilemma. My experience is that 99% of the time, when I experience unmanageability, I am doing one of three things: I am either taking responsibility for the things I'm not responsible for, I'm not taking responsibility for the things I am responsible for, or some combination of the two. All I have to do is identify which rule of responsibility I am violating - and change it!

And this experience is, for me, the pure essence of the first three steps. I know what I'm powerless over (my disease, the results of my footwork, and my life) and I know what I have power over (my actions, attitudes, ideas, and recovery). Just for today I can make a decision to abide by these delineations of responsibility.

If all I ever examine is powerlessness, I'm only seeing half the problem and half the solution. Power is just as important for me, because power is just as tied to my recovery as powerlessness. If you have been in the habit of focusing primarily on your powerlessness, start taking responsibility for the things over which you have power and watch your life begin to change rapidly for the better! If you're like me, maintaining a focus on the often overlooked, other half of powerless is like finding a missing puzzle piece which makes your life much more manageable.

- Greg K.

Powerlessness: A Hope Rising

When I found N.A. the only direction I had in life was to find the next high and that was a vicious cycle of survival.

After a while clean, in the rooms, I became able to accept who I had become...an addict...The recovering addicts taught me that I was powerless to control my using which caused my life to be unmanageable in all my affairs.

I came to embrace the reality that I had a destructive disease that is incurable but treatable and I couldn't do it alone.

The acceptance of powerlessness introduced me to the concept that a power greater than addiction could and would restore me to sanity when I became willing to release my self will and life to the process of recovery.

As I learn to be honest, open minded, and willing in all my endeavors the enablement to persevere life on its own terms comes through ever increasing faith in my highest power. I am willing to examine the exact nature of my assets and liabilities that I may surrender all of the broken pieces to a loving; Caring God whom has the power to recreate a life that is in unity with His will to expedite the primary purpose for the addict without hope.

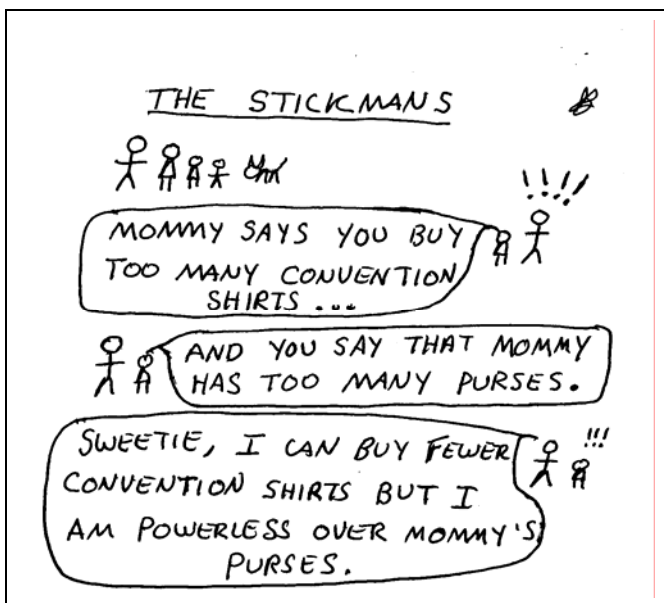
Powerlessness is the gateway to a higher point of freedom revealing a new vision of hope for any addict just for today.

- Much gratitude to NA, a newcomer

PWRLSNS

Powerlessness is a grand reality. It can keep me from worrying about all kinds of situations that clog up my mind and waste my time. Pesky traffic there's no way around, telling someone to hurry when it only slows them down. Powerlessness is a power unto itself, granted in the moment of humble acceptance of defeat. No one is powerless over every thing, but many times I have found myself worrying about things I have no power over, I fail to see the doorway I but only need walk through to better understand that outside force. Many of my problems were caused by trying to force some thing that is greater that me to understand me, rather that try to understand it and accept it for what it is, where it is. Making my first powerless list, over a two week period of time taught me that I'm not totally powerless, just that I need to learn serenity for the things I can not change , courage to change what I can, and to ask for God's will and wisdom to understand the difference.

- With love, Nathaniel R.



Back To Life

I look at this television
To see what "REALITY" shows,
I look inside myself
To see the reality I know.
I listen to the radio
To hear what "REALITY" speaks,
I close my eyes and listen
Between the lines, reality leaks!
I talk to the cynics
Their "REALITY" changes by the hour,
I also talk to addicts
And my reality is ours!
I've known unobtainable "REALITIES"
Full of lies, dreams and wishes,
My Higher Power speaks to me
So I know whose reality this is!
My reality is real,
I've replaced dreams with goals.
My reality is complete,
I've filled in all the holes.
I've lived in addiction
I've committed hundreds of crimes,
Now I live by 12 traditions,
At least one day at a time.

- Kevin P.

Letting Go

To let go doesn't mean to stop caring,
it means I can't do it for someone else.

To let go is not to cut myself off,
it's the realization that I can't control another.

To let go is not to enable,
but to allow learning from natural consequences.

To let go is to admit powerlessness,
which means the outcome is not in my hands.

To let go is not to try to change or blame another,
I can only change myself.

To let go is not to care for,
but to care about.

To let go is not to fix,
but to be supportive.

To let go is not to judge,
but to allow another to be a human being.

To let go is not to be in the middle arranging all the outcomes,
but to allow others to effect their own outcomes.

To let go is not to be protective,
it is to permit another to face reality.

To let go is not to deny,
but to accept.

To let go is not to nag, scold, or argue,
but to search out my own shortcomings and to correct them.

To let go is not to adjust everything to my desires,
but to take each day as it comes.

To let go is not to criticize and regulate anyone,
but to try to become what I dream I can be.

To let go is not to regret the past,
but to grow and live for the future.

To let go is to fear less and love more!

- Anonymous

NA Conventions and Functions

- 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 19, 2005
1351 Catalpa St.
- FUNCTIONS AND FUNDRAISERS SPEAKER JAM AND DANCE
Starts at 1pm with speakers until 7pm, and a dance to follow. Dance: \$3/person, \$5/couple.
Food and refreshments will be for sale. Please come out and support your area!
- 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
- May 27-29, 2005
Doubletree Nashville-Downtown
315 4th Avenue North
Nashville, TN 37219
(615) 244-8200
- 2005 NA WORLDWIDE WORKSHOP
Interactive Sessions, Talk about Infrastructure, Our Public Image, and other issues important to
NA, Together we can find the answers! This is one of only two Worldwide Workshops to be
held in North America this conference cycle. The other workshop will be in Burbank, CA on
15-17 April 2005. For more info call (818) 773-9999 ext. 116 or email events@na.org, also
Visit the website for more info: www.na.org
- June 10-12, 2005
Clarion Hotel
3333 South Glenstone Ave.
Springfield, MO
- SHOW ME 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
- August 19-24, 2005
Hotel Preston
733 Briley Parkway
Nashville, TN 37217
- UNITY 7 CONVENTION
Surrender to Win The War Is Over
Pre-Registration (before 6/30/05) \$15, Registration afterwards \$20, Saturday Night Grill Out
Buffet \$15, Saturday Night @ The Apollo \$8, Hotel Room Rates \$69 King/Doubles:
Reservations 877-361-5500, Directions for convention Direct Line (615) 361-5900, Send
Speaker Tapes To: (by 05/31/05) Valerie H. P.O. Box 282232 Nashville, TN 37228-2232
Clean Time Requirements: 8 yrs Main Speaker, 3 yrs Workshop Speaker, 1 yr Chairperson,
Contact: Chair: Angela J. (615) 586-3300, Vice-Chair: Camille H. (615) 354-1532,
Programming: Valerie H. (615) 482-2119, Hotels & Hospitality: Angela M. (615) 485-6663
- 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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Kristina O. IN PERSON

SUBCOMMITTEE MEETINGS

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

EMAIL

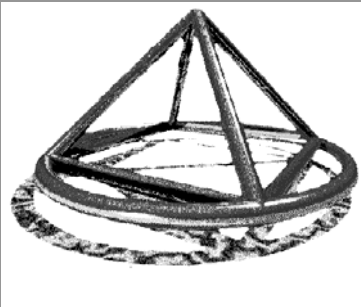
newsletter@nalouisville.org

ASC MEETING

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

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!

Sue C.	March 1	1 year	Sweet Surrender
Marion C.	March 2	7 years	Unity of Hope
Cathy S.	March 5	4 years	Lose the Desire
Monica D.	March 5	13 years	Saturday Nite Live
Rebecca S.	March 6	1 year	Walkin and Talkin Recovery
Rita	March 7	4 years	Against All Odds
Judy T.	March 8	12 years	Sweet Surrender
Art R.	March 8	5 years	We Too Recover
Glenn W.	March 9	4 years	Step Up Group
Albrea V.	March 12	11 years	Saturday Nite Live
Greg G.	March 13	11 years	Walkin and Talkin Recovery
Bernard P.	March 14	6 years	Restored to Sanity
Ava S.	March 14	4 years	Why Are We Here
Keith S.	March 21	6 years	Serenity Group
Kelly C.	March 23	1 year	Escape From Denial
Ted T.	March 23	9 years	Another Chance Group
Dwan M.	March 23	2 years	Another Chance Group
Vicky M.	March 27	4 years	Miracle on 22 nd Street
Melvin H.	March 24	3 years	Enough Is Enough
Gregory B.	March 28	10 years	Against All Odds
Laura H.	March 31	8 years	Another Chance Group
Michelle D.	April 4	3 years	Against All Odds

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.