

CARRYING THE MESSAGE

MAY 2004

Volume 1, Issue 5

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER SUBCOMMITTEE

May Topic of the Month: Sponsorship is a Two-way Street

"Our earliest involvements with others often begin with our sponsor." Basic Text pg. 55

As a newcomer, fresh from the biggest spiritual beat-down of my life, I was in no shape to guide myself to recovery through the 12 steps, or this new, drug-free lifestyle. Following the suggestions of the program, I took a risk and asked someone to help me.

I must have driven my sponsor crazy by calling all the time. I was a kid in this new way of life; I didn't know how to live clean, much less by spiritual principles. I needed someone to share what I was thinking with, someone that I could trust not to judge or analyze everything I did. Someone who had experienced life on life's terms and stayed clean.

As he guided me through the steps- and demonstrated how to live by the principles within them- I gradually became less sponsor-dependent and more God-reliant.

Now after nearly three years with my sponsor, I have been given the chance to experience the other side of the coin, by working the steps with a sponsee. I only pray that I can give back what has been so freely given to me.

- Mike S.

Experience, Strength, and Hope on Tradition Five

TRADITION FIVE: Each group has but one primary purpose - to carry the message to the addict who still suffers.

"What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give." (Basic Text p. 65)

I have left many meetings lately, shaking my head in wonder at what the purpose was of the meeting I had just attended. I have been around long enough to remember the days when a meeting had a trusted servant (chairperson) who ran the meeting, with a topic, kept the focus on the topic, and as he/she called on people to share, reminded them that our focus was to share our message of hope with the addict who still suffers. I miss this "recovery" focus.

Lately, I have heard sharing and response that reminds me of church, soap operas, and sometimes, the Jerry Springer Show. It seems that people get great support and response for sharing (in front of the newcomer) the various ways in which they are acting out their "addiction" but not using. Those who are living by spiritual principles and doing the "next right things" seem to bore the majority of attendees. I remember the days when someone sharing in a meeting about cheating on their spouse, or stealing from work, would be encouraged by the "old timer" (usually their sponsor) to sit down and shut up so they could hear some recovery. The "old timers" believed that these problems were to be shared with a sponsor in step work, and that the results (experience, strength and hope) could be shared in a meeting at a later time.

I encourage you to inventory with your home group how to better follow our primary purpose. Is your home group a place where the newcomer can leave with an understanding of what recovery is all about? Or do they leave shaking their head in bewilderment and believing that it is only about "not using", leaving out the part about "and finding a new way to live"?

- With Love, Becki F.

Personal Stories

Shut up! Surrender! Satori....

Thuggin' be the worst of careers
bottles, bags, too many beers

never really faced my fears
so man is not what he appears

I had been blind a thousand years
wisdom older than the seers

beauty much too deep for tears
a holy silence burst the ears

Shhhh.....the music of the spheres

-Tom E.

Mentally, I'm obsessed with the constant thoughts of using. Physically, I've tortured me- my body has sustained such abuse. Spiritually, I am bankrupt wanting drugs to set me free. Had I not lived in such confusing times I would know God had not left me.

Nothing that I've tried had any lasting effect- I lost the will to live- and my disease progressed. When I admitted I was powerless, I cried, "God, I can't fight this subtle foe alone"- so God sent me his blessing and said, "Make Narcotics Anonymous your home."

Reaching out was the beginning of the struggle to set me free- so I then surrendered quietly and let NA take care of me. All that is required will be a willingness from me- the acceptance of my addiction will be the start of my recovery.

When I told the fellowship of my lonesomeness, self-will, and false pride, they told me that they'd been there too and had shared the tears I cried. I must always remember these feelings and not push them far aside, but don't continue to dwell with self-pity or it will manifest inside.

NA provided me with the tools that I need to succeed- a sponsor, THE TRADITIONS AND THE TWELVE STEPS. They said, "We need all the help we can get to fight this progressive, incurable disease."

Just remember, relapse is not an option. Relapse is a reality. I learned that any use of drugs would be the death of me. You see, I was not responsible for the consequences of this disease, but I am responsible for my recovery.

So all praises due to a Power greater than myself. Without the program of NA I would have nothing left. God has given me a new lease on life- my recovery- and each day I pray that I stay clean. God's blessing has set me free.

- Elaine D.

The Home Group

Self-improvement. You can do it. We can help.

We have the tools you need – guaranteed to work better the more they're used.
We have the "know-how-it-works" – visit a Home Group and learn how we do it.

Let us show you how to:

Tear down old walls.

Build a new, strong foundation.

Have room for new friends.

Light up your life.

Color your world – with white, orange, green, red, blue, yellow, moonglow,
silver/gray, and black. Always in style. Always in stock.

IMPORTANT: DO NOT ATTEMPT "NA" SELF-IMPROVEMENT PROJECT ALONE.
Guidance from an experienced Home Group member is essential to work our most powerful tool: The Twelve Step Ladder. It will take you as high as you are willing to go, but don't go alone. This is not a "do-it-yourself" project. Thank God.

-anonymous

Friday, May 7

Russell Lee Park
34th and Southern Parkway
Louisville, KY

THE STOPPING POINT

7th Anniversary Celebration
5pm Food, 6pm Meeting

Saturday, May 15

Breckinridge Elementary
1123 E. Broadway
Louisville, KY

GAME NIGHT Function for LACNA XV

Championship Spades, Bid Whist, Dominos and Chess
Fellowship 4pm, Speaker 4:30, Tournament Registration 5:15-6pm,
Tournament Games begin at 6pm
\$5 adult/ \$2 child, Food and Drinks available for purchase
Prizes Given to Tournament Champions!
Contact Annisha H. (502) 417-6553

Saturday, May 22

Belvedere
5th and Main Street
Louisville, KY

A VISION OF HOPE

Celebrates 2 years of carrying the message
Fellowship 6pm, Speakers 7-9pm, Dance 9pm-12am
Bring your own lounge chairs, free food and drinks
To be rescheduled in case of rain
Contact Annisha H. (502) 417-6553 or Glen W. (502) 584-9613

May 28-30

Best Western Springdale Hotel
Springdale, Ohio

OCNA XXII "Freedom Through Unity"

Ohio Convention of Narcotics Anonymous
contact Tim J. (513) 505-6298 or Hope R. (513) 858-2885

Monday, May 31

Pleasant View Baptist Church
2600 Virginia Ave.
Louisville, KY

RESTORED TO SANITY

6th Anniversary Celebration
Breakfast served at 10:30am, meeting at noon

Saturday, June 12

Breckinridge Metropolitan High School
1128 E. Broadway
Louisville, KY

RECVOERY RAP Function for LACNA XV

Speakers and Open Discussion
Illness in Recovery 4:30 - 6:00 pm
Women's Rap/ Men's Rap 6:15 - 7:45 pm
4 Speaker Panel 8:00 -10:00 pm
Fellowship 10:00 - midnight
Food and Drinks available for purchase
Contact Annisha H. (502) 417-6553

June 18-20

Delaney Creek Park
Salem, Indiana

MIRACLE IN THE HILLS

Louisville Area Annual Campout
More information available soon
Activities Subcommittee

July 2-5

Riviera Resort
Palm Springs, California

CIRCNA VII "Carry the Message- Miracles Do Happen"

California Inland Region Convention of Narcotics Anonymous
Contact Ira R. (760) 324-5838

Saturday, July 31

The Belle of Louisville
4th Street Wharf
Louisville, KY

ROCK THE BOAT Function for LACNA XV

Board at 9pm, Cruise from 9:30pm-12:30 am
Speaker, Dance, 50/50 Raffle
Tickets \$20 per person until June 30, \$25 from July 1-31
No Children under 16 please

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LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

CONTACT US:

SUBCOMMITTEE MEETINGS

1st and 3rd Mondays 6pm
West End Baptist Church
4th St. and Magnolia Ave.

EMAIL

newsletter@nalouisville.org

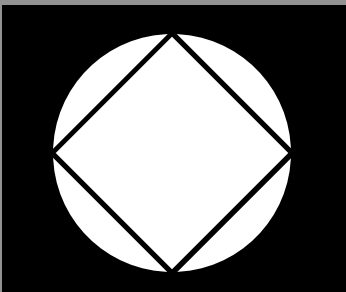
PHONE/ IN PERSON

Imani B.
Kristin F.

502-592-6939

We're on the Web!

See us at:
www.nalouisville.org



NOW ACCEPTING SUBMISSIONS FOR JUNE

TOPIC OF THE MONTH:

NA is a Spiritual -not Religious- Program

EXPERIENCE STRENGTH AND HOPE

On Step Six and Tradition Six

ANY QUESTIONS, COMMENTS, OR CONCERNS ABOUT RECOVERY

STORIES, ARTWORK, OR IDEAS YOU WOULD LIKE TO SHARE!

SUGGESTIONS FOR OUR NEWSLETTER

Submissions should be approx. 100 words and should be sent in by **May 26**. Exceptions can be made, just contact us! You can email submission to newsletter@nalouisville.org or call and we will make arrangements to pick it up!

ANNIVERSARIES

Erin T.	May 2	4 years	The NA Meeting
Justin L.	May 3	1 year	Caring Thru Sharing
Annie U.	May 5	1 year	Escape from Denial
Angela W.	May 7	7 years	Saturday Nite Live
Gayle S.	May 8	6 years	Step Up Group
Tonya M.	May 8	2 years	Light in the Dark
Robert S.	May 13	9 years	Day by Day
Delores T.	May 18	2 years	Womenspirit
John N.	May 21	16 years	Highland Peace
Ernest C.	May 24	2 years	Why Are We Here
Vanessa N.	May 26	8 years	Unity of Hope
Jenny P.	May 31	1 year	Stick-N-Stay Basic
Maurice F.	May 31	10 years	Why Are We Here
Louise B.	June 7	8 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.