

CARRYING THE MESSAGE

JUNE 2004

Volume 1, Issue 6

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER SUBCOMMITTEE

June Topic of the Month: NA is a Spiritual -not Religious- Program

The old saying goes: Religious people are those that don't want to go to hell and spiritual people have been and don't want to go back.

I am not so sure about that, but I know in formal religions you normally focus on their God, their way. In Narcotics Anonymous, our only suggested guidelines are: kind, loving, and greater than you, I also suggest forgiving. So your higher power could start out as: The program, the group, whatever form that works for you personally, as long as you get results. The steps are the pathway to the spiritual experience. On page 107 of *It Works – How and Why* it states, "We make a conscious effort to align our will with our Higher Power's, believing that we'll gain more happiness and peace of mind by doing so. This is what surrender is: a heartfelt belief in our fallibility as human beings and an equally heartfelt decision to rely on a Power greater than our own. Surrender, the stumbling block of our addiction has become the cornerstone of our recovery."

I have had that spiritual experience through working these steps, finally filling that void inside my heart that I tried to fill all of those years by using. Now, I never have to be truly alone again. I could never give back enough to the program. The temptations of life are many and strong, especially ego (edging God out). Today, I have a choice. Thanks for my new life to the God of my understanding and NA.

I would also like to thank the religious community, of which I am also a member, without whose outreach services and support, many of us would not have survived to get here.

-In loving service,
Dick S.

ANNIVERSARIES

Louise B.	June 7	8 years	Restored to Sanity
LaShaundra	June 7	10 years	Against All Odds
Paula G.	June 9	5 years	Escape From Denial
David V.	June 15	6 years	Sweet Surrender
Mike C.	June 16	3 years	Escape From Denial
Reggie	June 18	4 years	The Stopping Point
Crystal C.	June 28	4 years	Why Are We Here
Robbie S.	June 29	4 years	Sweet Surrender
Sharesse K.	June 29	9 years	We Too Recover
Vicki C.	July 6	2 years	We Too Recover

Cunning, Baffling, and Powerful

You, you remind me of a lover I once knew- so cunning, baffling, and powerful, sweet déjà vu. I dismissed you from my heart- but yet you've returned to make my life an expanding panorama of ruined dreams and expectations- Release me, I'm falling deeper into my failures- I resisted your voice, the whispers pierced the cushion of my sleep like a seductive, yet familiar lullaby- you lure me with your honeyed voice of possession, so cunning, baffling, and powerful- my escape was unlikely but it is possible.

Each day flows into the next- every minute of the day you're pulling at me- I light your fire- but yet, you continue to burn me- my mind, my heart, finally my life. My screams, no one hears in the dark night of quiet- I descend into an all consuming sleep- death awaits me- God don't let it overtake me.

How cunning you are- you remind me of the cat, I'm the mouse that has been caught- you toy with me, how baffling- how powerful you are that you pull me back to encourage hope- escape is unlikely- but it is possible.

Voices, voices, voices, chasing me around in my head- I seem to have an awful lot of people inside me- my internal committee is a group of addicts- they tell me, "you're expendable; you are what you do; no one will ever want you." Do I smell death? Have I wasted my life? I left God, will he leave me?

You, you remind me of a lover I once knew- so cunning, so baffling, so powerful- sweet déjà vu- Escape is unlikely- but it is possible.

-Elaine D.

Keep Coming

Active addiction had herded me to the end of the road and there was the last house on the block: NA.

Fleeing the horror, I kept coming back. It was safer than where I had been. I was told that the newcomer was the most important person at any meeting, and then I was told to sit down, shut up, and listen. So I did whatever it took and it was the best advice I had ever been given.

It was only then that I got still and slowly began to relax some and as I kept coming the fog started lifting so that I could see what was working for people whom were staying clean.

You told me that clean time did not equal recovery, that the path to a new way of life was illuminated by working the steps. Over time I came to understand that drug usage was a futile attempt to alter my feelings because I wasn't satisfied with my self-perception. It was then that I was informed about character defects and the existence of obsessive and compulsive behavior, which leads to certain lifestyles, etc. I kept coming!

After some more time I heard you say that once an addict always an addict was a cold lie and I could learn the exact nature of who I was.

I could see I was powerless to change these habits on my own and help was available when I asked. So I asked!

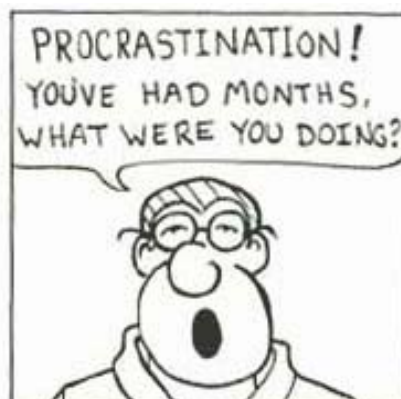
I got a home group to fellowship with people whom were carrying the message. Then I asked someone who was working and applying the 12 Steps to sponsor me and I am learning how to be honest, open-minded, and willing just for today.

Now as clarity is showing up in my mind, I can see that it is only by understanding and application of these spiritual principles in all my affairs that self-will can be arrested and submission to the will of a power greater than myself will restore me to sanity.

Just for today I have hope that at some time I will discover that I have become a responsible, productive addict grateful to keep giving it back freely!

I will keep coming back, sit down, shut up, and listen with empathy. Just for today!

-Much Gratitude and Love,
A Newcomer
I will Keep Coming!



Saturday, June 12

Breckinridge Metropolitan High School
1128 E. Broadway
Louisville, Kentucky

RECOVERY 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 Annual Louisville Area Campout

\$15 per Person (includes 2 meals), Children are Free, No Pets Please
No Addict Turned Away
Tent Camping or Sleep in the Lodge (first come first serve)
10 Person Cabins Also Available, call Park office to reserve (812) 883-5101
Volleyball, Swimming, Hiking, Paddle Boating, Canoeing, Horseshoes
Contact Activities Subcommittee Members for more details:
Blaire G. (502) 439-9829 or Katy M. (502) 807-1862

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 10

Belvedere
5th and Main St.
Louisville, Kentucky

ROCK THE BOAT PRE-PARTY for LACNA XV

Fellowship at 6:30, Dance at 7:30-11:00pm Free admission
Free Food (First Come, First Serve), Drinks available for purchase
Bring a Lounge Chair, Will be Rescheduled if it Rains
Contact Annisha H. (502) 417-6553

Saturday, July 24

Lake Shelby
Shelbyville, Kentucky

Another Chance Group's 17th Annual PICNIC IN THE PARK

Fun, Food, and Fellowship. Bring a Covered Dish to Share and a Lawn Chair
Horseshoes, "Humble-Pie", "Hole-in-one" Golf Contest, NA Auction, 50/50 Raffle
Starts at 10am, Food at 1pm, Speaker at 3pm, Ends at 6pm
Contact Jack B. for more info or directions (502) 231-6468

Saturday, July 24

River Church
4529 Clarks River Rd.
Paducah, Kentucky

WKANA Freedom Between the Lakes XVII Fundraiser

Potluck & Fellowship at 6:00pm
Speaker James A. from Bowling Green at 7:00pm
50/50 raffle, auction and dance to follow
Admission--\$3.00 per person - \$5.00 per couple -- NO addict turned away!!
Contact Frances S. (270) 362-8486 or Donnie M. (270) 366-6968

Saturday, July 31

The Belle of Louisville
4th Street Wharf
Louisville, Kentucky

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
Contact Annisha H. (502) 417-6553

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LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

CONTACT US:

SUBCOMMITTEE MEETINGS

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

EMAIL

newsletter@nalouisville.org

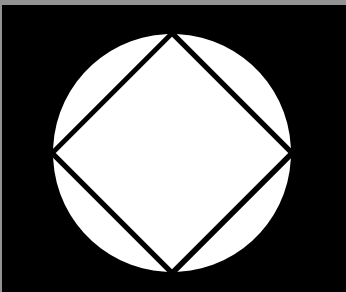
PHONE/ IN PERSON

Imani B.
Kristin F.

502-592-6939

We're on the Web!

See us at:
www.nalouisville.org



NOW ACCEPTING SUBMISSIONS FOR JULY

TOPIC OF THE MONTH:

What is your favorite recovery quote and why?

EXPERIENCE, STRENGTH, AND HOPE

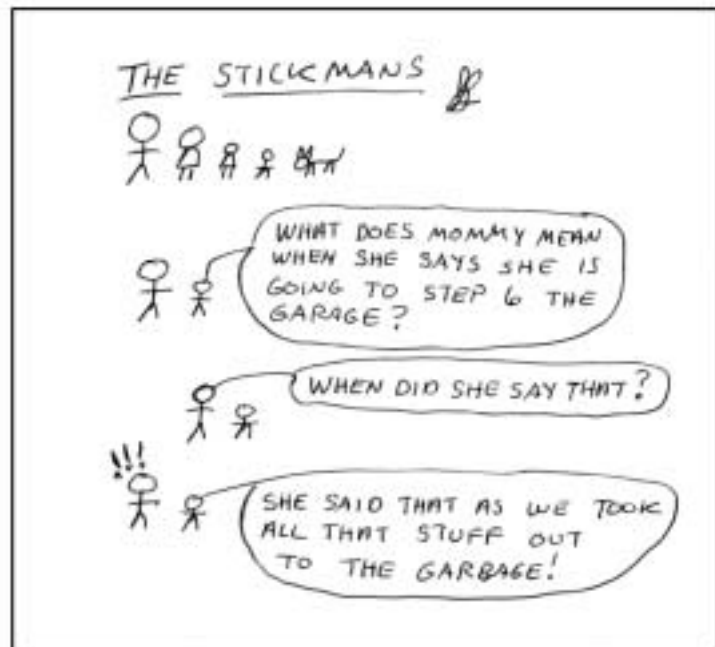
On Step Seven and Tradition Seven

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 **June 22**. 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!



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.