



# CARRYING THE MESSAGE

June 2006

Volume 3, Issue 6

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**

**It's Back!** : The meeting in the park is in full swing~. Cherokee Park near Hogan's Fountain at 1pm.

**ITS OK TO BE ME:** New GLBT focused meeting. Providing an atmosphere of recovery for individuals who identify as gay, lesbian, bisexual, or transgender. Sat. @ 7:30PM at Highly Favored Community Center 701 E. Ormsby (corner of Clay and Ormsby) All Addicts Welcome!

### **LACNA 17 Needs Trusted Servants to Participate;**

**Functions and fundraisers:** mtg 5-10-06 @ 4pm & every 2<sup>nd</sup> & last Sat./month afterwards, 4<sup>th</sup> & Hill Coffee House. Questions-Call Cry"style" C @ 836-1153

**Hotels & Hospitality:** mtg 6-17-06 @ 2pm & 1<sup>st</sup> & 3<sup>rd</sup> Sat./month afterwards, 18<sup>th</sup> & Muhammad Ali Coffee Shop. Questions-Call Meme @ 931-3901

**H&I Needs You:** H&I meets the third Wednesday of every month at Green St. Baptist Church at 6:30pm

**ATTN: All Ladies:** Need speakers to share Experience, Strength, and Hope with the women incarcerated at PeeWee Valley, KY. Clean time Requirement: 6 mos. Meets 6:30pm-7:30pm Mondays. Thank you. Contact Ms. Alice T. 502-494-7722

**Vision on Main St. has New Time & Day:** Vision on Main St will be meeting on Sundays at 4pm. same location, same love.

**New Meeting:** Conscience Contact is an 11<sup>th</sup> Step, Meditation and Spiritual Principle's discussion, Closed meeting. It's on Thursday's at 8:00pm at Our Mother of Sorrow Church.

## ***Sixth Step: Let go, let God***

### **Letting Go**

Letting go is a process. In my experience, recovery has been all about surrender. As I work through the steps my surrender deepens and my faith and trust in my Higher Power grows. Each day clean I get a little more connected to God, others and myself. Remaining vigilant is very important for me to stay clean and find a new way to live. As I gain more faith and trust, I can allow myself to let go of more and more and allow God to take care of me. When I refuse to surrender, I take my will back, and the results are always the same: unmanageability. I am learning how to let go and let God work in my life. The process of recovery for me is surrender on ever increasing levels. I had to stop fighting the fact that I am an addict. I first had to accept this fact and only then was I able to move forward. The steps have allowed me to learn how to live a spiritual life, so far removed from the desperation of active addiction. I am so grateful for the steps. I personally cannot stay clean and live without working steps, regular meeting attendance, sponsorship and service. I am grateful today to be of service to NA. Service at the home group level and on the H & I subcommittee has strengthened my bond with NA. I love H & I because it speaks to my soul. I was in so much pain when I was in the hospital. The vision of hope that addicts shared at the H & I meetings I attended in treatment gave me the "hope shot" I so desperately needed. ANY addict with willingness can be of service to our fellowship. This not only strengthens our NA community, but it strengthens our personal recovery. Our area needs the support and commitment of our members to continue to carry the message of recovery. Whether you are new to the program or have many years clean, we need YOU. We need you to share your experience, strength and hope in recovery. Not only at recovery meetings, but also at home group business meetings, subcommittee meetings, area service, and even at the regional, national, and world levels of service. I show my gratitude when I give freely of myself in service to this fellowship. This allows me to let go of selfish motives and REALLY apply spiritual principles. For me it is a must to give something back to the fellowship that has saved my life. So please get involved! If you open your mind and heart, a loving Higher Power will show you what level and area of service is right for you. The disease wants you to believe that you have nothing to offer. The disease tells you "I don't have time for all that". The disease lies.....

Love and Respect,

Donovan L. / addict

## **Three Cheers for Area Service**

Something special happened this past month at Area Service that I don't want to go unnoticed. Beside a few disruptions, things actually went very well.

Most of our Executive Committee was seated except for Treasurer, and when a motion to appoint was made, and a move for that procedure began, an objection was made to that procedure and the Chair immediately asked for any objections to the appointment. When none was made it was passed with unanimous consent, removing the need for a 2/3 vote.

Again later, a motion was made to have a Marathon Meeting on Memorial Day, and with the same approach it was passed with unanimous consent.

One individual disrupted the meeting a number of times. After patiently letting it go on long enough, the Chair called the discussion Out of Order and for the meeting to move on. This move was supported by an experienced G.S.R. and it stopped.

At the end of our meeting at 5 p.m. more people stayed for open forum than I have seen in years. I think this was related to the flow of the previous two hours. This attitude is the closest to consensus-based decision-making I've seen in the Louisville area. This is the method being pursued by World Wide Fellowship. "We get so tangled up in discussions over policy we can be sorely hampered in providing the services we are there for in the first place." (*From G.T.L.S. p.57*) As our Seventh Concept notes "There is no firm rule about how to apply the concept of participation to every situation. In an atmosphere of love, mutual respect, and frank, open discussion, each service body decides these things for itself. In significant matters affecting the Groups, a service body will want to ask for guidance directly from the groups. In the vast majority of cases, however, the service body will exercise its delegated authority in fulfilling the responsibility the groups have assigned to it. Disposing of the matters in the normal course of their service meetings."

We still have seats to fill in Area but I think if we continue this approach, people will come and the term Area "Circus" could become a thing of the past for us.

In loving service, your R.C.M.

Dick S.

# Carrying The Message

## H & I

Greetings Family,

This is the second in what we hope will be a series of articles that will give you some information about what's going on in H & I, and how you can help. We pray that all is well with whoever reads this article and that you are continuing to maintain your personal commitment to your recovery; to that end I thought it might be a good idea to review a few words.

**COMMITMENT:** (1) (N) the act of binding yourself (intellectually or emotionally) to a course of action. (Example: "J.'s commitment to the newsletter is an excellent demonstration of service.") (2) (N) a message that makes a pledge (Example: "I choose to live the program of Narcotics Anonymous.") (3) (N) the trait of sincere and steadfast fixity of purpose. (Example: "Those who do service work show great commitment and responsibility.")

**RESPONSIBILITY:** (1) (N) a form of trustworthiness; the trait of being answerable to someone for something or being responsible for one's conduct. (Example "He shows his responsibility to Narcotics Anonymous by the service work that he does.") (2) (N) the social force that binds you to your obligations and the courses of action demanded by that force. (Example "We each have the responsibility to share freely that which was so freely shared with us.")

"Everything that occurs in the course of N.A. service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers." BT pg.xvi

"N.A. unity begins with our recognition of the therapeutic value of one addict helping another." IWHAW pg.127 "The unity underlying our common welfare requires personal commitment and responsible action." IWHAW pg. 128 "In the Twelve Steps of N.A., we learn to apply principles to better our lives. Moved by the miracle of personal recovery, we reach out to share that miracle with others. This is the essence of being in service in N.A. . . .Some of the principles that seem particularly important to unity include surrender and acceptance, commitment, selflessness, love, and anonymity." IWHAW pg.129-130 "Commitment is a decision supported by our belief in N.A. as a way of life." IWHAW pg.131

"Our task is to fan the flame of desire, not to dampen it. . . ."Many recovering addicts do not have access to regular meetings because of incarceration, geography, physical disability or employment. These addicts are members in every respect as long as they have the desire to stop using, and they are entitled to the same consideration and support as any other member." IWHAW pg.145-146

"Through working the steps, we learn that with freedom comes responsibility." IWHAW pg. 151

"Our primary purpose is at the heart of our service. With guidance from a loving Higher Power and a clear focus on this purpose, N.A. groups become a channel for the healing power of recovery. Narcotics Anonymous exists to help addicts find freedom from active addiction. . . The Fifth Tradition asks us to practice integrity by keeping our purpose foremost. Tradition Five helps our groups fulfill the fundamental reason for their existence: to carry the message to the addict who still suffers." IWHAW pg. 159

So fellow recovering addicts; with all that said; **H & I has five meetings that need trusted servants to help fulfill our primary purpose. Those meetings are: Maryhurst, Caritas, KSR, Henryville and Central State.** Some of these meetings require that you be able to pass a criminal background check. It might also be to your advantage to be a person who is not of a timid nature in order to successfully carry a meeting into certain facilities/institutions. And as many of you may know, there is one addict who has been faithfully carrying the message to Pee Wee Valley for over four years. Something about the therapeutic value of one addict helping another would suggest that someone might become willing to get on the H & I subcommittee and start going with her to give her a break. The idea that there has been only one individual with the willingness to take that meeting is a bit frightening to this writer. Please, come and join us in planting a few seeds of hope. Remember how it was for you when you didn't know the way out, didn't think there was a way out and definitely did not think that it would work for you. **Help someone. We all have something to give. Join us, we need you.**

Grateful Recovering Addict,  
Shirley D.

All quotations with the exception of the very first one were taken from "It Works How and Why" with the first one coming directly from "The Basic Text".

### Got Willingness

1. Not able to focus on positive subjects
2. Not able to control anger
3. Not able to listen to Higher Power
4. Not able to go to meetings
5. Not able to hear what my sponsor has to say
6. Not able to read NA books & literature
7. Not able to socialize with other addicts
8. Not able to call addicts to further clean time
9. Not able to help the newcomer
10. Not able to go to functions
11. Not able to be humble
12. Not able to chair home group meetings
13. Not able to be honest, open-minded & willing
14. Not able to pray
15. Not able to do the Steps
16. Not able to journal notes from meetings
17. Not able to Recover, Just for today

Cathy S.

## Based on the interview of Don S. By Kevin P. "The Sixth Step"

Kevin: How many Sixth Steps have you formally worked?

Don: I've done three.

Kevin: Did a lot of defects reappear?

Don: A few did. I don't think they really go away. I've become more aware of them and deal with them better. I'm just more conscious of their existence and have learned to deal with them in a much healthier way.

Kevin: So do you think there are any character defects that you will just have to live with? Any that you can get rid of?

Don: I don't know that there are any that God can't remove. There are some that I hold on to a little tighter because they make me feel safe.

Kevin: Do you think there are some you personally won't be able to completely let go of...ever?

Don: No, but I do think defects are a part of the disease and like the disease, they are always going to be there, waiting. Also, like the disease, if I ignore them and allow them to go unchecked, I'll act on them.

Kevin: What do you have for the newcomer?

Don: I want to extend a welcome to them, and remind them, and remind them that it's their responsibility to ask for help. We can't help you if we don't know you want it.

Kevin: Thank you for being of service.

### Quotes of the Month

"When we see how our defects exist in our lives and accept them, we can let go of them and get on with our new life."

B.T. page 33-34

"Why ask for something before we are ready for it?"

B.T. page 33

# NA Conventions and Functions

**June 10<sup>th</sup>, 2006**  
 Prince Hall Parkland Masonic  
 Temple  
 1304 South 28<sup>th</sup> St.

**July 1<sup>st</sup>, 2006**  
 Executive West Hotel  
 830 Phillips In.

**July 15<sup>th</sup>, 2006**  
 Lake Shelby Park  
 Shelbyville, KY

**July 14-16, 2006**  
 Natural Chimney's Regional Park  
 Mount Solon, Virginia

**Sept. 15<sup>th</sup>-17<sup>th</sup>, 2006**  
 Energy Lakes Campground  
 Land between the Lakes, KY

**January 5- 7<sup>th</sup>, 2007**  
 The Columbus  
 Formerly Adams Mark Hotel  
 50 North Third Street  
 Columbus, Ohio 43215  
 614.228.5050 or 1.800.417.1057

**LACNA XVII Functions and Fundraisers Presents:** Cards, dominos, dance and fun. Starts at 7:00 p.m. with a meeting at 7:30 p.m. Come out and help support the area and have fun in recovery.

**LACNA XVII Functions and Fundraisers Presents: "Pool Side Swim Fest"**  
 Sponsor-Sponsee Speaker Jam. Speakers from 2-8:45 p.m., Dance from 9-12 p.m. Dance is \$5/person, Donations welcome—Children Welcome. Come out and help support the area and have fun in recovery.

**Another Chance Group's 19<sup>th</sup> Annual Picnic in the Park:** Eat at 1:00 pm, Speaker at 3:00 pm. Hot dogs, Burgers, and Corn on the Cob - Furnished by the group  
 "It's a Eatin' Meetin' - please bring a covered dish. Soft drinks and water will be sold at the picnic NA Auction, 50/50 Raffle, "Humble Pie", and Horseshoes. Bring your lawn chair for Fun, Food, and Fellowship. No addict turned away.

**BRANA (Blue Ridge Area of Narcotics Anonymous) 25. July 14-16, 2006.** Natural Chimney's Regional Park. Mount Solon, Virginia. websites: [www.brana.org](http://www.brana.org) e-mail: [campout@brana.org](mailto:campout@brana.org)

**Freedom between the Lakes Campout - Western Kentucky Area:** Friday Night - Bon Fire Meeting, Saturday Night - Speaker Meeting with Dance, 50/50 Raffle, and auction, Sunday Morning - Speaker meeting. No Pets, No Firearms, No Fireworks per US Forestry Absolutely No Doubling up till campgrounds is full. Registration - \$25.00 For more information call Brian M. (270) 527-9949 or cell# (270) 556-8403

**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 1<sup>st</sup> is the deadline for topic suggestions. July 31<sup>st</sup> is the deadline for speaker tapes. Registration Flyers also available from "Carrying the Message", email a request to [newsletter@NALouisville.org](mailto:newsletter@NALouisville.org)

"We go to meetings regularly, get and use telephone number, read literature, and most importantly, we don't use." -Basic Text page 54-

Name	Group Name	Telephone Number
		#
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		#
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		#

## LACNA XVII Executive Committee Members

Chairperson: Greg K. 742-5955  
 Vice-Chair: Kevin S. 568-2698 / 693-8698 (c)  
 Secretary: Angie B. 366-1898 / 681-7178 (c)  
 Treasurer: Ms. Alyce T. 494-7722  
 Hotels & Hospitality: Meme D. 931-3901  
 Function & Fundraisers: Crystal C. 587-7297 / 836-1153(c)  
 Serenity Team: Donna J. 593-1626  
 Registration: Mechele T. 749-2751  
 Art & Graphics: David D. 295-3934  
 Programming: Maurice F. 639-5242

Hello Fam,

One Convention down another to start, LACNA XVII Arts & Graphics Sub-Committee is starting the process of gathering ideals for the theme & logo for the 2007 convention. We are asking for this area's creative artists, idealist, for not only the logo & theme but also what YOU as Area would like for Pre-Convention T- shirts.

Please bring your suggestions to your GSR's for the next area meeting.

In Loving Service  
 David D

# CARRYING THE MESSAGE

## LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

### CONTACT US:

#### IN PERSON/BY PHONE

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 Frazier M. 502-797-3036  
 David M. 502-271-7825  
 Kelly C. 502-876-1030

#### NA NEWSLETTER SUBCOMMITTEE MEETINGS

NEED YOUR HELP!!  
 1<sup>st</sup> and 3<sup>rd</sup> 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

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**Louisville Area NA  
Helpline  
502-499-4423**

# THIS IS YOUR NEWSLETTER! YOUR SUBMISSIONS MAKE IT HAPPEN!

## ◆ JULYS' TOPICS OF THE MONTH ◆

*Perfection in Humility*

### ◆ 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 **June 20<sup>th</sup>**.  
 You can email submissions to [newsletter@NALouisville.org](mailto: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!

#### These Groups are in need of your support.

Change We Must; Tues. 6:00 p.m.  
 3115 Southern Ave.  
 Escape from Denial; Wed. 7:00 p.m.  
 Open hand Kitchen @ St. Vincent DePaul  
 Miracle on 22<sup>nd</sup> Street; Sun. 7:00 p.m.  
 2115 W. Jefferson St.  
 ITS OK TO BE ME; Sat. 7:30 p.m.  
 701 E. Ormsby

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



## 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 Cleaniversary as well as the first 15 days of the next months. We apologize for any Cleaniversary that we skip, forget, or misprint!

Georgia P.	June 1 <sup>st</sup>	2 Years	Gratefully Dedicated
Marshall M.	June 2 <sup>nd</sup>	2 Years	Out of Control
Louise B.	June 5 <sup>th</sup>	10 Years	Restored to Sanity
Reggie R.	June 6 <sup>th</sup>	8 Years	Stopping Point
Eausa S.	June 8 <sup>th</sup>	1 Year	Gratefully Dedicated
Mona C.	June 11 <sup>th</sup>	1 Year	Agape
Maurice F.	June 12 <sup>th</sup>	12 Years	Why Are We Here
Scott G.	June 14 <sup>th</sup>	1 Year	The NA Meeting
Laura H.	June 19 <sup>th</sup>	1 Year	Serenity Group
Yolanda C.	June 19 <sup>th</sup>	3 Years	Against All Odds
Tony C.	June 21 <sup>st</sup>	5 Years	A Vision of Hope
Karen H.	June 22 <sup>nd</sup>	9 Years	Gratefully Dedicated
Crystal C.	June 26 <sup>th</sup>	6 Years	Why Are We Here
Leonard C.	June 27 <sup>th</sup>	1 Year	Gratefully Dedicated
Jason T.	June 27 <sup>th</sup>	1 Year	Sweet Surrender
Robbie S.	July 4 <sup>th</sup>	6 Years	Sweet Surrender

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.