

CARRYING THE MESSAGE

JULY 2004

Volume 1, Issue 7

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER SUBCOMMITTEE

July Topic of the Month: What is your Favorite Recovery Quote and Why?

“If the obsession or compulsion to use becomes too great, put yourself on a five minute basis of not using. Minutes will grow to hours, and hours to days, so you will break the habit and gain some peace of mind.”

-Basic Text p.52, What Can I Do?

This quotation, while not often mentioned in the rooms, saved my life. When I got clean, 24 hours without using seemed impossible to me. Fortunately, my Higher Power, through another recovering addict pointed me in the direction of chapter five in the Basic Text. Five minutes, now that was a goal I could achieve.

Now, even though I've lost the desire to use drugs, I still utilize this quote to maintain abstinence from other behaviors and defects. The five minute plan helped incredibly when I quit smoking.

The beauty of this, as with many components of the program, is the ability to break it down even further; from five minutes all the way down to a second, whatever it takes to stop using and start living.

-Mike S.

ANNIVERSARIES

Steve D.	June 8	20 years	Take It Easy
Shannon M.	June 12	1 year	Take It Easy
Bobbie P.	June 13	15 years	The NA Meeting
Carl S.	June 15	7 years	Take it Easy
Tyrone W.	June 17	6 years	Day By Day
Reggie R.	June 18	4 years	The Stopping Point
Karen H.	June 22	7 years	Gratefully Dedicated
JW	July 2	6 years	Out of Control
Lori B.	July 4	3 years	Walkin' and Talkin' Recovery
George B.	July 6	2 years	Take It Easy
Guy E.	July 15	2 years	Gratefully Dedicated
Shirley D.	July 16	2 years	Out of Control
Ann S.	July 18	3 years	The NA Meeting
Ernest E.	July 18	9 years	Miracle on 22 nd
Harvey	July 21	2 years	Escape From Denial
Bobby E.	July 23	3 years	Stopping Point
Don S.	July 25	7 years	The NA Meeting
Mike S.	July 30	3 years	Caring Thru Sharing
Ticonda S.	August 10	7 years	Gratefully Dedicated
Kristin F.	August 10	4 years	Womenspirit
Sharon M.	August 18	7 years	Unitv of Hope

Personal Sharing

Who is sitting next to you...

I know who you are. You are "X" who attends the ABC Meeting at the XYZ Club where N.A.'s meet in Anywhere, U.S.A.

I saw you there the other night at the eight o'clock meeting. I don't know how long you've been clean, but I know you've been coming around for a while because you spoke to a lot of people who knew you. I wasn't one of them.

You don't know who I am. I wandered into your meeting place alone the other night, a stranger in a strange town. I got a cup of coffee, and sat down by myself. You didn't speak to me.

Oh, you saw me. You glanced my way, but you didn't recognize me, so you quickly averted your eyes and sought out a familiar face. I sat there through the meeting.

It was okay, a slightly different format but basically the same kind of meeting as the one I go to at home.

The topic was gratitude. You and your friends spoke about how much N.A. means to you. You talked about the camaraderie in your meeting place. You said how much the people there had helped you when you first came through the door how they extended the hand of friendship to make you feel welcome, and asked you to come back. And I wondered where they had gone, those nice people who made your entrance so welcoming and so comfortable.

You talked about how the newcomer is the life blood of N.A. I agree, but I didn't say so. In fact, I didn't share in your meeting. I signed my name in the book that was passed around, but the chairperson didn't refer to it. He only called on those people in the room whom he knew. So who am I? You don't know, because you didn't bother to find out. Although yours was a closed meeting, you didn't even ask if I belonged there.

It might have been my first meeting. I could have been full of fear and distrust, knowing N.A. wouldn't work any better than anything else I'd tried, and I would have left convinced that I was right. I might have been suicidal, grasping at one last straw, hoping someone would reach out and pull me from the pit of loathing and self-pity from which, by myself, I could find no escape.

I might have been a student with a tape recorder in my pocket, assigned to write a paper on how N.A. works - someone who shouldn't have been permitted to sit there at all but could have been directed to an open meeting to learn what I needed to know.

Or I could have been sent by the courts, wanting to know more, but afraid to ask. It happens that I was none of the above.

I was just an ordinary addict with a few years of clean living in N.A. who was traveling and was in need of a meeting.

My only problem that night was that I'd been alone with my own mind too long. I just needed to touch base with my N.A. family. I know from past experience that I could have walked into your meeting place smiling, stuck out my hand to the first person I saw and said, "Hi. My name is - . I'm an addict from - ." If I'd felt like doing that, I probably would have been warmly welcomed. You would have asked me if I knew Old So-and-so from my state, or you might have shared a part of your drug-a-log that occurred in my part of the country. Why didn't I? I was hungry, lonely, and tired.

The only thing missing was angry, but three out of four isn't a good place for me to be.

So I sat silently through your meeting, and when it was over I watched enviously as all of you gathered in small groups, talking to one another the same way we do in my hometown.

You and some of your friends were planning a meeting after the meeting at a nearby coffee shop. By this time I had been silent too long to reach out to you. I stopped by the bulletin board to read the notices there, kind of hanging around without being too obvious, hoping you might ask if I wanted to join you, but you didn't.

As I walked slowly across the parking lot to my car with the out-of-state license plates you looked my way again. Our eyes met briefly and I mustered a smile. Again, you looked away. I buckled my seat belt, started the car, and drove to the motel where I was staying.

As I lay in my bed waiting for sleep to come, I made a gratitude list. You were on it, along with your friends at the meeting place. I knew that you were there for me, and that I needed you far more than you needed me. I knew that if I had needed help, and had asked for it, you would have gladly given it.

But I wondered . . . what if I hadn't been able to ask?

I know who you are.

Do you remember me?

-Author unknown, March 1991

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

Thursday, July 29
 Green Street Baptist Church
 519 East Gray St.
 Louisville, Kentucky

DAY BY DAY 23RD ANNIVERSARY
 Food Served at 6:00pm
 Meeting at 7:00 pm

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 \$25 per person
 No Children under 16 please
 Contact Annisha H. (502) 417-6553

September 17-19
 Energy Lake Campground
 Land Between The Lakes
 Paducah, Kentucky

Western KY Area FREEDOM BETWEEN THE LAKES XVII
 Friday Night: Bonfire Meeting, Saturday: Workshops All Day, Saturday Night: Main
 Speaker- Liz S. from Evansville, IN followed by Auction, 50/50 Raffle, and Dance
 Sunday Morning: Spiritual Speaker- Andy D. from St. Louis, MO
 Registration \$20, No Addict Turned Away
 Contact Frances S. (270) 362-8486 or Donnie M. (270) 366-6968



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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

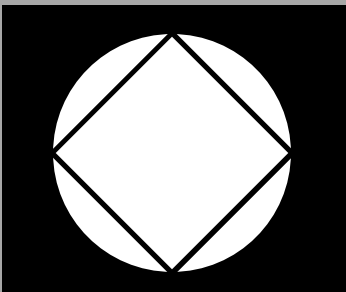
PHONE/ IN PERSON

Imani B.
Kristin F.

502-592-6939

We're on the Web!

See us at:
www.nalouisville.org



NOW ACCEPTING SUBMISSIONS FOR AUGUST

TOPIC OF THE MONTH:

How do you know it's God's will?

EXPERIENCE, STRENGTH, AND HOPE

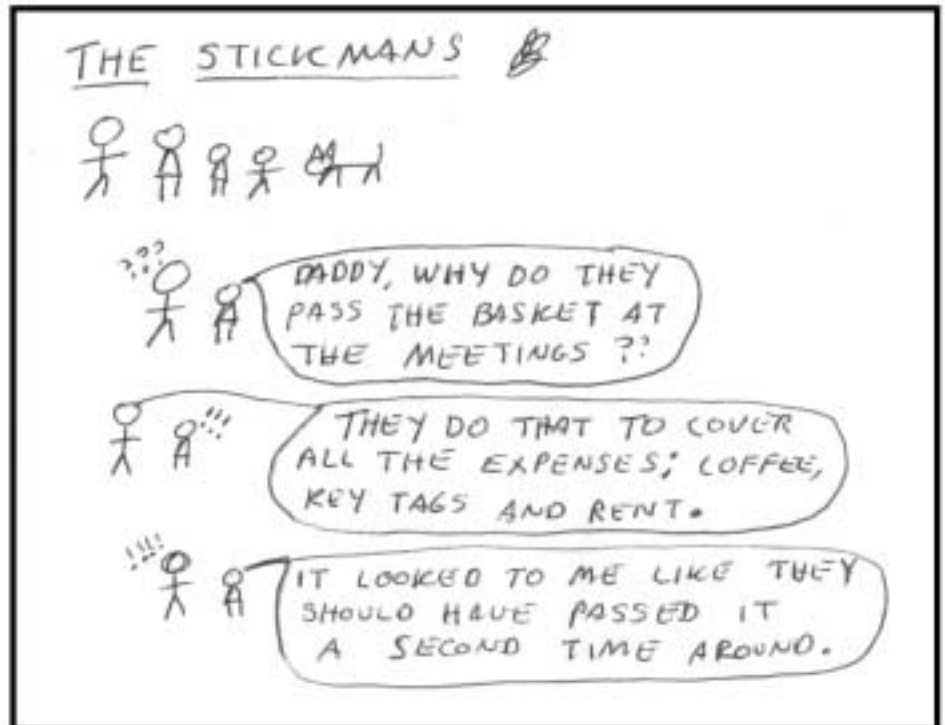
On Step Eight and Tradition Eight

ANY QUESTIONS, COMMENTS, OR CONCERNS ABOUT RECOVERY

PERSONAL 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 **July 25**. 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.