



# CARRYING THE MESSAGE

July 2006

Volume 3, Issue 7

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 on Sunday's 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!

**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.

## Perfection in Humility

God,

Please; let me carry a clear message,

hold them as you do me,

guide them in your will and not mine,

show them the joys of life undiluted,

be there for them when I cannot,

help them smile, laugh, and love,

prepare them for the journey of the steps,

work through them to help others,

introduce them to themselves,

remind them ever of how we do this: just for today,

so that they might know the perfect beauty of a day of clean

Mike

### 7<sup>th</sup> Step

Before I could begin work on The Seventh Step I needed to arrive at a concept of humility I could understand and envision. For me humility is the awareness of my strengths and weaknesses of character in the presence of my Higher Power and others. Humility is the honest recognition of who and what I really am, followed by a sincere attempt to become what I am capable of becoming spiritually with the help of my Higher Power.

Therefore, I must humbly accept my defects and own them before I can ask the God of my Understanding to remove my shortcomings. If I deny the existence of my defects of character, then I am lying to myself, to others and to my Higher Power.

For me it was also important to find the distinction between defects and shortcomings. To me, a character defect is a flaw that is a permanent characteristic of myself, it is always present and part of the whole but that doesn't necessarily affect the overall function of the whole unless acted upon. And likewise to me, a shortcoming is whatever I react to in my life that makes me act out through one of my character defects rather than through spiritual principles.

When I took the Seventh Step I had to accept my character defects as a part of me that were always going to be there. I asked God who knows my every flaw to grant me the courage and willingness not to act out upon those defects. My lack of willingness, my lack of faith, my lack of courage, my lack of asking for help from other addicts are all my shortcomings.

I have humbly asked God to remove these shortcomings so that I may live a life based on the spiritual principles of the Twelve Steps.

The beauty of the Seventh Step is a commitment to the God of my understanding that I will try to the best of my ability to live my life based on spiritual principles rather than character defects. What a step! What a program! What a miracle!

Frazier M.

### "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

Just another rant and rave, I was once your slave, to use and abuse.

I fell under your spell, you had me hypnotized into believing your lies.

You took up my free time, you took my passion, you took my life.

You handle me under your spell, I finally had enough, I fought your glaze, I ignored your rush, I fell to the floor, and begged for my freedom, I search for my release, something to remove your lies.

To help me see that drugs weren't what I needed. I took her hand, she showed me a new way of life, She gave me my humanity back, Taught me to love, respect and care, Helped me to fight my need for you, My need to feel numb, god I feel so dumb. This is just another rant and rave, She told me that you were no good, That you only caused pain and heartache, And she's right for this night, She has turned to you and my hope is lost. Why does my faith fall, when I know your power. You trick and deceive. Life is never what it seems. The only consistent is change, And I am fearful of the change to come But this is just another rant and rave.

-unknown

# Carrying The Message

## Based on the interview of Tabitha L. By Kevin P. The 7<sup>th</sup> Step

- Kevin: How many times have you formally worked a 7<sup>th</sup> step?
- Tabitha: Once, with a sponsor. But I free-write on different steps depending on where I'm at. My sponsor told me that the seventh step is a feeling; you'll feel it in your gut. I was taught that when there is an issue in your life, you work a step on it. Writing only gives me understanding. I'm always in the process of becoming entirely ready to have a defect removed.
- Kevin: Do you think that some shortcomings are here to stay?
- Tabitha: I think there's what I call "the big ones". Ones you only get better with, they don't just go away.
- Kevin: I've heard you call this your favorite step. Why is that?
- Tabitha: I love it. Its kind of like it deepens the surrender I experienced in the 3<sup>rd</sup> step. the only way I can explain it is a gut-wrenching pain with a smile on your face. the pain is there for me because I'm completely aware of the defect I'm acting out on at the time. The smile is because of the freedom that get from the surrender.
- Kevin: What do you have for the newcomer?
- Tabitha: Mostly I want to give them hope. Because as screwed up as I am now, I was worse when I got here. I always share about the good days and the bad days in Narcotics Anonymous, and how I've dealt with both of them without using drugs. I think that's what living "life on life's terms" is all about.
- Kevin: Thank you for being of service.

When I first arrived in NA, the only thing I knew how to do perfectly was to use dope. After a little cleantime, I wanted to do the program perfectly. The steps have taught me I need to practice humility if I want to achieve a form of spiritual perfection if you will. Humility, being the result of getting honest with ourselves and knowing who we really are. We learn a form if this in Step One, the admission of being an addict. I am no better nor no less than anyone, just an everyday garden variety addict. I am not as bad as I thought I was nor am I as good as I thought I was either. To be truly humble is to accept myself as I am and honestly try to be what my God wants me to be. The word humble lives in my life every day without reservation, or as best as I can. Accepting the defects of others can help me to become humble and pave the way for me to accept my own defects. None of these things can be accomplished without a kind and loving Higher Power. There are no perfect programs only imperfect humans being trying to stay clean just for today with the help of the 12 Steps of Narcotics Anonymous. Today the only area of perfection in my life comes from when I use spiritual principles to live and don't put one in me. If I can accept you where you are, accept me where I am, and ask God to never let me forget where I came from, I have used humility.

### PERFECTION IN HUMILITY

My father taught me if I claimed to be a man of humility I was probably listening to my ego. The dictionary says, "Humility is the state of being humble". It describes humble as: "having or showing a consciousness of one's shortcomings; lowly; unpretentious; to lower in condition in rank; to lower in pride; make modest".

By working the Seventh Step in our program, we have prepared in the previous steps to put the effort of beginning to remove our shortcomings in place. My favorite definition in the Basic Text is on Page 35, "To be truly humble is to accept and honestly try to be ourselves. None of us are perfectly good or perfectly bad. We are people who have assets and liabilities. Most importantly, we are human.

The trigger that puts the process toward humility is, of course, surrender. As we learn in the First Step we, of ourselves, are not capable of achieving humility on our own. We had lived lives based in fear, selfishness, anger, guilt, self-pity and depression.

By submitting to honesty, open-mindedness and willingness we begin a relationship with a power greater than ourselves. We just have to open the door and as time passes we begin to desire to change. As the journey continues, we realize that turning our will over to this new Power and following the spiritual principles we are taught, our lives become much more peaceful and we don't struggle as hard. By continuing this approach one day at a time we are following the program of Narcotics Anonymous in its most simple terms. It works, you'll see.

Perfection? My pursuit of that almost killed me and drove those around me crazy. But just for today I am in the process, thanks to a loving God, sponsorship, and all of my N.A. brothers and sisters.

### Quote's of the month

- "Patience is the companion of wisdom"  
Saint Augustine
- "Difficulties in life are intended to make us better, not bitter."  
Dan Reeves
- "...nowhere in the Sixth or Seventh Steps does it say we can learn to control our defects of character. In fact, the more attention we focus on them, the more firmly entrenched they will become in our lives. It takes humility to recognize that we can't control our defects any more than we can control our addiction. We can't remove our own defects; we can only ask a loving God to remove them...."  
JFT PG 339

### PERFECTION

What isn't perfect about human existence? Is it possible that admitting our defects and mistakes is perfection in this world? The perfection I hear most people reaching for, if reached would make life worthless. How could life be perfect if it worthless. Perfection is winning and not throwing the fact in the losers face. Perfection is being apart of something that doesn't represent you, but still respecting what you didn't create. Respecting yourself where you are and the authorities "above you" where they are. Perfection is waking the next day knowing that there will be mistakes made and difficulties realized and having the courage to face them head on, learning from them instead of using them as an excuse to use something outside ourselves to hide from reality. Only making it worse than it needs to be. Perfection is admitting that you can't live life by your self. Everything in life points to balance as a simple answer to the uneasiness of living life on life's terms. Balance you thoughts with those of a higher power's will and respect and accept the feeling of perfection you can have. Knowing that life isn't as difficult or messed up as someone has tried to convince you that it is.

In Loving Service - Anonymous

# NA Conventions and Functions

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

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

**July 29<sup>th</sup>-30<sup>th</sup>, 2006**  
Ramada Inn Riverfront  
700 W. Riverside Drive  
Jeffersonville, IN 47130

**August 12<sup>th</sup>, 2006**  
1000 & 1020 West Market

**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

**January 19<sup>th</sup>-21<sup>st</sup>, 2007**  
Marriot, Downtown  
280 W. Jefferson Street  
Louisville, KY 40202

**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)

**Southern Zonal Forum:** Kentuckiana Region Southern Zonal Forum. Ramada Inn (812)284-6711 / (800) 537-3612. Topics: Rewards of Service, 4<sup>th</sup> Concept/Leadership, Area Planning Tool. Contact Info: Mike P. (502)361-4736, Dickie D. (985)748-8174, Travis F. (773)490-0455. 15 Room Block, \$59.00/ night for rooms. [www.szfn.org](http://www.szfn.org)

**Step Up Group's 12<sup>th</sup> Year Anniversary :**Please join the Step Up Group in celebrating recovery and 12 years of carrying the message. 1:30 to 6:00 p.m. in the 1000 Bldg., we will host a Speaker Jam celebrating diversity and unity in recovery. From 8:00 to 9:00 we will have our regular Saturday night meeting in the 1020 Bldg. Then we will go back to the 1000 Bldg. from 9:30 p.m. to 12:00 a.m. for a Dance and "Step Up to the Mike". We are inviting addicts to share

their performing arts and poetry in a recovery setting. Addicts are also invited to bring their own CD's for our Dance DJ to play. Call Lisa P, 568-4804 to schedule your spot on the stage. Admission to the dance is free, however donations will be accepted. Drinks and snacks will be sold to help defray the cost of the event and to raise money to further carry the message to the still suffering addict.

**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)

**LACNA XVII Convention:** For hotel reservations call (800) 533-0127 or (502) 627-5045 Room rates: single, double, triple and Quad \$119.00 + tax/night. Mention LACNA XVII for reservation discount. Registration: \$15.00 until August 31<sup>st</sup>, \$20.00 until November 30<sup>th</sup>, \$25.00 after that. Registration Contacts: LaTonia B.(Chair) 502-819-1630, Yolanda S.(Vice-Chair) 502-693-8670, Glynnetta H.(Secretary) 502-472-6857

## 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: La Tonia B.	819-1630
Art & Graphics: Cordelia B.	291-4942	Programming: LaShaundra	541-6176

## LACNA XVII Needs Trusted Servants to Participate:

**Functions and fundraisers:**  
Next Meeting is July 8<sup>th</sup> at the 4<sup>th</sup> & Hill Coffee House at 4pm and every 2<sup>nd</sup> & last Sat./month afterwards, Contact: Crystal C @ 836-1153

**Hotels & Hospitality:**  
Next Meeting is July 2<sup>nd</sup> at the coffee house on 18<sup>th</sup> & Muhammad Ali Blvd at 2p.m. and every 1<sup>st</sup> & 3<sup>rd</sup> Sat. of each month afterwards. Contact: Meme (chair)@ 931-3901 or Vickie C.(V-Chair)@ 533-4952

**Registration:**  
Next Meeting is July 6<sup>th</sup> at the "Expressions of You" Coffeeshouse & Gallery located at 1800 W. Muhammad Ali Blvd. Every other Thursday afterward. Contact LaTonia B. (810-1630 for the time.

**Arts & Graphics:**  
Next Meeting is July 3<sup>rd</sup> at the coffee house on 18<sup>th</sup> & Muhammad Ali Blvd at 6:00p.m. and every 1<sup>st</sup> & 3<sup>rd</sup> Monday of each month. Contact: Cordelia B.(291-4942)

# CARRYING THE MESSAGE

## LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

### CONTACT US:

#### IN PERSON/BY PHONE

Jack B. 502-231-6468  
Mike C. 502-772-3336  
Nathaniel R. 502-296-4974  
Kevin P. 502-376-4556  
Cheryl R. 502-744-8296  
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

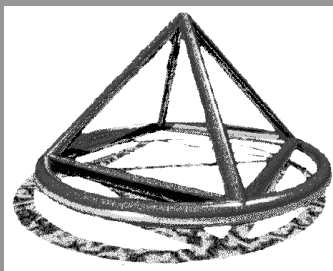
newsletter@NALouisville.org

#### ASC MEETING

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

#### We're on the Web!

See us at [www.nalouisville.org](http://www.nalouisville.org)  
Download You're Favorite Issues  
Just Click on 'newsletter'



Louisville Area NA  
Helpline  
502-499-4423

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

## ◆ AUGUSTS' TOPICS OF THE MONTH ◆

### Becoming Willing

#### ◆ SUGGESTIONS FOR OUR NEWSLETTER ◆

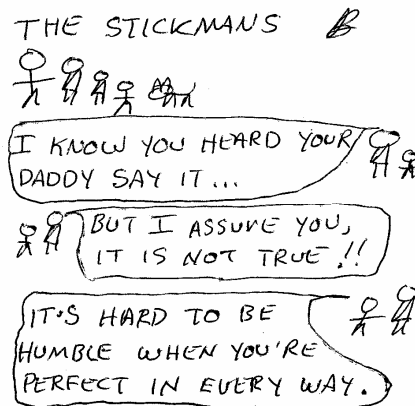
#### ◆ TELL US ABOUT IT! ◆

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 July 25<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  
  
Cool Changes: Thurs. 7:00 p.m.  
5708 Preston Hwy  
  
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!

John R.	July 1 <sup>st</sup>	5 Years	AGAPE
Robbie S.	July 4 <sup>th</sup>	6 Years	Sweet Surrender
Semiko	July 8 <sup>th</sup>	1 Year	Lose The Desire
Lisa R.	July 10 <sup>th</sup>	1 Year	Stick-N-Stay Basic
Maurice F.	July 10 <sup>th</sup>	12 Years	Why Are We Here
Lori B.	July 11 <sup>th</sup>	5 Years	Womenspirit
Vickie C.	July 11 <sup>th</sup>	4 Years	We Too Recover
Shirley D.	July 14 <sup>th</sup>	4 Years	Out of Control
Guy E.	July 15 <sup>th</sup>	4 Years	Reach for Recovery
Tom D.	July 17 <sup>th</sup>	1 Year	Surrender and Win
Jim C.	July 22 <sup>nd</sup>	13 Years	Another Chance Group
Kenny B.	July 23 <sup>rd</sup>	12 Years	Walking & Talking Recovery
Tyrone W.	July 23 <sup>rd</sup>	8 Years	The Stopping Point
Lee Z.	July 28 <sup>th</sup>	2 Years	Caring Thru Sharing
Jeffrey S.	August 3 <sup>rd</sup>	11 Years	Day by Day
Kelly C.	August 3 <sup>rd</sup>	1 Year	Dope or Us
Stacy C.	August 4 <sup>th</sup>	10 Years	Stopping Point

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.