

# CARRYING THE MESSAGE

AUGUST 2004  
Volume 1, Issue 8

LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER SUBCOMMITTEE

## August Topic of the Month: How Do You Know It's God's Will?

I wouldn't presume to know God's will, it's way beyond my comprehension.

But, through the steps I can learn God's Will for me in general. Through the spiritual principal of surrender we come into contact with our higher power and see that we have a choice. That empty space inside us can be filled with peace and joy one day at a time if we learn to follow the spiritual principals outlined in the steps.

The hardest thing for me to remember is this doesn't happen overnight. Recovery is a process. It takes time and pain. We stumble, we get up, we need each other to get through it. I have to be willing to ask for help when I need it. This is why the honesty, open-mindedness, willingness, and also perseverance are so important. If we let up, our disease will step back into control. This is why daily maintenance is so important.

Some of the references I use to see if something is God's will for me are:

1. My motives, sponsorship and support group.
2. Inventory from Step Working Guide Page 100, #12 through #48.
3. Living the Program.
4. Chapter 9 in the basic text "Just for Today".

This information definitely doesn't guarantee we will always make the right choices but it puts us in lot better position to have God's Will rather than Self Will in focus when we are facing life on life's terms.

-In loving service,  
Dick S.

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

1. If my sponsor doesn't think it is crazy.
2. If my NA friends don't think it is crazy.
3. If I have prayed on it for several days and it doesn't seem crazy to me then I should look at 1 and 2 from above.
4. Also, the longer I am clean the more I can trust my gut. But I should still run it by someone in NA

-anonymous

## LYRIX OF GRATITUDE

### **The EIGHTH Step:**

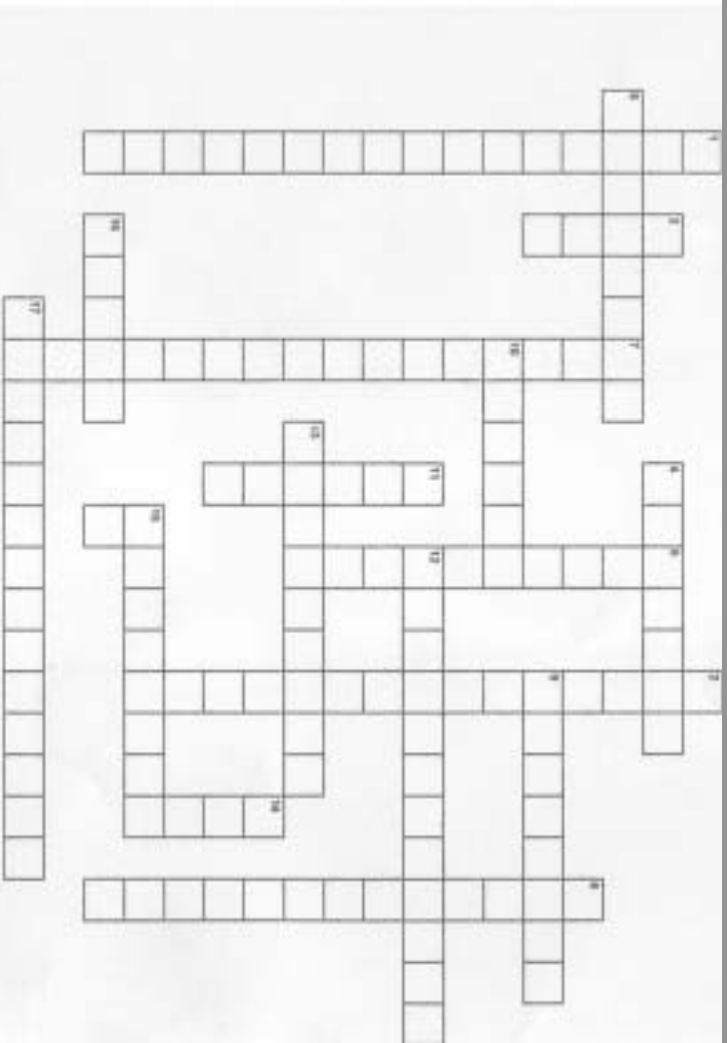
we go from ballin' up fists to makin' up  
lists  
nee-va skey-eh-ed nor aggressive  
to make my disease recessive, am i  
willing?  
to put the Eighth in effect, it's not easy  
forgiving ourselves for a life of being  
skeezy  
feel tha breeze, live and let live, it seems  
hard now  
just keep in mind the fact of the matter --  
"Who's in charge now?"  
harm, it was inflicted - body, soul and  
mentally  
thought of myself as a victim, which  
allowed me *to stick them*  
nevertheless, on this list i must place  
mah-self  
'cuz if i don't have me, i ain't got nutt-in  
left  
we harmed the ones that we loved, and  
some we never knew  
we're still alive, we still fail, and so we're  
neva throo  
so far to this point, it's only on paper  
pretend THERE'S NOT a Ninth - honesty  
comes throo greater  
little by little, awareness changes attitude  
share with my sponsor & in meetings is  
what i gotta do  
wit arms wide open, we'll give ya hugs of  
unity  
knowin' disease can isolate and kill both  
you and me  
so when it's done, you're set to take a  
bold move  
unstick ya-self from that crap, you ain't a  
toadstool. . .

by: Arty-Art E.



8<sup>th</sup> Step and 8<sup>th</sup> Tradition Crossword Puzzle

by Erin T.



ACROSS

- 4 \_\_\_\_\_ from our past
- 6 NA has no \_\_\_\_\_, only members
- 9 We are all experts in our own \_\_\_\_\_
- 10 Done with hammer, nails, screwdriver, 12 Steps, etc.
- 12 positive or negative projections
- 13 Adherence to spiritual principles
- 15 The spiritual principle an NA group exercises when it does not pretend to be anything more or less than what it is
- 16 A feeling of responsibility or remorse
- 17 In order to gain true freedom from our defects, we need to accept \_\_\_\_\_ for them

DOWN

- 1 Choose spiritual principles over \_\_\_\_\_
- 2 What Narcotics Anonymous should always remain.
- 3 All persons we have harmed go here
- 5 Where our message comes from
- 7 one addict helping another
- 8 A place where NA services are offered on a daily basis
- 11 compensations, reparations
- 14 What if I am unwilling?
- 15 Abbreviation for the God of our understanding

Answers in Next Month's Issue or Ask Your Sponsor!

**Thursday, August 12**  
2200 W. Muhammad Ali.  
Louisville, Kentucky

**GRATEFULLY DEDICATED 16 YEAR ANNIVERSARY EATING MEETING**  
Eating 11:00am, Meeting 12:00pm

**Saturday, August 14**  
Belvedere  
Louisville, Kentucky

**GRATEFULLY DEDICATED 16 YEAR ANNIVERSARY FUNCTION**  
Speaker 7:00pm-8:00pm, Dance 8:30pm-midnight  
Weather Permitting, Free

**Saturday, August 21**  
Camp Taylor Park  
Poplar Level Road  
North of Watterson X-way  
Louisville, Kentucky

**HOSPITALS & INSTITUTIONS SUBCOMMITTEE LEARNING DAY**  
Workshops, Speakers, Mock Panels, and Fellowship  
Many Grateful H&I Members to Answer Questions  
Grilled Meats and Cold Sodas provided- Please Bring a Covered Dish to Share!  
NA Auction- Bid on your Favorite NA Related Items!  
Starts at 10:00 am-???  
Contact Bob T. (502) 338-7939 or Ernest E. (502) 295-6292

**Saturday, August 28**  
Executive Inn Hotel  
Phillips Lane  
Louisville, Kentucky

**LACNA XV LATE NIGHT INDOOR POOL PARTY**  
9:00pm-11:30pm, \$3.00 per person or \$5.00 per couple  
Free Finger Food, Drinks available for Purchase, 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

**Saturday, September 11**  
Hogan's Fountain  
Cherokee Park  
Louisville, Kentucky

**CELEBRATE UNITY DAY – I CAN'T, WE CAN!**  
LOUISVILLE AREA ACTIVITIES AND LACNA XV SUBCOMMITTEES  
1:00pm-6:00pm Food, Family, Fun! Unity is a Must!  
Contact Blaire G. (502) 439-9829 or Annisha H. (502) 417-6553

**Saturday, September 18**  
Jacobson Park  
Lexington, Kentucky

**CLEAN HORIZONS GOUP END OF SUMMER FLING**  
Food, Fun, and Fellowship with the Kentucky Survivors Area  
Horseshoes, Volleyball, Playgrounds for Kids, Canoes and Paddleboats  
1:30-2:30 Fellowship, 2:30-4:30 Food, 4:30-6:00 Auction, 6:00 Speaker  
Bring a Lawn Chair and a Covered Dish  
Contact Scott K. (859) 983-8019 or (859) 253-HOPE

**HELP OUR LOCAL CONVENTIONS!**

**Louisville Area Convention of NA (LACNA) 15**

PROGRAMMING SUBCOMMITTEE

Requesting Bids for Printing and Taping, and Speaker Tapes  
Cut-off date for bids and tapes is August 31, 2004

For more info contact:

Chairperson Stephanie C. (502) 776-2950, Vice-chair Stephanie A. (502) 776-3188, or  
Secretary Wanda T. (502) 802-9148

**Kentuckiana Regional Convention of NA (KRCNA) 19**

ARTS, GRAPHICS, AND MERCHANDISE SUBCOMMITTEE

Join us in Creating the Theme for the 2005 KRCNA 19 Pre-Convention and Convention

Win a Basic or Full Registration Packet if your Theme is Chosen

Present Theme to Steve S. (502) 592-3288 or Blaire G. (502) 439-9829

Pre-convention Theme due 8/30/04, Convention Theme due 11/30/04

# CARRYING THE MESSAGE

## LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

### CONTACT US:

#### SUBCOMMITTEE MEETINGS

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

#### EMAIL

newsletter@nalouisville.org

#### BY PHONE/ IN PERSON

Imani B.  
Kristin F.

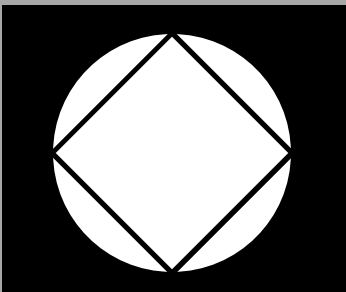
502-592-6939

#### We're on the Web!

See us at:  
www.nalouisville.org

#### Email Subscription

Send email address to:  
carryingthemessage@  
louisvilleareana.org



## NOW ACCEPTING SUBMISSIONS FOR SEPTEMBER

### TOPIC OF THE MONTH:

Why Do I Keep Coming Back?

### EXPERIENCE, STRENGTH, AND HOPE

On Step Nine and/or Tradition Nine

### 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 **August 29**. Exceptions can be made, just contact us! You can email submission to [newsletter@nalouisville.org](mailto:newsletter@nalouisville.org) or call and we will make arrangements to pick it up!

## Anniversaries

Tony N.	August 2	1 year	Serenity Group
Patrick R.	August 3	6 years	Agape Group
Beverly D.	August 5	6 years	Another Chance Group
Cheryl J.	August 6	18 years	Highland Peace
Greg K.	August 7	5 years	Reach for Recovery
Bob E.	August 7	8 years	Take It Easy
Ticonda S.	August 10	7 years	Gratefully Dedicated
Kristin F.	August 10	4 years	Womenspirit
Michelle W.	August 12	3 years	Another Chance Group
Kellye J.	August 17	10 years	Sweet Surrender
Sharon M.	August 18	7 years	Unity of Hope
Ernest K.	August 19	1 year	Enough Is Enough
Lincoln S.	August 21	2 years	Take It Easy
Tina G.	August 22	1 year	The NA Meeting
Andovia W.	August 30	1 year	Restored to Sanity
Shay P.	August 30	2 years	Why Are We Here
Sue J.	September 1	11 years	Another Chance Group
Michael W.	September 2	1 year	Day by Day
Frank K.	September 9	2 years	Day by Day
Rhonda F.	September 9	4 years	Enough is Enough
Donnie B.	September 13	2 years	Against All Odds

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.